


January 2020  
In The Moment - Memory Support

created with 

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div> <b>St. Augustine Plantation</b> Assisted Living &amp; Memory Care</div> <div>2507 Old St. Augustine Rd Tallahassee, FL 32301 850-309-1982</div> <div><div><div>AE</div>Artistic Expression</div><div><div>CC</div>Community Connections</div><div><div>CE</div>Continuing Education</div><div><div>LL</div>Lifestyle &amp; Leisure</div><div><div>PE</div>Physical Engagement</div><div><div>SS</div>Spiritual Support</div></div>				<b>New Year's Day</b> <b>1</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:00 <span>CC</span> <b>Healing Hearts Music</b></div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 New Years Fun Facts</div> <div>2:00 2020 Painting</div> <div>3:30 New Year's Bingo</div> <div>4:00 New Years Stories</div> <div>5:00 Match The Picture w/ The Year</div> <div>6:00 D I N N E R</div>		<b>Boggie Day</b> <b>2</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 <span>CE</span> Who Are The Andrew Sisters</div> <div>2:00 <span>CC</span> <b>Jon &amp; his Banjo</b></div> <div>2:00 <span>CC</span> Visits from Our Furry Friend Max</div> <div>3:30 Andrew Sisters Sing-A-Long</div> <div>4:00 Finish The Lyrics</div> <div>5:00 Old War Stories</div> <div>6:00 D I N N E R</div>		<b>Deep In The Heart of Texas Day</b> <b>3</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>11:30 <span>Outing: Texas Road House</span></div> <div>1:30 Funny Texas Phrases</div> <div>2:00 <span>AE</span> Craft Hour: Ombre Paper Blue Honnet</div> <div>3:30 Must Visit Spots in Texas</div> <div>4:00 Who Am I?</div> <div>5:00 Travel Edition: Tour Around Texas</div> <div>6:00 D I N N E R</div>		<b>Healthy Living Day</b> <b>4</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 Sharing Vegetable Soup Recipes</div> <div>2:00 Cooking Demo: Stuff Celery</div> <div>3:00 Saturday Matinee</div> <div>4:00 Evening Stretches</div> <div>5:00 New Years Around the World</div> <div>6:00 D I N N E R</div>			
				<b>2020 First Sunday</b> <b>5</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 <span>SS</span> Sunday Hymns</div> <div>2:30 <span>LL</span> Chicken Soup Reading</div> <div>3:00 Sundae Social</div> <div>4:00 Craft Corner: Dove Coloring</div> <div>5:00 <span>SS</span> Bible Trivia</div> <div>6:00 D I N N E R</div>		<b>Whee of Fortune Day</b> <b>6</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 <span>CC</span> Rodger, One Man Band</div> <div>2:30 <span>LL</span> Let's Play Wheel of Fortune!</div> <div>3:30 Conversation &amp; Hot CoCo</div> <div>4:00 Viturel Tour of the Set</div> <div>5:00 <span>CE</span> U. S. Capital Cities</div> <div>6:00 D I N N E R</div>		<b>NachoTuesday</b> <b>7</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 Sing-A-Long</div> <div>2:00 Nacho &amp; Margarita Social</div> <div>3:00 Balloon Tennis</div> <div>4:00 Montessori: Reading</div> <div>5:00 Finish the Phrase</div> <div>6:00 D I N N E R</div>		<b>Wine Down Wednesday</b> <b>8</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:00 <span>CC</span> <b>Healing Hearts Music</b></div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:45 <span>CC</span> Jon &amp; his Banjo</div> <div>3:00 Wine &amp; Cheese Ball</div> <div>4:00 YouTube Travel: Winery Tour</div> <div>5:00 Top 10 Best Wines</div> <div>6:00 D I N N E R</div>		<b>Soup Du Jour Day</b> <b>9</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 Friendship Soup</div> <div>2:00 <span>CC</span> <b>Cooking Demo: Hearty Ham &amp; White Bean Soup</b></div> <div>2:00 <span>CC</span> Visits from Our Furry Friend Max</div> <div>3:30 What Kind of Soup are You</div> <div>4-5pr <span>CC</span> Quilting w/Flora</div> <div>5:00 Vegetable Soup Puuzzle</div> <div>6:00 D I N N E R</div>	
<b>Hot Tea Day</b> <b>12</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 <span>SS</span> Sunday Hymns</div> <div>2:00 <span>AE</span> Craft Corner: Foam Tray Teacup Print</div> <div>2:30 <span>LL</span> Chicken Soup Reading</div> <div>3:00 Japanese Tea Ceremony</div> <div>4:00 Name that Tea</div> <div>5:00 <span>SS</span> Bible Trivia</div> <div>6:00 D I N N E R</div>		<b>College National Championship Day</b> <b>13</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 <span>CC</span> Rodger, One Man Band</div> <div>2:30 Pigskin Tricky Picks</div> <div>3:00 Tailgate Party</div> <div>4:00 Football Bingo</div> <div>5:00 <span>CE</span> U. S. Capital Cities</div> <div>6:00 D I N N E R</div>		<b>All About Texas Day</b> <b>14</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 Famous People From Texas</div> <div>2:00 Cooking Demo: Texas Bean Caviar &amp; Sweet Tea</div> <div>3:15 <span>CC</span> Zumba</div> <div>4:00 <span>PE</span> Ring Toss Tournment</div> <div>5:00 Montessori: Reading</div> <div>6:00 D I N N E R</div>		<b>Humanitarian Day</b> <b>15</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:00 <span>CC</span> <b>Healing Hearts Music</b></div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 Acts of Kindness</div> <div>2:00 Craft Corner: Making Kindness Bags</div> <div>3:00 Homemade Strawberry Ice Cream Social</div> <div>4:00 Hand Massages</div> <div>5:00 Top 10 Greatest Humanitarians</div> <div>6:00 D I N N E R</div>		<b>Man Vs Machine Day</b> <b>16</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 The Rise of Machines</div> <div>2:00 <span>CC</span> <b>Jon &amp; his Banjo</b></div> <div>2:00 <span>CC</span> Visits from Our Furry Friend Max</div> <div>3:00 Jeopardy</div> <div>4:00 Game of Matching</div> <div>5:00 Man's Top 10 Greatest Inventions</div> <div>6:00 D I N N E R</div>		<b>Musical Notes Day</b> <b>17</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 Guess the Musical Instrument</div> <div>2:00 Cooking Demo: Microphone Cupcakes</div> <div>3:00 Movie Premiere: Sound of Music</div> <div>4:00 Sing-A-Long</div> <div>5:00 Best Musicians from 50s &amp; 60s</div> <div>6:00 D I N N E R</div>		<b>Indoor Sports Day</b> <b>18</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 Guess the Sport</div> <div>2:00 Indoor Bean Bag Toss</div> <div>3:00 Large Tick Tack Toe</div> <div>4:00 SAP Walk</div> <div>5:00 Finish the Phrase</div> <div>6:00 D I N N E R</div>	
<div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 <span>SS</span> Sunday Hymns</div> <div>2:00 Sundae Social</div> <div>2:30 <span>LL</span> Chicken Soup Reading</div> <div>3:00 Sunday Facials</div> <div>4:00 Montessori: Reading</div> <div>5:00 <span>SS</span> Bible Trivia</div> <div>6:00 D I N N E R</div> <b>19</b>		<b>Martin Luther King, Jr. Day</b> <b>20</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 Outing: Riley Museum</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 <span>CC</span> Rodger, One Man Band</div> <div>2:30 Craft Hour: MLK Peace Wreath</div> <div>3:30 <span>CE</span> U. S. Capital Cities</div> <div>4:00 History of MLK</div> <div>5:00 Letters from Brimingham Jail</div> <div>6:00 D I N N E R</div>		<b>Lollipop Day</b> <b>21</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 Who is Tally Savalas</div> <div>2:00 Cooking Demo: Cake Pops</div> <div>3:00 Bowling Tournament</div> <div>4:00 How's it Made: Lollipops</div> <div>5:00 Kojak TV Marathon</div> <div>6:00 D I N N E R</div>		<b>Queen Victoria Day</b> <b>22</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:00 <span>CC</span> <b>Healing Hearts Music</b></div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 History of Queen Victoria &amp; the Royal Family</div> <div>2:00 Cookies &amp; Tea Social</div> <div>3:00 Royal Spa Treatment</div> <div>4:00 Royal Family Trivia</div> <div>6:00 D I N N E R</div>		<b>Casablanca Day</b> <b>23</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 YouTube Travel: Casablanca &amp;Morocco</div> <div>2:00 <span>CC</span> Visits from Our Furry Friend Max</div> <div>3:00 Movie Premiere: Casablanca</div> <div>4:00 The Casablanca Conference</div> <div>5:00 Classic Movie Trivia</div> <div>6:00 D I N N E R</div>		<b>Peanut Butter Day</b> <b>24</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 History of Peanut Butter</div> <div>1:30 Outing: Coldstone Ice Cream</div> <div>2:00 Cooking Demo: Peanut Butter Banana Muffins</div> <div>3:30 Bingo w/ Reese Cups</div> <div>4:00 Sing-A-Long</div> <div>5:00 The Uses of Peanut Butter</div> <div>6:00 D I N N E R</div>		<b>Quilt Day</b> <b>25</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 What's Your Hobby</div> <div>2:00 Craft Corner: Quilt Out of Paper</div> <div>3:00 Saturday Matnee</div> <div>4:00 Beautiful Quilting Images</div> <div>5:00 Name That Tune</div> <div>6:00 D I N N E R</div>	
<div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 <span>SS</span> Sunday Hymns</div> <div>2:00 Grammy Party</div> <div>3:00 Resident &amp; Staff Karaoke</div> <div>4:00 <span>LL</span> Chicken Soup Reading</div> <div>5:00 <span>SS</span> Bible Trivia</div> <div>6:00 D I N N E R</div> <b>26</b>		<b>Cowboy Poetry Day</b> <b>27</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 <span>CC</span> Rodger, One Man Band</div> <div>2:30 Craft Corner: Decorating Horseshoes</div> <div>3:30 Horseshoe Face-Off</div> <div>4:00 Poetry Reading</div> <div>5:00 <span>CE</span> U. S. Capital Cities</div> <div>6:00 D I N N E R</div>		<b>Chinese New Year</b> <b>28</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 Hand Massages &amp; Aromatherapy</div> <div>2:00 Chinese New Year Party</div> <div>3:15 <span>CC</span> Zumba</div> <div>4:00 Craft Corner: Origami Birds</div> <div>5:00 Chinese New Year Facts</div> <div>6:00 D I N N E R</div>		<b>Walt Disney Day</b> <b>29</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:00 <span>CC</span> <b>Healing Hearts Music</b></div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 YouTube Travel: Disney World</div> <div>2:00 Craft Corner: Disney Painting</div> <div>3:00 Disney Movie &amp; Root Bear Floats</div> <div>4:00 Famous Walt Disney Quotes</div> <div>5:00 Favorite Childhood Memories</div> <div>6:00 D I N N E R</div>		<b>Sports Fans Day</b> <b>30</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>2:00 Team Spirit Fashion Show</div> <div>2:00 <span>CC</span> Visits from Our Furry Friend Max</div> <div>2:30 Cooking Demo: Mini Sliders</div> <div>3:00 Tailgate Party Back-Porch</div> <div>3:30 Outdoor Football Toss</div> <div>4:00 All Star Bingo</div> <div>5:00 Americas Top 10 Sports</div> <div>6:00 D I N N E R</div>		<b>Fun At Work Day</b> <b>31</b> <div>9:00 <span>CC</span> Morning Greetings and Daily News &amp; Weather Updates</div> <div>10:30: <span>LL</span> Snack time!!!</div> <div>11:00 <span>PE</span> Sittercise with Attitude</div> <div>1:30 Family Feud: Staff Edition</div> <div>2:00 Craft Corner: Calm Down Jars</div> <div>3:00 Movie &amp;Popcorn w/ Staff</div> <div>4:00 Indoor Bowling</div> <div>5:00 Sensory Touch Game</div> <div>6:00 D I N N E R</div>		Healthy Snacks & Hydration offered throughout each day!	