<b>Highland Oaks</b>	Health	Center
Health Center		



## JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L ifelong Learning	M - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality	ALL ACTIVITIES ARE SUBJECT TO CHANGE				1 New Year's Day  MM 9:00 GARDEN- THEME SENSATIONS  A 10:00 ART VIDEO 11:00 TRAVEL V 2:00 CHAIR EXERCISE 1 3:00 MOVIE BROADCAST
9:00 MUSIC-THEME SENSATIONS  GG 10:00 DEAL OR NO DEAL  V 10:30 SIT & BE FIT  S 11:00 SUNDAY BRUNCH  1 2:00 CHURCH SERVICE	3  K 9:00 DAILY CHRONICLE K 10:00 TRIVIA MM 11:00 IN ROOM VISITS MM 1:15 KITCHEN THEME SENSATIONS V 2:00 NOODLE BALL	MM 9:00 IN ROOM VISITS GG 10:00 BINGO A 10:30 PUZZLE SNOWFLAKE MM 1:15 NURSERY-THEME SENSATIONS V 2:00 SNOWBALL FIGHT	S 9:00 DAILY CHRONICLE M 10:00 BAND FUN G 10:30 MEN'S GROUP MM 1:00 MEN'S-THEME SENSATIONS CC 1:30 CHEF'S CIRCLE	6  K 9:00 DAILY CHRONICLE MM 9:00 TOUCH-THEME SENSATION A 9:30 SNOWMAN CHALK DRAWING 0 10:00 OUT AND ABOUT	7  K 9:00 DAILY CHRONICLE MM 9:30 LAUNDRY-THEME SENSATIONS 1 10:00 DEVOTIONS GG 1:30 BINGO M 2:30 ELVIS TUNES	9:00 GARDEN-THEME SENSATIONS A 10:00 ART VIDEO 11:00 TRAVEL V 2:00 CHAIR EXERCISE 1 3:00 MOVIE BROADCAST
9 9:00 MUSIC-THEME SENSATIONS GG 10:00 TABLE TOP POOL V 10:30 SIT & BE FIT I 2:00 CHURCH SERVICE M 2:30 GOSPEL MUSIC	9:00 DAILY CHRONICLE K 10:00 TRIVIA MM 11:00 IN ROOM VISITS MM 1:15 KIT CHEN THEME SENSATIONS V 2:00 NOODLE BALL	9:00 IN ROOM VISITS G 10:00 BINGO A 10:30 SOCK SNOWMAN MM 1:15 NURSERY-THEME SENSATIONS K 2:00 DAILY CHRONICLES	M 10:00 BAND FUN M 1:00 MEN'S-THEME SENSATIONS C 1:30 CHEF'S CIRCLE M 3:00 CHAIR YOGA	9:00 DAILY CHRONICLE 10:00 OUT AND ABOUT 1:15 TOUCH-THEME SENSATION 2:00 BODY SCRUBS 3:00 SNOWMAN SAYS	MM 9:00 DAILY CHRONICLE MM 9:30 LAUNDRY-THEME SENSATIONS I 10:00 DEVOTIONS GG 1:30 BINGO M 2:30 NAME THAT TUNE	9:00 GARDEN- THEME SENSATIONS A 10:00 ART VIDEO 1 11:00 TRAVEL V 2:00 CHAIR EXERCISE 1 3:00 MOVIE BROADCAST
9:00 MUSIC-THEME SENSATIONS GG 10:00 WHEEL OF FORTUNE V 10:30 SIT & BE FIT I 2:00 CHURCH SERVICE M 2:30 GOSPEL MUSIC	Martin Luther King Day  9:00 DAILY CHRONICLE 10:00 TRIVIA 11:00 IN ROOM VISITS 1:15 KITCHEN THEME SENSATIONS 2:00 NOODLE BALL	MM 9:00 IN ROOM VISITS GG 10:00 BINGO A 10:30 CLING WRAP PAINTING MM 1:15 NURSERY-THEME SENSATIONS	M 10:00 DAILY CHRONICLE M 10:00 BAND FUN G 10:30 MEN'S GROUP M 1:00 MEN'S-THEME SENSATIONS C 1:30 CHEF'S CIRCLE	9:00 DAILY CHRONICLE 10:00 OUT AND ABOUT 1:15 TOUCH-THEME SENSATION 2:00 ICE CREAM MAKING 3:00 SNOWMAN SAYS	9:00 DAILY CHRONICLE  9:30 LAUNDRY-THEME SENSATIONS 10:00 DEVOTIONS G 1:30 BINGO 2:30 ROCK N'ROLL OLDIES	9:00 GARDEN- THEME SENSATIONS 1 9:45 DEVOTIONS A 10:00 ART VIDEO 1 11:00 TRAVEL V 2:00 CHAIR EXERCISE
9:00 MUSIC-THEME SENSATIONS GG 10:00 DEAL OR NO DEAL V 10:30 SIT & BE FIT I 2:00 CHURCH SERVICE M 2:30 GOSPEL MUSIC	9:00 DAILY CHRONICLE 10:00 TRIVIA 11:00 IN ROOM VISITS 1:15 KITCHEN THEME SENSATIONS 2:00 NOODLE BALL	MM 9:00 IN ROOM VISITS GG 10:00 BINGO A 10:30 DRAWING FROM NUMBERS MM 1:15 NURSERY-THEME SENSATIONS	M 10:00 DAILY CHRONICLE M 10:00 BAND FUN M 1:00 MEN'S-THEME SENSATIONS C 1:30 CHEF'S CIRCLE M 3:00 CHAIR YOGA	27  K 9:00 DAILY CHRONICLE 10:00 OUT AND ABOUT MM 1:15 TOUCH-THEME SENSATION 2:00 BIRD SEED FEEDERS 3:00 SNOWMAN SAYS	28  K 9:00 DAILY CHRONICLE  MM 9:30 LAUNDRY-THEME  SENSATIONS  I 10:00 DEVOTIONS  GG 1:30 BINGO  M 2:30 COUNTRY OLDIES	9:00 GARDEN- THEME SENSATIONS A 10:00 ART VIDEO 1 11:00 TRAVEL V 2:00 CHAIR EXERCISE 1 3:00 MOVIE BROADCAST
9:00 MUSIC-THEME SENSATIONS GG 10:00 HANGMAN V 10:30 SIT & BE FIT 1 2:00 CHURCH SERVICE M 2:30 GOSPEL MUSIC	9:00 DAILY CHRONICLE  10:00 TRIVIA  11:00 IN ROOM VISITS  1:15 KITCHEN THEME SENSATIONS  2:00 NOODLE BALL					

	Highland Oaks
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## JANUARY 2022

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce MI - Mindful Moments M - Music to My Ears	V - Vitality	Late Afternoon: 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening: 6:00 Gathering of Friends				1 New Year's Day  V Roll in the New Year  New Year Word Poem  Cranberry Pecan Cheese Balls Relax & Recharge  Creative Storytelling  Making Music
<ul> <li>Balance</li> <li>MUSIC-THEME SENSATIONS</li> <li>Guess the Animal</li> <li>Sausage &amp; Peppers Hawaiian Sliders</li> <li>Relax &amp; Recharge</li> </ul>		Cookies & Cream Ice Cream Relax & Recharge Pinecone Penguin	Quick Qigong Famous Pairs Monster Cookie Energy Bites Relax & Recharge Squeegee Canvas Paint Dance Your Own Way	80s Flashback Life Story Pizza Quesadillas Relax & Recharge Life Timeline Creative Writing Hippy Dance	Mindfulness Matters Rolling 31 Days Chocolate Truffles Relax & Recharge Winter Sugar Painting DOOR DASH HAPPY HOUR	Roll in the New Year  New Year Word Poem  Bacon Cheese Balls Relax & Recharge  Art Appreciation-Renoir Making Music
<ul> <li>Balance</li> <li>MUSIC-THEME SENSATIONS</li> <li>Guess the Animal</li> <li>Ham, Egg &amp; Cheese Hawaiian Sliders</li> <li>Relax &amp; Recharge</li> </ul>		Strawberry Ice Cream Relax & Recharge  Newspaper Winter Landscape	V Quick Qigong Famous Pairs Blueberry Muffin Energy Bites Relax & Recharge Winter Scenery Dance Your Own Way	V 80s Flashback Life Story Strawberry Peanut Butter Quesadilla Relax & Recharge To Be Creative Writing	Mindfulness Matters Rolling 31 Days Nutty Truffles Relax & Recharge A Splatter Paint DOOR DASH HAPPY HOUR	Roll in the New Year  New Year Word Poem  Chocolate Chip Cheesecake Balls Relax & Recharge  Art Appreciation-American
<ul> <li>Balance</li> <li>MUSIC-THEME SENSATIONS</li> <li>Guess the Animal</li> <li>Philly Cheesesteak Hawaiian Sliders</li> <li>Relax &amp; Recharge</li> </ul>		Drum Circle  T ell Me Something Good Chocolate Ice Cream Relax & Recharge Snowman Craft T oe Tapping Tuesday	V Quick Qigong Famous Pairs Peanut Butter Chocolate Chip Energy Bites Relax & Recharge Snowman Painting	20 V 80s Flashback Life Story Veggie Quesadillas Relax & Recharge Creative Storytelling Hippy Dance	Mindfulness Matters Rolling 31 Days Condy Truffles Relax & Recharge A Snow Sensory Bottle GF DOOR DASH HAPPY HOUR	Roll in the New Year New Year Word Poem DEVOTIONS Salami Cheese Balls Relax & Recharge Art Appreciation-Starry Night
W Balance MM MUSIC-THEME SENSATIONS Guess the Animal Caprese Hawaiian Sliders Relax & Recharge Kindness Flowers	Yoga  Memory Box Cookies & Cream Cookie Cups Relax & Recharge	Tell Me Something Good Caramel Ice Cream Relax & Recharge Paper Plate Penguins		27  V 80s Flashback  K Life Story  C PB & J S'mores Quesadilla Relax & Recharge  A Creative Storytelling  Hippy Dance	Mindfulness Matters Rolling 31 Days Cranberry Truffles Relax & Recharge Winter Process Art DOOR DASH HAPPY HOUR	Roll in the New Year  New Year Word Poem  Nutty Pimento Cheese Balls Relax & Recharge  Art Appreciation-Mona Lisa Making Music
Balance MM MUSIC-THEME SENSATIONS K Guess the Animal Roasted Veggie Hawaiian Sliders Relax & Recharge	<ul> <li>What a Wonderful World Chair Yoga</li> <li>Memory Box</li> <li>Dark Chocolate Cookie Cups Relax &amp; Recharge</li> <li>Tape Resist Watercolor Painting</li> </ul>					