Color Key:
Green: Spiritual / Religious
Purple: 1:1 / Small Group
Red: Exercise
Blue: Music / Special Event
Pink: Outings

Location Key:
AL: Assisted Living

Beauty Parlor open every Weds.

January 2018

Discovery Village at the West End – Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **9:30 Bible Study w/ Mary** **10:00 Sit & Get Fit** 10:30 Snack & Hydration 11:00 Game Shows 2:00 Movie Matinee 3:00 Ice Cream Social **6:30 Life Skills Stations** New Year's Day	**2** **9:30 Sit & Get Fit** **10:00 Music w/ Harriett** 10:45 Snack & Chat 11:00 Reading Club **2:00 Hymn Sing (AL)** **2:15 Sensory Stimulation** **2:30 Bible Study (AL)** **3:00 Music w/ Grady & Ice Cream** **3:45 Movin' n Groovin'** 7:30 Snack & Chat	**3** **9:30 Movin N' Groovin** **9:45 Bible Study w/ Mary** 10:00 Craft Corner 10:45 Music & Munchies 11:00 Kickin' Around Memories 11:30 Chair Dancing 2:00 Around The World 3:00 Conversation Jenga & Ice Cream **3:45 Life Skills Stations** 7:30 Snack & Chat	**4** **9:30 Let's Get Movin'** **9:45 Morning Devotions** 10:00 Hangman 10:30 Good News Stories & Snacks 11:00 Game Shows **11:15 Sensory Stimulation** 2:00 Relaxation 3:00 Ice Cream & Music **3:30 Dancing w/ Phyllis (AL)** 7:30 Snack Cart	**5** **9:30 Sit & Get Fit** **10:00 Scenic Bus Ride** 10:30 Snack & Hydration 2:00 Classic TV Shows 2:15 Bingo 3:00 Happy Hour **3:30 Friday Dance Party** **4:00 Sensory Stimulation** 7:30 Snack & Chat	**6** **9:30 Bible Study w/ Mary** **10:00 Chair Exercise** 10:30 Snack & Hydration 11:00 Manicures 2:00 Giant Crossword 3:00 Ice Cream Social 3:30 Balloon Toss 7:30 Snack & Chat
7 **10:00 Balloon Volleyball** 10:30 Snack & Hydration **11:00 Worship Service (TV)** **11:15 Life Skills Stations** 1:30 Bingo (AL) 2:00 Afternoon Movie 3:00 Ice Cream Social 7:30 Snack & Chat	**8** **8:00 Action Station w/ Chef Derek** **9:30 Jazzercise** **9:45 Bible Study w/ Mary** **10:00 Balloon Toss** 10:30 January Facts & Snacks 11:00 Elvis Trivia & Fun facts 2:00 Baking Club **3:00 Balance Class** 3:30 Ice Cream, Music, & Memories **6:30 Life Skills Stations** 7:30 Snack Cart	**9** **9:30 Sit & Get Fit** **10:00 Noodle Ball** 10:30 Snack & Chat 11:00 Reading Club **2:00 Hymn Sing (AL)** **2:15 Sensory Stimulation** **2:30 Bible Study (AL)** 3:00 Ice Cream Social **3:45 Movin' n Groovin'** 7:30 Snack & Chat	**10** **9:30 Movin N' Groovin** **9:45 Bible Study w/ Mary** 10:00 Craft Corner 10:45 Music & Munchies 11:00 Toss N' Talk 11:30 Chair Dancing 2:00 Around The World 3:00 Conversation Jenga & Ice Cream **3:45 Life Skills Stations** 7:30 Snack & Chat	**11** **9:30 Let's Get Movin'** **9:45 Morning Devotions** 10:00 Hangman 10:30 Good News Stories & Snacks 11:00 Game Shows **11:15 Sensory Stimulation** **2:00 Aromatherapy** 3:00 Ice Cream & Music **3:30 Music w/ Ken Hoffman (AL)** 7:30 Snack & Chat	**12** **9:30 Sit & Get Fit** **10:00 Scenic Bus Ride** 10:30 Snack & Hydration 2:00 Classic TV Shows 2:15 Bingo 3:00 Happy Hour **3:30 Friday Dance Party** **4:00 Sensory Stimulation** 7:30 Snack & Chat	**13** **9:30 Bible Study w/ Mary** **10:00 Chair Exercise** 10:30 Snack & Hydration 11:00 Manicures 2:00 Giant Crossword 3:00 Ice Cream Social 3:30 Balloon Toss 7:30 Snack & Chat
14 **10:00 Balloon Volleyball** 10:30 Snack & Hydration **11:00 Worship Service (TV)** **11:15 Life Skills Stations** 1:30 Bingo (AL) 2:00 Afternoon Movie 3:00 Ice Cream Social 7:30 Snack & Chat	**15** **9:30 Jazzercise** **9:45 Bible Study w/ Mary** **10:00 Balloon Toss** 10:30 MLK Facts & Snacks **11:00 Jamin w/ Jilson** 2:00 Baking Club **3:00 Balance Class** 3:30 Ice Cream, Music, & Memories **6:30 Life Skills Stations** 7:30 Snack Cart Martin Luther King Day	**16** **9:30 Sit & Get Fit** **10:00 Noodle Ball** 10:30 Snack & Chat **11:00 Music w/ Mary Stella (AL)** **2:00 Hymn Sing (AL)** **2:15 Sensory Stimulation** **2:30 Bible Study (AL)** **3:00 Music w/ Grady & Ice Cream** **3:45 Movin' n Groovin'** 7:30 Snack & Chat	**17** **9:30 Movin N' Groovin** **9:45 Bible Study w/ Mary** 10:00 Craft Corner 10:30 Music & Munchies 11:00 Kickin' Around Memories 11:30 Chair Dancing 2:00 Around The World 3:00 Conversation Jenga & Ice Cream **3:45 Life Skills Stations** **4:00 St. Matthews Communion (AL)** 7:30 Snack & Chat	**18** **9:30 Let's Get Movin'** **9:45 Morning Devotions** 10:00 Hangman 10:30 Good News Stories & Snacks 11:00 Game Shows **2:00 Action Station w/ Chef Derek** 3:00 Ice Cream & Music **3:30 Pet Therapy w/ Caring Canines** 7:30 Snack & Chat	**19** **9:30 Sit & Get Fit** **10:00 Scenic Bus Ride** 10:30 Snack & Hydration **11:30 Friday Dance Party** 2:00 Classic TV Shows 2:15 Bingo **3:30 Birthday Party w/ Diane Hart** **4:00 Sensory Stimulation** 7:30 Snack & Chat	**20** **9:30 Bible Study w/ Mary** **10:00 Chair Exercise** 10:30 Snack & Hydration 11:00 Manicures 2:00 Giant Crossword 3:00 Ice Cream Social 3:30 Balloon Toss 7:30 Snack & Chat
21 **10:00 Balloon Volleyball** 10:30 Snack & Hydration **11:00 Worship Service (TV)** **11:15 Life Skills Stations** 1:30 Bingo (AL) 2:00 Afternoon Movie 3:00 Ice Cream Social 7:30 Snack & Chat	**22** **9:30 Jazzercise** **9:45 Bible Study w/ Mary** **10:00 Balloon Toss** 10:30 Facts & Snacks 11:00 Trivia 2:00 Baking Club **3:00 Balance Class** 3:30 Ice Cream, Music, & Memories **6:30 Life Skills Stations** 7:30 Snack Cart	**23** **9:30 Sit & Get Fit** **10:00 Noodle Ball** 10:30 Snack & Chat 11:00 Reading Club **2:00 Hymn Sing (AL)** **2:15 Sensory Stimulation** **2:30 Bible Study (AL)** 3:00 Ice Cream Social 3:30 Bingo w/ Parham Church (AL) **3:45 Movin' n Groovin'** 7:30 Snack & Chat	**24** **9:30 Movin N' Groovin** **9:45 Bible Study w/ Mary** 10:00 Craft Corner 10:30 Music & Munchies 11:00 Kickin' Around Memories 11:30 Chair Dancing **2:00 Action Station w/ Chef Derek** 3:00 Conversation Jenga & Ice Cream **3:45 Life Skills Stations** 7:30 Snack & Chat	**25** **9:30 Let's Get Movin'** **9:45 Morning Devotions** 10:00 Hangman 10:30 Good News Stories & Snacks 11:00 Game Shows **11:15 Sensory Stimulation** **2:00 Sunnyside Trio Performance (AL)** 3:00 Ice Cream & Music **3:30 Propercise** 7:30 Snack & Chat	**26** **9:30 Sit & Get Fit** **10:00 Scenic Bus Ride** 10:30 Snack & Hydration 2:00 Classic TV Shows 2:15 Bingo 3:00 Happy Hour **3:30 Friday Dance Party** **4:00 Sensory Stimulation** 7:30 Snack & Chat Australia Day	**27** **9:30 Bible Study w/ Mary** **10:00 Chair Exercise** 10:30 Snack & Hydration 11:00 Manicures 2:00 VCU Pharmacy Presentation (AL) 2:00 Classic TV Shows 3:00 Ice Cream Social 3:30 Balloon Toss 7:30 Snack & Chat
28 **10:00 Balloon Volleyball** 10:30 Snack & Hydration **11:00 Worship Service (TV)** **11:15 Life Skills Stations** 1:30 Bingo (AL) 2:00 Afternoon Movie **3:00 Dance Troop Performance (AL)** 3:15 Ice Cream Social 7:30 Snack & Chat	**29** **9:30 Jazzercise** **9:45 Bible Study w/ Mary** **10:00 Balloon Toss** 10:30 Facts & Snacks **11:00 Jamin' w/ Jilson (AL)** 2:00 Baking Club **3:00 Balance Class** 3:30 Ice Cream, Music, & Memories **6:30 Life Skills Stations** 7:30 Snack Cart	**30** **9:30 Sit & Get Fit** **10:00 Discovery University (IL)** **10:15 Noodle Ball** 10:45 Snack & Chat **11:00 Music w/ Mary Stella** **2:00 Hymn Sing (AL)** **2:15 Sensory Stimulation** **2:30 Bible Study (AL)** 3:00 Ice Cream Social **3:45 Movin' n Groovin'** 7:30 Snack & Chat	**31** **9:30 Movin N' Groovin** **9:45 Bible Study w/ Mary** 10:00 Craft Corner 10:30 Music & Munchies 11:00 Kickin' Around Memories 11:30 Chair Dancing 2:00 Around The World 3:00 Conversation Jenga & Ice Cream **3:45 Life Skills Stations** 7:30 Snack & Chat Tu B'Shevat			

Please note: due to the changing needs of our residents, all activities are subject to change.