

Exercise Social Events		Self Care		nysical Game eligious Services	Patio
Crafting/Cook Table Game Movies/Shows		Music Entertainment Animal Therapy	Re	is Trips est & Restorative A /ing Room	octivities
ursday		Friday		Sa	turday
2	HAPPY I	BIRTHDAY JAMES!	3		4
ise: Seated Chair ching ing and Cocoa and Relax: Quiet c❑	10:00 10:30 12:00	Coffee with Friend Giant Bowling Rest and Relax: Q Music and Sing Ale Puzzles and Preta	uiet ong 💵	12:00 Rest ar Tape 1:30 Tableto	op Games: Checkers emory Games with
Corner: Winter Wreath and Popcorn	3:30	with Care Staff Matching Games		2:00 Sorting Activitie	and Beading
9			-		
cise: Seated Chair ching ring and Cocoa and Relax: Quiet c c c with Michael O	10:00 10:30 12:00 1:30	Coffee with Friend Giant Bowling Rest and Relax: Q Music and Sing Al Puzzles and Pretz with Care Staff	uiet ong 💵	Tape 1:30 Tableto and Me Care S	nd Relax: Book on p Games: Checkers emory Games with
e and Popcorn	3:30	Matching Games		Activitie	es
16			17	3:00 Catholic	c Communion 18
tise: Seated Chair ching ing and Cocoa and Relax: Quiet Corner: Snowflake and Popcorn	10:00 10:30 12:00 1:30 3:30	Coffee with Friend Giant Bowling Rest and Relax: Q Music and Sing Ala Puzzles and Preta with Care Staff Matching Games	s uiet ong 🛤	12:00 Rest ar Tape 1:30 Tableto and Me Care S 2:00 Sorting Activitie	ag Toss ad Relax: Book on DP Games: Checkers emory Games with taff and Beading
23			24		25
ise: Seated Chair ching ing and Cocoa and Relax: Quiet	10:00 10:30 12:00	Coffee with Friend Giant Bowling Rest and Relax: Q	uiet	12:00 Rest ar Tape	Dart Board nd Relax: Book on Dp Games: Checkers
c with CD pson and Pie	1:30 3:30	Music and Sing Ale Puzzles and Pretz with Care Staff Matching Games	~ I	Care S 2:00 Sorting Activitie	and Beading
30	Natl. Hot	Chocolate Day	31		
ise: Seated Chair ching ing and Cocoa and Relax: Quiet Corner: Melted man Craft e and Popcorn	10:00 10:30 12:00 1:30 3:30	A trip down memory Sing-a-long Giant Bowling Rest and Relax: Quie Music and Sing Along Puzzles and Hot Chocolate with Care Matching Games	y lane		ents Are to Change

THE LODGE AT PINER ROAD BY BLUE MOUNTAIN SENIOR LIVING			ExerciseSensory StimulationPhysical GamePatioSocial EventsSelf CareReligious ServicesCrafting/CookingMusicBus TripsTable GameEntertainmentRest & Restorative ActivitiesMovies/ShowsAnimal TherapyLiving Room				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Market Stream	stello Linker	New Year's Day110:00Exercise: Seated Chair Dancing10:30Movie: Pollyanna12:00Rest and Relax: Poetry and Stories1:30Mira, the Therapy Dog, Visits1:30Sorting Activities and Puzzles3:00Sips and Snacks	2 10:00 Exercise: Seated Chair Stretching 10:30 Coloring and Cocoa 12:00 Rest and Relax: Quiet Music 1:30 Craft Corner: Winter Door Wreath 2:30 Movie and Popcorn	 HAPPY BIRTHDAY JAMES! 3 10:00 Coffee with Friends 10:30 Giant Bowling 12:00 Rest and Relax: Quiet Music and Sing Along 1:30 Puzzles and Pretzels with Care Staff 3:30 Matching Games 	4 10:30 ■ Bean Bag Toss 12:00 ■ Rest and Relax: Book on Tape ■ 1:30 ■ Tabletop Games: Checkers and Memory Games with Care Staff 2:00 ■ Sorting and Beading Activities 3:00 ■ Catholic Communion	
 8:30 Sunday Classic TV and Cocoa 9:30 Indoor Walking Club 10:30 Religious Services 12:00 Rest and Relax: Watch the Live Cam Bird Feeder 1:00 Movie and Popcorn 	 Natl. Shortbread Cookie Day 6 10:00 Exercise: Monday Movement 10:30 Watercolor Painting Projects 12:00 Rest and Relax: Newspaper and Tea 1:30 Caregiver Led - Coloring with Shortbread Cookies 2:30 Sports and Snack Bar 3:00 Hank, the Therapy Dog, Visits 		Happy Birthday Elvis!810:00Exercise: Seated Chair Dancing10:30Winter Bingo12:00Rest and Relax: Elvis Sing-a-long IL1:30Elvis Movie: PB and Banana Sandwiches1:30Mira, the Therapy Dog, Visits2:30Sorting Activities and Puzzles3:00Sips and Snacks	9 10:00 Exercise: Seated Chair Stretching 10:30 Coloring and Cocoa 12:00 Rest and Relax: Quiet Music I 1:30 Music with Michael O 2:30 Movie and Popcorn	10 10:00 Coffee with Friends 10:30 Giant Bowling 12:00 Rest and Relax: Quiet Music and Sing Along 1:30 Puzzles and Pretzels with Care Staff 3:30 Matching Games	 HAPPY BIRTHDAY JUNE! 11 10:30 Velcro Dart Board 12:00 Rest and Relax: Book on Tape 1:30 Tabletop Games: Checkers and Memory Games with Care Staff 2:00 Sorting and Beading Activities 3:00 Catholic Communion 	
8:30 Sunday Classic TV and Cocoa 1 9:30 Indoor Walking Club 1 10:30 Religious Services III 12:00 Rest and Relax: Quiet Music 1:00 Mayie and Reparts	Natl. Sticker Day1310:00Exercise: Monday Movement10:30Sticker Crafts12:00Rest and Relax: Newspaper and Tea1:30Belly Dancer Performance1:30Caregiver Led - Coloring 2:302:30Sports and Snack Bar 3:003:00Hank, the Therapy Dog, Visits		 HAPPY BIRTHDAY ANNETTE! 15 10:00 Exercise: Seated Chair Dancing 10:30 Winter Bingo 12:00 Rest and Relax: Poetry and Stories 1:30 Mira, the Therapy Dog, Visits 1:30 Sorting Activities and Puzzles 3:00 Sips and Snacks: Natl. Strawberry Ice Cream Day Sundaes 	 16 10:00 Exercise: Seated Chair Stretching 10:30 Coloring and Cocoa 12:00 Rest and Relax: Quiet Music 1 1:30 Craft Corner: Snowflake Craft 2:30 Movie and Popcorn 	17 10:00 Coffee with Friends 10:30 Giant Bowling 12:00 Rest and Relax: Quiet Music and Sing Along 1:30 Puzzles and Pretzels with Care Staff 3:30 Matching Games	 18 10:30 Bean Bag Toss 12:00 Rest and Relax: Book on Tape Im 1:30 Tabletop Games: Checkers and Memory Games with Care Staff 2:00 Sorting and Beading Activities 3:00 Catholic Communion 	
 8:30 Sunday Classic TV and Cocoa 9:30 Indoor Walking Club 10:30 Religious Services 12:00 Rest and Relax: Quiet Music 1:00 Movie and Popcorn Tasting 	 Martin Luther King Jr. Day 20 10:00 Exercise: Monday Movement 10:30 Watercolor Painting Projects 12:00 Rest and Relax: Newspaper and Tea 1:30 Caregiver Led - Coloring 2:30 Sports and Snack Bar 3:00 Hank, the Therapy Dog, Visits 	10:30 Manicures & Hand Massages	22 10:00 Exercise: Seated Chair Dancing 10:30 Winter Bingo 11:30 Chinese New Year Lunch 12:00 Rest and Relax: Poetry and Stories 1:30 Mira, the Therapy Dog, Visits 1:30 Sorting activities and puzzles 3:00 Sips and Snacks	Natl. Pie Day2310:00Exercise: Seated Chair Stretching10:30Coloring and Cocoa12:00Rest and Relax: Quiet Music1:30Music with CD Thompson2:30Movie and Pie	24 10:00 Coffee with Friends 10:30 Giant Bowling 12:00 Rest and Relax: Quiet Music and Sing Along 1:30 Puzzles and Pretzels with Care Staff 3:30 Matching Games	25 10:30 Velcro Dart Board 12:00 Rest and Relax: Book on Tape 1:30 Tabletop Games: Checkers and Memory Games with Care Staff 2:00 Sorting and Beading Activities 3:00 Catholic Communion	
Cocoa 1 9:30 Indoor Walking Club 1 10:30 Religious Services 1 12:00 Rest and Relax: Quiet	 27 10:00 Exercise: Monday Movement 10:30 Watercolor Painting Projects 12:00 Rest and Relax: Newspaper and Tea 1:30 Caregiver Led - Coloring 2:30 Sports and Snack Bar 3:00 Hank, the Therapy Dog, Visits 		 First Day of Chinese New Year 29 10:00 Exercise: Seated Chair Dancing 10:30 Winter Bingo 12:00 Rest and Relax: Poetry and Stories 1:30 Mira, the Therapy Dog, Visits 1:30 Sorting Activities and Puzzles 3:00 BIRTHDAY PARTY 	30 10:00 Exercise: Seated Chair Stretching 10:30 Coloring and Cocoa 12:00 Rest and Relax: Quiet Music 1:30 Craft Corner: Melted Snowman Craft 2:30 Movie and Popcorn	Natl. Hot Chocolate Day3110:00A trip down memory lane Sing-a-long10:30Giant Bowling12:00Rest and Relax: Quiet Music and Sing Along1:30Puzzles and Hot Chocolate with Care Staff3:30Matching Games	All Events Are Subject to Change	

Memory Care Activities Calendar