

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019

Nursing & Extensive Assisted Living

| | | | | | | |
|---|--|--|---|--|--|--|
| <p>9:45 Poetry in Motion LR2 10:00 Ladder Ball LR 2 10:00 Coffee & News A 1 10:30 Creative Crafters A1 2:00 Bible Time: "Facing the Giants" Movie AR6 4:00 New Year's Resolution Discussion & Trivia A1 5:00 Brain Bootcamp A1</p> <p>New Year's Day</p> | <p>9:45 Body in Motion LR2 10:15 Catholic Mass AR 6 11:00 Brain Bootcamp A 1 2:00 Entertainment: Theatrical Performance by Actor Ryan Clemens as "Mark Twain" AR1 3:00 Pokeno A 4 4:00 Let's Talk Trivia LR 1 5:00 Joyce on the Piano LR5</p> | <p>9:45 Poetry in Motion LR2 10:00 Football Throw LR5 10:00 News! News! LR1 11:00 Cooking & Baking A5 1:45 Scenic Joyride 8 2:00 Entertainment: Wayne Mitchell AR 5 4:00 Dominoes A 1 5:00 Let's Talk Trivia! LR1</p> | <p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR 2 10:00 News! News! LR 2 2:00 Popcorn & a Movie: Wizard of Oz AR 4 4:30 Stretch & Strength A2 5:00 Brain Bootcamp A1</p> | <p>10:00 Coffee & News A4 11:00 Bible Study with Joyce LR 6 2:00 Rosary with KOC C6 3:00 Bingo with KOC A4 4:00 Saturday Afternoon TV Residents' Choice A4</p> | | |
| <p>10:30 Church Service AR6 11:15 Coffee Chat A 1 2:30 Christian Service with Gateway Freewill Baptist Church AR 6 4:00 Movie Matinee - Residents' Choice LR 4</p> | <p>9:45 Jazzercise LR 2 10:00 Balloon Volleyball LR2 10:00 Coffee & News A 1 10:30 Aroma Therapy LR 5 11:00 Spelling Bee A 1 2:00 Bingo AR 4 4:00 Dominoes A 1 5:00 Let's Talk Trivia! A1</p> | <p>9:45 Poetry in Motion LR2 10:00 Ladder Ball LR 2 10:30 Rosary-Legion of Mary C6 2:00 Special Guest Bible Time AR 6 4:00 Let's Talk Trivia LR1 5:00 Joyce on the Piano LR 5</p> | <p>9:45 Body in Motion LR2 10:15 Catholic Mass AR 6 11:00 Brain Bootcamp A 1 2:00 First Communion Service AR6 3:00 Pokeno A 4 4:00 Let's Talk Trivia LR 1 5:00 Joyce on the Piano LR5</p> | <p>9:45 Chair Aerobics LR 2 10:30 Fellowship with Kempsville Baptist Church AR 6 2:00 Karaoke AR 4 4:00 Dominoes A 1 5:00 Brain Bootcamp A1</p> | <p>9:45 Chair Aerobics LR 2 11:00 Chair Zumba with Peggy AR 2:00 Popcorn & a Movie: "Annie Get Your Gun" AR 4 4:30 Stretch & Strength A2 5:00 Brain Bootcamp A1</p> | <p>10:30 Bingo with Volunteers from Trinity Church AR 4 2:00 Bible Study with Joyce A 6 4:00 Saturday Afternoon TV Residents' Choice A4</p> |
| <p>10:30 Church Service AR 6 11:15 Coffee Chat A 1 2:00 Gospel Music Family "Glory Road" AR 6 4:00 Movie Matinee - Residents' Choice LR 4</p> | <p>9:45 Jazzercise LR 2 10:00 Balloon Volleyball LR2 10:00 Coffee & News A 1 10:30 Aroma Therapy LR 5 2:00 Bingo A 4 4:00 Dominoes A 1 5:00 Let's Talk Trivia! A1</p> | <p>9:45 Poetry in Motion LR2 10:00 Ladder Ball LR 2 10:00 Coffee & News A 1 10:30 Creative Crafters A1 2:00 Special Guest Bible Time C 6 4:00 Let's Talk Trivia LR1 5:00 Joyce on the Piano LR 5</p> | <p><i>Happy Birthday Barbara M.!</i> 9:45 Body in Motion LR2 10:15 Catholic Mass AR 6 11:00 Brain Bootcamp A 1 2:00 All Faith Service AR6 3:00 Pokeno A 4 4:00 Let's Talk Trivia LR 1 5:00 Joyce on the Piano LR5</p> | <p>10:00 The Kings Choir AR 6 12:00 Balloon Volleyball LR 2 2:00 Art with Maggie Kerrigan AR 1 4:00 Dominoes A 1 5:00 Brain Bootcamp A1</p> | <p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR 2 10:00 News! News! LR 2 2:30 Ice Cream Social A4 4:00 Stretch & Strength A2 4:45 Brain Bootcamp A1</p> | <p>10:30 Rosary with The Tan Family C 6 2:00 Bingo A 4 4:00 Saturday Afternoon TV Residents' Choice A4</p> |
| <p>10:30 Church Service AR6 11:15 Coffee Chat A1 2:30 Christian Fellowship with Brother Britt Hoskins AR 6 4:00 Movie Matinee - Residents' Choice LR4</p> | <p>10:30 Entertainment: Jon Pheasant, The Beatles Guy AR 5 12:00 Martin Luther King Day Discussion and Trivia A 1 2:00 Bingo Store AR 4 4:00 Dominoes A 1 5:00 Let's Talk Trivia! A1</p> <p>Martin Luther King Day Tu B'Shevat</p> | <p>9:45 Poetry in Motion LR2 10:00 Ladder Ball LR 2 10:00 Coffee & News A 1 10:30 Rosary-Legion of Mary C 6 12:00 NF Resident Council C3 2:00 Special Guest Bible Time AR 6 4:00 Let's Talk Trivia LR1 5:00 Joyce on the Piano LR5</p> | <p>9:45 Body in Motion LR2 10:15 Catholic Mass AR 6 11:00 Brain Bootcamp A 1 2:00 Harpist Karen Stowe AR 6 3:00 Pokeno A 4 4:00 Let's Talk Trivia LR 1 5:00 Joyce on the Piano LR5</p> | <p>9:45 Chair Aerobics LR 2 11:00 Chair Zumba with Peggy AR 1:45 Scenic Joyride 8 2:00 Southern Belles Tea AR 4 4:00 Dominoes A 1 5:00 Brain Bootcamp A1</p> | <p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR 2 10:00 News! News! LR 2 2:00 Popcorn & a Movie: "Showboat" AR 4 4:00 Stretch & Strength A2 4:45 Brain Bootcamp A1</p> | <p>10:30 The String Quartet - Symphonicity AR4 2:00 Bingo A4 4:00 Saturday Afternoon TV Residents' Choice A4</p> |
| <p>10:30 Church Service AR6 11:15 Coffee Chat A1 2:30 Christian Fellowship with Brother Britt Hoskins AR 6 4:00 Movie Matinee - Residents' Choice LR4</p> | <p>9:45 Jazzercise LR 2 10:00 Balloon Volleyball LR2 10:00 Coffee & News A 1 10:30 Aroma Therapy LR 5 2:00 You are Special! Event: Chocolate Fountain (fondue) AR5 4:00 Dominoes A 1 5:00 Let's Talk Trivia! A1</p> <p>Australia Day (observed)</p> | <p>9:45 Poetry in Motion LR2 10:00 Ladder Ball LR 2 10:00 Coffee & News A 1 10:30 Celebrate Residents w/January Birthdays with Eddie Sal! AR5 2:00 Special Guest Bible Time AR 6 4:00 Delivery of Gratitude Gift to First Responders 3 4:00 Let's Talk Trivia LR1 5:00 Joyce on the Piano LR 5</p> | <p>9:45 Body in Motion LR2 10:15 Catholic Mass C6 11:00 Brain Bootcamp A 1 2:00 All Faith Service C6 3:00 Pokeno A 4 4:00 Let's Talk Trivia LR 1 5:00 EAL Resident Council A 3</p> | <p>9:45 Chair Aerobics LR 2 10:00 Balloon Volleyball LR 2 10:00 News! News! LR 2 11:00 Lunch Outing: Rib City Restaurant 8 2:30 Travelogue- Residents' Choice A4 4:00 Dominoes A 1 5:00 Brain Bootcamp A1</p> | <p>"That old law about 'an eye for an eye' leaves everybody blind. The time is always right to do the right thing." <i>-Martin Luther King, Jr.</i></p> <p>LOCATION & ACTIVITY KEY: A-Activity Room; AR- Assembly Room; C- Chapel; CA-Common Area; DR-Dining Room; LR- Living Room 1-Cognitive/Creative, 2-Physical, 3-Productive, 4-Social, 5-Sensory, 6- Reflective, 7- Outdoor, 8-Nature</p> | |

Any changes or additions will be noted on the information board in the Activity Room. Residents' mail hand-delivered. Most activities are a minimum of 30 minutes long. All supplies are accounted for before and after each activity.