Highland Oaks Health Center Health Center

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 F - Gathering of Friends Inspirations K - Keeping it Sharp/Reminisce Lifelong Learning Mindful Moments S - Signature Events V - Vitality 		1 K 8:45 LEISURE CART 10:00 SPA DAY K 11:00 JEOPARDY M 1:15 NURSERY-THEME SENSATION V 2:00 HEART TARGET 1 3:00 MOVIE	2 K 8:45 LEISURE CART 10:00 BINGO 1:15 MEN'S-THEME SENSATIONS 2:00 CHAIR YOGA 3:00 IN ROOM MOVIE S 3:00 RESIDENT COUNCIL	3 K 8:45 LEISURE CART S 10:00 FAIR DAYS- SHOOTING TARGET K 11:00 PRICE IS RIGHT 11:15 TOUCH-THEME SENSATION S 2:00 FAIR FOOD CART- FUNNEL CAKES V 3:00 SIMON SAYS FITNESS	4 K 8:45 LEISURE CART 10:00 BINGO (4-H) 1:15 LAUNDRY-THEME SENSATIONS V 2:00 NOODLE BALL EXERCISE GF 3:00 DOOR DASH HAPPY HOUR	5 9:00 GARDEN- THEME SENSATIONS 9:30 LEISURE CART 10:15 FUN PACKETS 1:15 FUN CART 3:00 MOVIE
	 9:00 MUSIC - THEME SENSATIONS 9:30 LEISURE CART 11:00 T.V. CHURCH SERVICE 2:20 GOSPEL SINGING 3:00 IN ROOM MOVIES 	 7 Labor Day 8:45 LEISURE CART 10:00 BINGO 1:15 KITCHEN-THEME SENSATIONS Y 2:00 WIFFLE BALL TRILOGY FIT 3:00 IN ROOM MOVIE 	8 K 8:45 LEISURE CART 10:00 SPA DAY K 11:00 JEOPARDY 1:15 NURSERY-THEME SENSATION S 1:30 LEMONADE SHAKE-UP V 2:00 HEART TARGET 1 3:00 MOVIE	9 8:45 LEISURE CART 10:00 BINGO 1:15 MEN'S-THEME SENSATIONS 2:00 CHAIR YOGA 3:00 IN ROOM MOVIE	 10 K 8:45 LEISURE CART S 10:00 Campus Retreat "Campfire" K 11:00 PRICE IS RIGHT M 1:15 TOUCH-THEME SENSATION S 2:00 FAIR CART - MINI CORN DOGS V 3:00 SIMON SAYS FITNESS 	11 K 8:45 LEISURE CART K 10:00 BINGO (FAIR ANIMALS) M 1:15 LAUNDRY-THEME SENSATIONS V 2:00 NOODLE BALL EXERCISE GF 3:00 DOOR DASH HAPPY HOUR	 12 9:00 GARDEN- THEME SENSATIONS 9:30 LEISURE CART 10:15 FUN PACKETS 1:15 FUN CART 3:00 MOVIE
13	Grandparents Day	14	15	16	17	18 Rosh Hashanah Begins	19
	 9:00 MUSIC - THEME SENSATIONS 9:30 LEISURE CART 11:00 T.V. CHURCH SERVICE 2:20 GOSPEL SINGING 3:00 IN ROOM MOVIES 	 8:45 LEISURE CART 10:00 BINGO 1:15 KITCHEN-THEME SENSATIONS 2:00 WIFFLE BALL TRILOGY FIT 3:00 IN ROOM MOVIE 	 8:45 LEISURE CART 10:00 SPA DAY 11:00 JEOPARDY 1:15 NURSERY-THEME SENSATION S 1:30 FAIR FOOD CART - DEEP FRIED VEGGIES V 2:00 HEART TARGET 3:00 MOVIE 	 8:45 LEISURE CART 9:30 INSPIRED LIVING 10:00 BINGO 1:15 MEN'S-THEME SENSATIONS 2:00 CHAIR YOGA 3:00 IN ROOM MOVIE 	 8:45 LEISURE CART 10:00 FAIR DAYS - FISH BOWL TOSS 11:00 PRICE IS RIGHT 1:15 TOUCH-THEME SENSATION 2:00 FAIR FOOD CART - FAIR FRIES 3:00 SIMON SAYS FITNESS 	 8:45 LEISURE CART 10:00 BINGO (FAIR FOOD) 1:15 LAUNDRY-THEME SENSATIONS 2:00 NOODLE BALL EXERCISE GF 3:00 DOOR DASH HAPPY HOUR 	 9:00 GARDEN- THEME SENSATIONS 9:30 LEISURE CART 10:15 FUN PACKETS 1:15 FUN CART 2:00 SIMON SAYS FITNESS 3:00 MOVIE
20		21	22 Fall Begins	23	24	25	26
	 9:00 MUSIC - THEME SENSATIONS 9:30 LEISURE CART 11:00 T.V. CHURCH SERVICE 2:00 7TH ST. CHURCH OF CHRIST 2:20 GOSPEL SINGING 3:00 IN ROOM MOVIES 	 8:45 LEISURE CART 10:00 BINGO 1:15 KITCHEN-THEME SENSATIONS 2:00 WIFFLE BALL TRILOGY FIT 3:00 IN ROOM MOVIE 	 8:45 LEISURE CART 10:00 SPA DAY 11:00 JEOPARDY 1:15 NURSERY-THEME SENSATION 2:00 HEART TARGET 3:00 MOVIE 	 8:45 LEISURE CART 10:00 BINGO 1:15 MEN'S-THEME SENSATIONS 2:00 CHAIR YOGA 3:00 IN ROOM MOVIE 	 8:45 LEISURE CART 10:00 FAIR DAYS - BOTTLE RING TOSS 11:00 PRICE IS RIGHT 1:15 TOUCH-THEME SENSATION 2:00 FAIR FOOD CART - COTTON CANDY 3:00 SIMON SAYS FITNESS 	 8:45 LEISURE CART 10:00 BINGO (FAIR GARDEN) 1:15 LAUNDRY-THEME SENSATIONS 2:00 NOODLE BALL EXERCISE GF 3:00 DOOR DASH HAPPY HOUR 	 9:00 GARDEN- THEME SENSATIONS 9:30 LEISURE CART 9:45 DEVOTIONS 10:15 FUN PACKETS 1:15 FUN CART 2:00 SIMON SAYS FITNESS 3:00 MOVIE
27		28	29	30	ALL ACTIVITIES ARE SUBJECT TO CHANGE		
	 9:00 MUSIC - THEME SENSATIONS 9:30 LEISURE CART 11:00 T.V. CHURCH SERVICE 2:00 MALTA UNITED METHODIST 2:20 GOSPEL SINGING 3:00 IN ROOM MOVIES 	 8:45 LEISURE CART 10:00 BINGO 1:15 KITCHEN-THEME SENSATIONS 2:00 WIFFLE BALL TRILOGY FIT 3:00 IN ROOM MOVIE 	 8:45 LEISURE CART 10:00 SPA DAY 11:00 JEOPARDY 11:15 NURSERY-THEME SENSATION 2:00 HEART TARGET 3:00 MOVIE 	 8:45 LEISURE CART 10:00 BINGO 1:15 MEN'S-THEME SENSATIONS 2:00 CHAIR YOGA 3:00 IN ROOM MOVIE 	GHANGE		

september 2020

Friday						
;	LEISURE CART					
)	BINGO (4-H)					

Highland Oaks Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Artisans C - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce Mindful Moments Music to My Ears S - Signature Events V - Vitality 	Daily Rhythm "About" Times: Morning: 9:00 Vitality 9:30 Keeping it Sharp 10:00 Morning Refresher 10:30 Creative Cooking 11:30 Healthy Hands/Lunch Prep Early Afternoon: 1:00 Relax & Recharge	GG Water Balloon Bucket Toss	2 8 8 8 8 8 9 9 9 9 9 9 9 9 9 9 9 9 9	 Bocce Ball Old Sayings Uncle Sam Ice Cream Cones Relax & Recharge Creative Storytelling Shake It Up, Baby! Fair Midway Games Healthy Hands Meet Me In The Courtyard! 	 80's Flashback Summertime Short Story No Bake Avalanche Cookies Relax & Recharge Fleece Blankets GF DOOR DASH HAPPY HOUR September Happy Hour GC Velcro Catch Healthy Hands 	 5 V Scavenger Hunt Walk K Working with Letters C Cheese Pizza Relax & Recharge A Wrap'n Llama M College Football Fight Songs GG Aim for the Stars Healthy Hands GF Hangman
 6 Stayin' Alive Disco Dance MUSIC - THEME SENSATIONS Affirming Friends Coffee Ice Cream in a Bag Relax & Recharge Warm Vanilla Sugar Scrub GOSPEL SINGING Feel the Waves GC State Plate Game 	 7 Labor Day Move it Monday Summer Vacation Labor Day Icebox Berry Cheesecake Relax & Recharge Labor Day Cards School Days GG Word Works Healthy Hands 	 8 V Swedish Workout K Categories Game C Grandma's Chocolate Chip Cookies Relax & Recharge V HEART TARGET A Sunflower Painting M Music Bingo G Water Balloon Bucket Toss Healthy Hands 	 9 V Balance K Roll to 20! C Apple Pie Cake Relax & Recharge A Watercolor Silhouettes M Create A Booming Song! G What Belongs Together? Healthy Hands A LifeShare Games! 	 10 V Bocce Ball K Old Sayings C 7 UP Biscuits Relax & Recharge A Fall Leaf Garland M Shake It Up, Baby! G Fair Midway Games Healthy Hands GF Meet Me In The Courtyard! 	 11 80's Flashback Summertime Short Story Banana Breeze Relax & Recharge Fleece Blankets DOOR DASH HAPPY HOUR September Happy Hour Velcro Catch Healthy Hands 	 Scavenger Hunt Walk Working with Letters Apple Cinnamon Bread Relax & Recharge Grandparent's Day Family Tree College Football Fight Songs GG Aim for the Stars Healthy Hands GF Hangman
 Grandparents Day Stayin' Alive Disco Dance MUSIC - THEME SENSATIONS Affirming Friends Pepperoni Pizza Cups Relax & Recharge Slime Experiment GOSPEL SINGING Feel the Waves State Plate Game 	 Move it Monday Summer Vacation Spiced Harvest Bread Relax & Recharge The Dot Art-Day 1 School Days Word Works Healthy Hands Flower Arranging 	Categories Game	 Balance INSPIRED LIVING Roll to 20! Homemade Guacomole Relax & Recharge Clay Mountain Photo Holder-1 Create A Booming Song! What Belongs Together? Healthy Hands 	 Bocce Ball Old Sayings Apple Dumplings Relax & Recharge Clay Mountain Photo Holder-2 Shake It Up, Baby! Fair Midway Games Healthy Hands Meet Me In The Courtyard! 	 18 Rosh Hashanah Begins 80's Flashback Summertime Short Story Reese's Peanut Butter Cup Brownie Trifle Relax & Recharge Fleece Blankets GF DOOR DASH HAPPY HOUR September Happy Hour GG Velcro Catch 	 19 Scavenger Hunt Walk Working with Letters Superfood Cookies Relax & Recharge Ask A Beautiful Question College Football Fight Songs GG Aim for the Stars Healthy Hands GF Hangman
 Stayin' Alive Disco Dance MUSIC - THEME SENSATIONS Affirming Friends Waldorf Salad Relax & Recharge Paper Picture Frames GOSPEL SINGING Feel the Waves GG State Plate Game 	21 V Move it Monday K Summer Vacation C Cookies and Cream Cookies Relax & Recharge A Salted Painting M School Days GC Word Works Healthy Hands GF Flower Arranging	 Swedish Workout Categories Game Browned Butter White Chocolate Blondies Relax & Recharge HEART TARGET Rustic Wood Pumpkins Music Bingo 	 Balance Roll to 20! Garlic Stuffed Mushrooms Relax & Recharge Apple Chalkboard Greeting Create A Booming Song! What Belongs Together? Healthy Hands LifeShare Games! 	 24 V Bocce Ball K Old Sayings C Peach Cobbler Muffins Relax & Recharge A Nature Bookmarks M Shake It Up, Baby! GG Fair Midway Games Healthy Hands GF Meet Me In The Courtyard! 	 25 80's Flashback Summertime Short Story C Cheddar & Chive Drop Biscuits Relax & Recharge Fleece Blankets GF DOOR DASH HAPPY HOUR September Happy Hour GC Velcro Catch Healthy Hands 	 26 Scavenger Hunt Walk Working with Letters DEVOTIONS Johnny Appleseed Bars Relax & Recharge Fall Leaf Candle Mason Jar College Football Fight Songs GG Aim for the Stars Healthy Hands
 27 Yom Kippur Begins Stayin' Alive Disco Dance MUSIC - THEME SENSATIONS Affirming Friends Melted Turkey & Swiss Sliders Relax & Recharge Popcorn Fall Trees GOSPEL SINGING Feel the Waves GG State Plate Game 	 28 Move it Monday Summer Vacation Wonton Poppers Relax & Recharge Clay Pinch Pots-Day 1 School Days Word Works Healthy Hands GF Flower Arranging 	 Swedish Workout Categories Game Pumpkin Cookies with Brown Butter Icing Relax & Recharge Clay Pinch Pots-Day 2 HEART TARGET Music Bingo 	 30 W Balance K Roll to 20! Caramel Apple Cinnamon Rolls Relax & Recharge Have A Gentle Conversation Create A Booming Song! What Belongs Together? Healthy Hands F LifeShare Games! 	Late Afternoon: 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening: 6:00 Gathering of Friends 7:00 Nighttime Traditions *Note: Housekeeping can take place		

September 2020