

Waltonwood at Twelve Oaks

January 2019

Assisted Living Activities

National Polka Month
1/8—outing to Hamtramck
1/16—Taste of Travel
1/25—Hands on Demo
“Golumpki”



1

10:15 Walking Club
11:00 BINGO (AR)
1:30 Balloon Volleyball (SA)
3:00 Dominoes & other games

2

10:00 Exercise w/ Chris (L)
11:00 BINGO (AR)
11:30 Fitness Center w/ Chris
1:30 Bobby G entertains (MC)
3:00 wii bowling (L)
4:00 Pinochle & other cards (AR)
6:30 After Dinner Dominoes (AR)

3

10:30 Helping Hands: Bakers of Hope (AR)
11:30 Fitness Center w/ Chris
1:00 Afternoon Movie (TH)
4:00 Kings in the Corner & Other Games (AR)

4

1:30 Dominoes (AR)
3:00 BINGO (AR)
4:00 Adult Coloring (AR)
(resident run)

5

6

10:45 Catholic Service (IL)
11:30 Protestant Church (PA)
2:00 Music w/ Matthew (PA)
1:00 Wild Card Football (L)
3:00 Dominoes (res run)(AR)

7

10:00 Exercise w/ Chris (L)
10:30 Worship Music w/Howard
11:30 Fitness Center w/ Chris
1:00 Manicures & Music (AR)
2:00 wii bowling—League #1(L)
3:00 Euchre (AR)
4:00 Kings in the Corner (AR)
6:30 After Dinner Bingo (AR)

8

9:30 Kroger (O)
9:45 Exercise w/ Chris (L)
10:00 A day in Hamtramck (O)
11:00 Sequence (AR)
11:30 Fitness Center w/ Chris
2:00 Catholic Service (L)
3:00 BINGO (AR)
4:00 Left-Right-Center (AR)

9

10:00 Yoga with Suzanne (L)
11:00 BINGO (AR)
1:00 Arts & Crafts (AR)
3:00 Dominoes & other games

10

10:00 Exercise w/ Chris (L)
11:00 BINGO (AR)
11:30 Fitness Center w/ Chris
1:00 Resident Council (L)
2:00 Helping Hands: Troopons wii bowling—League #2 (L)
3:00 Pinochle & other cards (AR)
6:30 After Dinner Dominoes (AR)

11

10:45 Exercise with Val (L)
11:30 Fitness Center w/ Chris
1:00 COPING WITH CHANGE
1:00 COMEDY TV –Everybody Loves Raymond (TH)
3:00 Birthday & Happy Hour Celebration (SA)

12

1:00 Exercise (L)
1:30 Bean Bag Toss Tic Tac Toe (AR)
3:00 BINGO (AR)
4:00 Adult Coloring (AR)
(resident run)

13

10:45 Catholic Service (IL)
11:30 Protestant Church (PA)
1:00 NFL Playoff Football (L)
2:00 Music w/ Matthew (PA)
3:00 Non-Denominational Church (AL)

14

10:15 Walking Club—scavenger hunt
11:00 Wheel of Fortune (AR)
1:00 Manicures & Music (AR)
2:00 wii bowling—League #1(L)
3:00 Euchre (AR)
4:00 Kings in the Corner (AR)
6:30 After Dinner Bingo (AR)

15

9:30 Kroger (O)
11:00 Scrabble (AR)
11:45 China Café Restaurant (O)
2:00 Loopy Scarf (cont) (AR)
3:00 BINGO (AR)
4:00 Left-Right-Center (AR)

16

10:15 Walking Club
11:00 BINGO (AR)
1:00 Taste of Travel—Poland(AR)
3:00 Dominoes & other games

17

10:00 Exercise w/ Chris (L)
11:00 BINGO (AR)
11:30 Fitness Center w/ Chris
1:30 wii OPEN BOWL (L)
2:00 Helping Hands (AR)
3:00 wii bowling—League #2(L)
4:00 Pinochle & other cards (AR)
6:30 After Dinner Dominoes (AR)

18

NAT’L WINNIE THE POOH DAY
10:30 Helping Hands: Bakers of Hope (AR)
11:30 Fitness Center w/ Chris
1:30 Gail Entertains (MC)
2:45 Movie: Christopher Robin
3:00 POKER
4:00 Kings in the Corner & Other

19

1:00 Exercise w/ Val (L)
1:30 Mexican Train (AR)
3:00 BINGO (AR)
4:00 Adult Coloring (AR)
(resident run)

NATIONAL PENGUIN DAY 20

10:45 Catholic Service (IL)
11:30 Protestant Church (PA)
1:00 Movie: March of the Penguins (Documentary) (TH)
1:00 NFL Playoff Football (L)
2:00 Music w/ Matthew (PA)
3:00 Dominoes (res run)(AR)

Martin Luther King Birthday 21

10:00 Exercise w/ Chris (L)
11:00 WORD GAMES (AR)
11:30 Fitness Center w/ Chris
1:00 Ed Talk: M.L. King (AR)
2:00 wii bowling—League #1(L)
3:00 Euchre (AR)
4:00 Kings in the Corner (AR)
6:30 After Dinner Bingo (AR)

22

9:45 Exercise w/ Chris (L)
11:00 Sequence (AR)
11:30 Fitness Center w/ Chris
1:00 BINGO
2:00 Catholic Service (L)
3:00 Arts & Crafts (AR)
4:00 Left-Right-Center (AR)

23

9:30 Kroger (O)
10:00 Yoga with Suzanne (L)
10:00 Men’s Club Outing: Bass Pro Shop & Lunch (O)
11:00 BINGO (AR)
1:30 Hole in 1 (PA)
3:00 Dominoes & other games

24

10:00 Exercise w/ Chris (L)
11:00 BINGO (AR)
11:30 Fitness Center w/ Chris
1:00 Helping Hands: Troopons wii OPEN BOWL (L)
2:00 wii bowling—League #2(L)
4:00 Pinochle & other cards (AR)
6:30 After Dinner Dominoes (AR)

25

10:45 Exercise with Val (L)
1:00 COPING WITH CHANGE
1:00 HANDS ON COOKING DEMO: GOLUMPKI (AR) (Polish Stuffed Cabbage)
3:00 Poker & other cards (AR)
4:00 Kings in the Corner & Other Games (AR)

26

1:00 Exercise (L)
1:30 Bean Bag Toss Tic Tac Toe (AR)
3:00 BINGO (AR)
4:00 Adult Coloring (AR)
(resident run)
7:00 Chili Cookoff (IL)

27

10:45 Catholic Service (IL)
11:30 Protestant Church (PA)
1:00 Dominoes (res run) (AR)
2:00 Music w/ Matthew (PA)
3:00 Non Denominational Church (AL)

28

10:00 Exercise w/ Chris (L)
11:00 Wheel of Fortune (AR)
11:30 Fitness Center w/ Chris
1:00 Manicures & Music (AR)
2:00 wii bowling—League #1(L)
3:00 Euchre (AR)
4:00 Kings in the Corner (AR)
6:30 After Dinner Bingo (AR)

29

9:30 Kroger (O)
9:45 Exercise w/ Chris (L)
11:00 SkipBo (AR)
11:30 Fitness Center w/ Chris
11:45 Bahama Breeze (O)
3:00 WINTER CARNIVAL –DAY 1 KICKOFF

30

10:15 Walking Club
11:00 BINGO (AR)
12:00 Jewish Schmooze & News Luncheon
1:30 Daniel Entertains (MC)
3:00 WINTER CARNIVAL –DAY 2

31

10:00 Exercise w/ Chris (L)
11:00 BINGO (AR)
11:30 Fitness Center w/ Chris
1:00 WINTER CARNIVAL –DAY 3
2:00 wii bowling—League #2(L)
3:00 Terry Entertains (MC)
4:00 Pinochle & other cards (AR)
6:30 After Dinner Dominoes (AR)

1

Save the Date
1:00 WINTER CARNIVAL – FINAL

**** Daily Meal Schedule****

8:30 am Breakfast
12:00 pm Lunch
5:00 pm Dinner



1/18—Grace M
1/23—Ruth E