West River Health Campus Life Enrichment - Assisted Living

Jahuary 2020

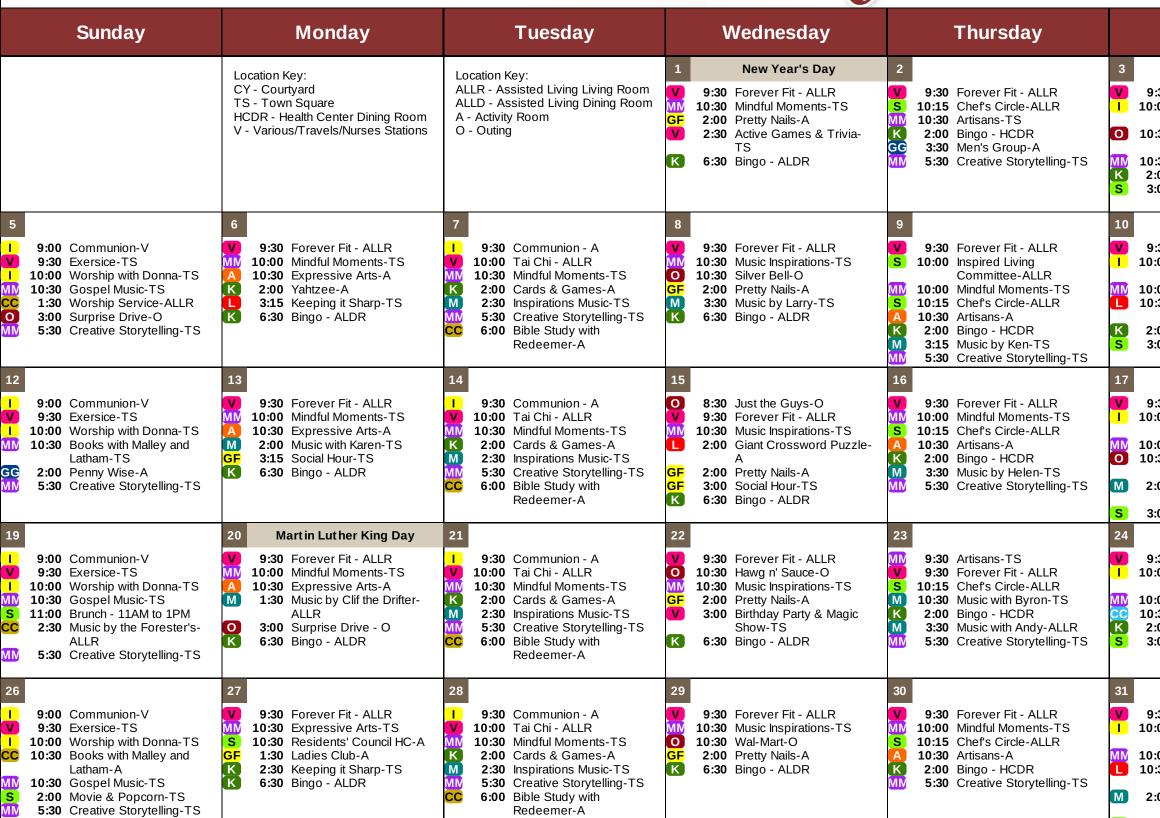


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Location Key: CY - Courtyard TS - Town Square HCDR - Health Center Dining Room V - Various/Travels/Nurses Station	Location Key: ALLR - Assisted Living Living Room ALDR - Assisted Living Dining Room A - Activity Room O - Outing	1New Year's Day9:30Forever Fit - ALLRGF2:002:30Active Games & Trivia- TSK6:30Bingo - ALDR	2 9:30 Forever Fit - ALLR 10:15 Chefs Circle-ALLR A 10:30 Artisans-TS 2:00 Bingo - HCDR GG 3:30 Men's Group-A	 3 9:30 Forever Fit - ALLR 10:00 Donna's Inspirations-ALLR 10:30 Lunch Outing with Neighbors-O 2:00 Trivia-HCDR 3:00 Happy Hour & Music with Angela-HCDR 	4 9:30 Forever Fit - ALLR 10:30 Story Time & Reminisce -TS 2:00 Bingo - HCDR 3:15 Giant Crossword Puzzle- A
5 9:00 Communion-V 9:30 Exersice-TS 10:00 Worship with Donna-TS 1:30 Worship Service-ALLR 3:00 Surprise Drive-O CC 5:30 Creative Storytelling-TS	6 9:30 Forever Fit - ALLR 10:30 Expressive Arts-A K 2:00 Yahtzee-A 3:15 Keeping it Sharp-TS K 6:30 Bingo - ALDR	 7 9:30 Communion - A 10:00 Tai Chi - ALLR 2:00 Cards & Games-A 2:30 Inspirations Music-TS 5:30 Creative Storytelling-TS 6:00 Bible Study with Redeemer-A 	 9:30 Forever Fit - ALLR 10:30 Silver Bell-O 2:00 Pretty Nails-A 3:30 Music by Larry-TS 6:30 Bingo - ALDR 	 9 9:30 Forever Fit - ALLR 10:00 Inspired Living Committee-ALLR 10:15 Chef's Circle-ALLR 10:30 Artisans-A 10:30 Bingo - HCDR 3:15 Music by Ken-TS 5:30 Creative Storytelling-TS 	 10 9:30 Forever Fit - ALLR 10:00 Donna's Inspirations-ALLR 10:30 Giant Crossword Puzzle-A 2:00 Trivia-HCDR 3:00 Happy Hour & Music with Neil Yockey-HCDR 	 9:30 Forever Fit - ALLR 10:30 Story Time & Reminisce -TS 2:00 Bingo - HCDR 3:15 Hot Chocolate Social-TS
12 9:00 Communion-V 9:30 Exersice-TS 10:00 Worship with Donna-TS 10:30 Books with Malley and Latham-TS 2:00 Penny Wise-A 5:30 Creative Storytelling-TS	13 V 9:30 Forever Fit - ALLR 10:30 Expressive Arts-A M 2:00 Music with Karen-TS GF 3:15 Social Hour-TS K 6:30 Bingo - ALDR	14 9:30 Communion - A 10:00 Tai Chi - ALLR K 2:00 Cards & Games-A M 2:30 Inspirations Music-TS CC 5:30 Creative Storytelling-TS CC 6:00 Bible Study with Redeemer-A	 8:30 Just the Guys-O 9:30 Forever Fit - ALLR 2:00 Giant Crossword Puzzle-A 2:00 Pretty Nails-A 3:00 Social Hour-TS 6:30 Bingo - ALDR 	16 9:30 Forever Fit - ALLR 10:15 Chef's Circle-ALLR 10:30 Artisans-A K 2:00 Bingo - HCDR 3:30 Music by Helen-TS CC 5:30 Creative Storytelling-TS	 17 9:30 Forever Fit - ALLR 10:00 Donna's Inspirations-ALLR 10:30 Lunch Outing with Neighbors-O 2:00 Music by Kevin & Ray-HCDR 3:00 Happy Hour-HCDR 	 9:30 Forever Fit - ALLR 9:30 Story Time & Reminisce -TS 2:00 Bingo - HCDR 3:15 Surprise Drive-O
 19 9:00 Communion-V 9:30 Exersice-TS 10:00 Worship with Donna-TS 11:00 Brunch - 11AM to 1PM 2:30 Music by the Forester's-ALLR 5:30 Creative Storytelling-TS 	 20 Mart in Lut her King Day 9:30 Forever Fit - ALLR 10:30 Expressive Arts-A 1:30 Music by Clif the Drifter-ALLR 3:00 Surprise Drive - O 6:30 Bingo - ALDR 	21 I 9:30 Communion - A V 10:00 Tai Chi - ALLR K 2:00 Cards & Games-A M 2:30 Inspirations Music-TS CC 5:30 Creative Storytelling-TS CC 6:00 Bible Study with Redeemer-A	 9:30 Forever Fit - ALLR 9:30 Hawg n' Sauce-O 2:00 Pretty Nails-A 3:00 Birthday Party & Magic Show-TS 6:30 Bingo - ALDR 	 9:30 Forever Fit - ALLR 10:00 Artisans-TS 10:15 Chef's Circle-ALLR 10:30 Music with Byron-TS 2:00 Bingo - HCDR 3:30 Music with Andy-ALLR 5:30 Creative Storytelling-TS 	24 9:30 Forever Fit - ALLR 10:00 Donna's Inspirations- ALLR CC 10:30 Creative Cooking-A 2:00 Trivia-HCDR S 3:00 Happy Hour & Music by Monte-HCDR	 25 Chinese New Year 9:30 Forever Fit - ALLR 10:30 Story Time & Reminisce -TS 2:00 Bingo - HCDR 3:15 Chinese New Year Trivia & History-TS
 26 9:00 Communion-V 9:30 Exersice-TS 10:00 Worship with Donna-TS 10:30 Books with Malley and Latham-A 2:00 Movie & Popcorn-TS 5:30 Creative Storytelling-TS 	27 V 9:30 Forever Fit - ALLR A 10:30 Expressive Arts-TS GF 1:30 Ladies Club-A K 2:30 Keeping it Sharp-TS S 3:00 Residents Council AL-A K 6:30 Bingo - ALDR	28 9:30 Communion - A 10:00 Tai Chi - ALLR 2:00 Cards & Games-A 2:30 Inspirations Music-TS 5:30 Creative Storytelling-TS 6:00 Bible Study with Redeemer-A	29 V 9:30 Forever Fit - ALLR 0 10:30 Wal-Mart-O GF 2:00 Pretty Nails-A K 6:30 Bingo - ALDR	30 9:30 Forever Fit - ALLR 10:15 Chef's Circle-ALLR 10:30 Artisans-A 2:00 Bingo - HCDR CC 5:30 Creative Storytelling-TS	 9:30 Forever Fit - ALLR 10:00 Donna's Inspirations-ALLR 10:30 Giant Crossword Puzzle-A 2:00 Music by Kevin & Ray-HCDR 3:00 Happy Hour-HCDR 	ALL ACTIVITIES ARE SUBJECT TO CHANGE. CHANGES WILL BE POSTED ON LIFE SHARE DAILY.



West River Health Campus Life Enrichment - Health Center

Jahuary 2020





Friday			Saturday			
3 V I MM K S	10:00 10:30 10:30 2:00	Forever Fit - ALLR Donna's Inspirations- ALLR Lunch Outing with Neighbors-O Mindful Moments-TS Trivia-HCDR Happy Hour & Music with Angela-HCDR	4 VMM K	10:30 2:00	Forever Fit - ALLR Story Time & Reminisce- TS Bingo - HCDR Giant Crossword Puzzle- A	
10 V I K S	10:00 10:00 10:30 2:00	Forever Fit - ALLR Donna's Inspirations- ALLR Mindful Moments-TS Giant Crossword Puzzle- A Trivia-HCDR Happy Hour & Music with Neil Yockey-HCDR	11 MM GF	10:30 2:00	Forever Fit - ALLR Story Time & Reminisce- TS Bingo - HCDR Hot Chocolate Social-TS	
17 V I M M S	10:00 10:00 10:30 2:00	Forever Fit - ALLR Donna's Inspirations- ALLR Mindful Moments-TS Lunch Outing with Neighbors-O Music by Kevin & Ray- HCDR Happy Hour-HCDR	18 MN K	10:30 2:00	Forever Fit - ALLR Story Time & Reminisce- TS Bingo - HCDR Surprise Drive-O	
24 I MM CC K S	9:30 10:00 10:00 10:30 2:00	Forever Fit - ALLR		10:30 2:00	Chinese New Year Forever Fit - ALLR Story Time & Reminisce- TS Bingo - HCDR Chinese New Year Trivia & History-TS	
31 V I MM S	10:00 10:00 10:30 2:00	Forever Fit - ALLR Donna's Inspirations- ALLR Mindful Moments-TS Giant Crossword Puzzle- A Music by Kevin & Ray- HCDR Happy Hour-HCDR	ALL ACTIVITIES ARE SUBJECT TO CHANGE. CHANGES WILL BE POSTED ON LIFE SHARE DAILY.			

Legacy Neighborhood Daily Rhythms West River Health Campus

Jahlary 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	includy	lacenty				
*ALL ACTIVITIES ARE SUBJECT TO	AFTERNOON:	EVENING:	1 New Year's Day	2	3	4
CHANGE & FLEXIBILITY	about 12:45p Relax & Recharge about 2:00p Artisans	about 6:00p Gathering of Friends about 7:00p Nighttime Traditions	9:30 Devotions with Donna	9:30 PING PONG	9:30 Take the Stairs	9:30 Light & Lively
MORNING:	about 3:00p Snack		10:00 Card BINGO 11:00 Hannah Therapy Dog	10:45 Winter Carrot Zucchini Bread 12:45 Relax & Recharge	10:00 The Gift of Time 10:30 Lunch Outing w/Neighbors	10:00 Brain Games 10:45 Sweet & Salty Peanut Butter
7a - 9a Open Breakfast	about 3:30p Music To My Ears		11:30 SALAD BAR	2:00 Wooden Bead Necklace	12:45 Relax & Recharge	Dip
about 9:30a Vitality about 10:00a Keeping it Sharp	about 4:00p Connections about 4:30a Healthy Hands & Dinner		12:45 Relax & Recharge	3:30 Sing Fit	2:00 My Artisan Journal	12:45 Relax & Recharge
about 10:30a Snack	Prep		2:00 Creative Storytelling 3:30 Songs of Texas	4:30 Healthy Hands 6:00 Life Share Games	3:00 Andy's Happy Hour 4:00 Nerf Gun Target Shooting	2:00 Snowman Sensory Bottle 3:30 Name That Croon
about 10:45a Creative Cooking	about 5:00p Dinner		4:00 Parachute Circle	7:00 Nighttime Traditions	4:30 Healthy Hands	4:00 Throwing Horseshoes
about 11:30a Lunch Prep			4:30 Healthy Hands		6:00 Movie Night	4:30 Healthy Hands
5	6	7	8	9	10	11
9:30 Light & Lively	10:00 Byron & his guitar	9:30 Humming Your Way to	9:30 Devotions with Donna	9:30 PING PONG	9:30 Take the Stairs	9:30 Light & Lively
10:00 Brain Games	11:00 Blizzard Cookies	Health	10:00 Card BINGO	10:45 Chocolate Covered Cherry	10:00 Get on the Bus!	10:00 Brain Games
10:45 Dr. Pepper Pudding Cake 12:45 Relax & Recharge	12:45 Relax & Recharge 2:00 Winter Bubble Trees	10:00 What's In Your Junk Drawer? 10:45 Almond Cupcakes	11:00 Hannah Therapy Dog 11:30 SALAD BAR	Bars 12:45 Relax & Recharge	12:45 Relax & Recharge 2:00 My Artisan Journal- Postcard	10:45 Snowman Oreos 12:45 Relax & Recharge
2:00 Thirsty Coasters	3:30 Glee Club	12:45 Relax & Recharge	12:45 Relax & Recharge	2:00 No Sew Fleece Blankets	3:00 January Happy Hour	2:00 Bob Ross Art
3:30 Hymn Sing	4:00 Sports Challenge	2:00 Snowy Shaving Cream Paint	2:00 Earth's Rotation Day Globes	3:30 Sing Fit	4:00 Nerf Gun Target Shooting	3:30 Name That Croon
4:00 Name 10 4:30 Healthy Hands	4:30 Healthy Hands 6:00 Hot Chocolate & Tales	3:30 SingFit 4:30 Healthy Hands	3:30 Songs of Texas 4:00 Parachute Circle	4:30 Healthy Hands 6:00 Aqua Painting	4:30 Healthy Hands 6:00 Movie Night	4:00 Throwing Horseshoes4:30 Healthy Hands
6:00 Evening Inspirations	7:00 Nighttime Traditions	6:00 Hangman	4:30 Healthy Hands	6:00 Life Share Games	7:00 Nighttime Traditions	6:00 BINGO
12	13	14	15	16	17	18
9:30 Light & Lively	9:30 Snowball Fight	9:30 Humming Your Way to	9:30 Devotions with Donna	9:30 PING PONG	9:30 Take the Stairs	9:30 Light & Lively
10:00 Brain Games	10:00 Famous Pairs	Health	10:00 Card BINGO	10:00 Pastor Don Here	10:00 The Gift of Time	10:00 Brain Games
10:45 Hot Chocolate Cookies 12:45 Relax & Recharge	10:45 Cinnamon Bread Sticks 12:45 Relax & Recharge	10:00 What's In Your Junk Drawer? 10:45 Laura Bush's Texas	11:00 Hannah Therapy Dog 11:30 SALAD BAR	10:45 No Bake PNB Chex Bars 12:45 Relax & Recharge	10:30 Lunch Outing w/Neighbors 12:45 Relax & Recharge	10:45 Cranberry Chocolate Oatmeal Balls
2:00 Crystal lcicles	2:00 Dream Catchers	Cookies	12:45 Relax & Recharge	2:00 No Sew Fleece Blankets	2:00 My Artisan Journal- Life	12:45 Relax & Recharge
3:30 Hymn Sing	2:00 Veterans Day Heart Card	12:45 Relax & Recharge	2:00 To BeCollage	3:30 January Jingle	Timeline	2:00 Kindness Flowers
4:00 Name 10 4:30 Healthy Hands	3:45 Neil Yockey & his Guitar 6:00 Hot Chocolate & Tales	2:00 Ribbon Wreath 3:30 SingFit	3:30 Hand Bell music w/Karen 4:30 Piano Music	4:00 Accordion Music by Helen 4:30 Healthy Hands	3:00 January Happy Hour 4:00 Nerf Gun Target Shooting	3:30 Name That Croon 4:00 Throwing Horseshoes
6:00 Evening Inspirations	7:00 Nighttime Traditions	4:30 Healthy Hands	6:00 Relaxing Puzzle Time	6:00 Life Share Games	4:30 Healthy Hands	4:30 Healthy Hands
19	20 Martin Luther King Day	21	22	23	24	25 Chinese New Year
9:30 Light & Lively	9:30 Snowball Fight	10:00 Music by Angela	9:30 Devotions with Donna	9:30 PING PONG	9:30 Rolling 31 Days	9:30 Light & Lively
10:00 Brunch Prep	10:00 Famous Pairs	11:00 Elvis' Pudding Cake	10:00 Card BINGO	10:45 Ultra Gooey PNB Cookies	10:00 Get on the Bus!	10:00 Brain Games
11:00 Sunday Brunch 11a-1p 1:00 Relax & Recharge	10:45 Ambrosia Salad 12:45 Relax & Recharge	12:45 Relax & Recharge 2:00 Creative Storytelling	11:00 Hannah Therapy Dog 11:30 SALAD BAR	12:45 Relax & Recharge 2:00 DIY Fortune Fun	12:45 Relax & Recharge 2:00 My Artisan Journal- Unique	10:45 Fortune Cookies 12:45 Relax & Recharge
2:00 No Sew Lavender Scented	2:00 DIY Shibori	3:30 SingFit	12:45 Relax & Recharge	3:30 Joshua Therapy dog	as a Snowflake	2:00 Winter Process Art
Sachets	3:30 Glee Club	4:30 Healthy Hands	2:00 Winter Sugar Painting	4:00 January Jingle	3:00 January Happy Hour	3:30 Name That Croon
3:30 Hymn Sing 4:00 Name 10	4:00 Basketball 4:30 Healthy Hands	6:00 Hangman 7:00 Nighttime Traditions	3:30 Songs of Texas 4:00 Parachute Circle	4:30 Healthy Hands 6:00 Life Share Games	4:00 Nerf Gun Target Shooting 4:30 Healthy Hands	4:00 Throwing Horseshoes 4:30 Healthy Hands
4:30 Healthy Hands	6:00 Hot Chocolate & Tales		4:30 Healthy Hands	7:00 Nighttime Traditions	6:00 Movie Night	6:00 BINGO
26	27	28	29	30	31	HAPPY BIRTHDAY:
9:30 Light & Lively	9:30 Snowball Fight	9:30 Humming Your Way to	9:30 Devotions with Donna	9:30 PING PONG	9:30 Take the Stairs	Betty G 1/1
10:00 Brain Games	10:00 Famous Pairs	Health	10:00 Card BINGO	10:45 Lemon Thumbprint Cookies	10:00 Get on the Bus!	Arlene M 1/5
10:45 PNB Loaf 12:45 Relax & Recharge	10:45 No Bake Peanut Butter Blossom	10:00 What's In Your Junk Drawer? 10:45 Hot Chocolate Cupcakes	11:00 Hannah Therapy Dog 11:30 SALAD BAR	12:45 Relax & Recharge 2:00 Newspaper Winter	12:45 Relax & Recharge 2:00 My Artisan Journal- Paint	
2:00 Oil Pastel Winter Tree Art	12:45 Relax & Recharge	12:45 Relax & Recharge	12:45 Relax & Recharge	Landscape	Without a Paintbrush	
3:30 Hymn Sing	2:00 My Artisan Box	2:00 My Artisan Box	2:00 Newspaper Winter	3:30 Sing Fit	3:00 January Happy Hour	
4:00 Name 104:30 Healthy Hands	3:30 John & his Guitar 4:00 Basketball	3:30 SingFit 4:30 Healthy Hands	Landscape 3:30 Songs of Texas	4:30 Healthy Hands 6:00 Life Share Games	4:00 Nerf Gun Target Shooting 4:30 Healthy Hands	
6:00 Evening Inspirations	4:00 Basketball 4:30 Healthy Hands	6:00 Hangman	4:00 Parachute Circle	7:00 Nighttime Traditions	6:00 Movie Night	
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