AL Activity Calendar The Villages at Oak Ridge



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays: 3rd- Julia B. 10th- Delores W. 12th-Dale S. 26th- Alene C. 28th Judith H.	A - Artisans GF - Gathering of Friends GG - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Mindful Moments	O - Out & About S - Signature Events V - Vitality	Please check calendar for bingo days. BroadCast Channel 72 provides in room programming Daily. All Activities are adjusted to meet the needs and preferences of the Residents. All activities are adjusted to meet the needs and			New Year's Day 9:00 Mindful Moments- Sitcom Saturday Fraction 10:00 After Breakfast Coffee- Club 2:00 Pottery Group 3:45 Technology with Eric
 9:00 Church Service Channel 72 TV in- room 11:00 Inspirational Music Channel 72 2:00 AL Bingo with Patsy 	10:00 Activity Cart pass/ Daily Chronicles 10:30 Exercises 2:00 Crafts- Snowman Craft GF 2:00 AL Euchre Club	1 10:00 Activity Cart pass 10:30 Exercises 11:30 Timeless Trivia 2:00 AL Bingo GG 6:00 Screamo Game	 10:30 Exercises 11:00 Catholic Communion 11:45 Lunch Outing for Chinese 2:00 Euchre Club 6:30 Scrabble Game 	1 10:00 Activity Cart Pass V 10:30 Exercises G 2:00 Bingo 1 3:45 Book Club GF 6:00 Music with Wood & Wire Band	7 1 10:00 Bible Study 1 11:30 Interesting Facts 5 11:30 Resident Council Meeting/Lunch 2:00 Euchre Club 5 3:00 Happy Hour	9:00 Mindful Moments- Sitcom Saturday GF 10:00 After Breakfast Coffee- Club Club 3:45 Technology with Eric
9 9:00 Church Service Channel 72 TV inroom 1 11:00 Inspirational Music Channel 72 2:00 AL Bingo with Patsy	10 10:00 Activity Cart pass/ Daily Chronicles 10:30 Exercises A 2:00 Crafts- Heart Craft GF 2:00 AL Euchre Club	11 10:00 Activity Cart pass 10:30 Exercises 11:30 Timeless Trivia GG 2:00 AL Bingo GG 6:00 Screamo Game	V 10:30 Exercises 1 11:00 Catholic Communion 11:45 Lunch Outing for Jimbo's GF 2:00 Euchre Club GF 6:30 Scrabble Game	GF 10:00 Ladies Tea Group V 10:30 Exercises GG 2:00 Bingo A 3:45 Crocheting and Knitting Group	14 1 10:00 Bible Study 1 11:30 Interesting Facts 5 12:00 Taste of The Town - Chinese Great Wall 2:00 Euchre Club 5 3:00 Happy Hour	9:00 Mindful Moments- Sitcom Saturday GF 10:00 After Breakfast Coffee- Club GF 2:00 Movie & Popcorn 1 3:45 Technology with Eric
16 P:00 Church Service Channel 72 TV inroom 1 11:00 Inspirational Music Channel 72 2:00 AL Bingo with Patsy	17 Martin Luther King Day 10:00 Activity Cart pass/ Daily Chronicles 10:30 Exercises A 2:00 Birdbath craft GF 2:00 AL Euchre Club	18 1 10:00 Activity Cart pass 10:30 Exercises 11:30 Timeless Trivia GG 2:00 AL Bingo 6:00 Screamo Game GG 6:00 Screamo Game	19 V 10:30 Exercises I 11:00 Catholic Mass O 11:45 Lunch Outing for Gastof GF 2:00 Euchre Club GF 6:30 Scrabble Game	10:00 Activity Cart Pass 10:30 Exercises GG 2:00 Bingo 3:45 Book Club	1 10:00 Bible Study 1 11:30 Interesting Facts 2:00 Euchre Club 5 3:00 Happy Hour	9:00 Mindful Moments- Sitcom Saturday GF 10:00 After Breakfast Coffee- Club 2:00 Pottery Group 1 3:45 Technology with Eric
9:00 Church Service Channel 72 TV inroom 1 11:00 Inspirational Music Channel 72 JG 11:30 Men's Group	Daily Chronicles 10:30 Exercises 2:00 Crafts- Sweatshirt Craft GF 2:00 AL Euchre Club	10:00 Activity Cart pass 10:30 Exercises 11:30 Timeless Trivia GG 2:00 AL Bingo 6:00 Screamo Game GG 6:00 Screamo Game	V 10:30 Exercises 1 11:00 Catholic Communion 11:45 Lunch Outing for Mexican GF 2:00 Euchre Club GF 6:30 Scrabble Game	10:00 Activity Cart Pass 10:30 Exercises 2:00 Bingo 3:45 Crocheting and Knitting Group	1 10:00 Bible Study 1 11:30 Interesting Facts 2:00 Euchre Club 3:00 Happy Hour	9:00 Mindful Moments- Sitcom Saturday GF 10:00 Coffee Club GF 2:00 Bunco Game X 3:45 Technology with Eric
1 9:00 Church Service Channel 72 TV inroom 1 11:00 Inspirational Music Channel 72 2:00 AL Bingo with Patsy	10:00 Activity Cart pass/ Daily Chronicles 10:30 Exercises 2:00 Crafts- Necklace Craft GF 2:00 AL Euchre Club					

HC Activity Calendar The Villages at Oak Ridge



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays 1/3 - Judith B. 1/10 - Delores W 1/12 - Dale S. 1/26 - Alene C. 1/28 - Judi H.	All activities are subject to change to meet Resident needs.		Please check calendar for Bingo days. Both AL and HC Bingos will be at 2:00 on Tuesdays and Thursdays Additional in-room programming is provided daily on Broadcast channel 72. All Activities are	A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce	L - Lifelong Learning MN - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality	New Year's Day 9:30 Mindful Moments GF 10:00 After Breakfast Coffee- Club 2:00 Pottery Group 3:45 Technology Computer Time with
9:00 Church Service Channel 72 TV in- room 1 11:00 Sunday Inspirational Music A 2:00 Science Sunday with	the week 10:30 Move to the Groove 11:30 Laughter Is the Best	4 9:30 Activity Cart Pass V 10:30 Chair Dancing Exercises GG 11:30 Solve The Mystery X 2:00 Bingo M 4:00 Inspiring Stories	5 10:00 Fitness 1 11:00 Catholic Communion 1 11:30 Today in History 2:30 Outing to Wal-Mart 6:00 VR with Eric	10:30 Chair Yoga Exercise GG 11:45 Let's Make A Deal Game with Cindi 2:00 Bingo 3:45 Book Club GF 6:00 Music with Wood &	7 V 10:30 Exercises 1 11:30 Interesting Facts O 1:30 Resident Council Meeting S 3:00 Happy Hour K 6:00 Bingo	9:00 Mindful Mments GF 10:00 After Breakfast Coffee- Club GG 2:00 Game Show 1 3:45 Technology Computer Time with
9 1 9:00 Church Service Channel 72 TV in- room 1 11:00 Sunday Inspirational Music 1 2:00 Bethel Church	the week 10:30 Move to the Groove 11:30 Laughter Is the Best	9:30 Activity Cart Pass V 10:30 Chair Dancing Exercises GG 11:30 Solve The Mystery V 2:00 Bingo M 4:00 Inspiring Stories	5 10:00 Fitness 1 11:00 Catholic Communion 1 11:30 Today in History 2:00 Cooking Group 4:30 Sampling from Cooking Group	13 V 10:00 Chair Yoga Exercise GG 11:45 Let's Make A Deal Game with Cindi K 2:00 Bingo 1 3:45 Crocheting and Knitting Group	V 10:30 Exercises I 11:30 Interesting Facts I 12:00 Taste Of the Town Chinese Great Wall I 2:00 Cards I 3:00 Happy Hour	9:00 Mindful Mments GF 10:00 After Breakfast Coffee- Club GF 2:00 Movie & Popcorn 1 3:45 Technology Computer Time with
1 9:00 Church Service Channel 72 TV in- room 1 11:00 Sunday Inspirational Music 1 2:00 Church Service with	the week 10:30 Move to the Groove 11:30 Laughter Is the Best	18 K 9:30 Activity Cart Pass V 10:30 Chair Dancing Exercises GG 11:30 Solve The Mystery M 4:00 Inspiring Stories GG 6:00 Screamo Game	5 10:00 Fitness 1 11:00 Catholic Mass 1 11:30 Today in History 2:30 Outing to Wal-Mart 66 6:00 VR with Eric	V 10:00 Chair Yoga Exercise G 11:45 Let's Make A Deal Game with Cindi K 2:00 Bingo 1 3:45 Booking Club	V 10:30 Exercises 1 11:30 Interesting Facts GF 2:00 Cards S 3:00 Happy Hour K 6:00 Bingo	9:00 Mindful Mments GF 10:00 After Breakfast Coffee- Club A 2:00 Pottery Group 1 3:45 Technology Computer Time with
9:00 Church Service Channel 72 TV in- room 1 11:00 Sunday Inspirational Music IG 11:30 Men's Group Cook-	Daily Chronicles for the week 10:30 Move to the Groove 11:30 Laughter Is the Best	9:30 Activity Cart Pass V 10:30 Chair Dancing Exercises GG 11:30 Solve The Mystery M 4:00 Inspiring Stories GG 6:00 Screamo Game	5 10:00 Fitness 1 11:00 Catholic Communion 1 11:30 Today in History 2:00 Cooking Group 4:30 Sampling with Cooking Group	V 10:00 Chair Yoga Exercise GG 11:45 Let's Make A Deal Game with Cindi K 2:00 Bingo 1 3:45 Crocheting and Knitting Group	V 10:30 Exercises 1 11:30 Interesting Facts GF 2:00 Cards S 3:00 Happy Hour K 6:00 Bingo	9:00 Mindful Mments GF 10:00 Coffee Club CC 2:00 Pen Pal Writing Group Discusiion 1 3:45 Technology Computer Time with
9:00 Church Service Channel 72 TV in- room 1 11:00 Sunday Inspirational Music 2:00 Science Sunday Eric	9:30 Activity Cart Pass/ Daily Chronicles for the week 10:30 Move to the Groove 11:30 Laughter Is the Best Medicine					

Villages at Oak Ridge Legacy Lane-AL, Skilled AL



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays 1/3 - Judith B. 1/10 - Delores W 1/12 - Dale S. 1/26 - Alene C. 1/28 - Judi H.	A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce Lifelong Learning M - Music to My Ears	V - Vitality				New Year's Day 9:00 Move to the Groove 9:30 Daily Chronicles & More CC 10:45 Cranberry Pecan Cheese Balls GG 3:30 Roll the Dice and Break
9:00 Let's Gets Moving 9:30 Church Service 10:30 Gospel Hymns 2:00 Creative Cooking 3:30 Sing-A-Long 4:30 Healthy Hands	9:00 Chair Ballet 9:30 Daily Chronicles & More 10:30 Creative Cooking 2:00 Game Time 3:30 Image Snap Game	9:00 Balloon Volleyball 9:30 Daily Chronicles & More 10:30 Creative Cooking National Spaghetti Day	9:00 Scarf Dancing 9:30 Daily Chronicles & More 9:30 Famous Pairs 10:30 Creative Cooking 2:00 Squeegee Canvas Paint	9:00 Balloon Volleyball 9:30 Daily Chronicles & More 10:00 Farkle or Dice Game 2:00 Creative Cooking 3:30 Hippy Dance	9:00 Ribbon Dance 9:30 Daily Chronicles & More 10:30 Creative Cooking F 2:00 Turn-Over Card Game	9:00 Move to The Groove 9:30 Daily Chronicles & More 10:30 Creative Cooking Class 2:00 Art Appreciation F 2:00 Cards & Games
9 9:00 Let's Gets Moving 9:30 Daily Chronicles & More 9:30 Church Service 10:30 Gospel Hymns 2:00 Creative Cooking	9:00 Chair Ballet 9:30 Daily Chronicles & More 10:30 Creative Cooking Bitter Sweet Chocolate Day	9:00 Balloon Volleyball 9:30 Daily Chronicles & More 10:30 Creative Cooking 2:00 Spelling Bee 3:30 Toe Tapping Tuesday	More K 10:00 Famous Pairs Let's Match 10:30 Creative Cooking C 2:00 Tea Time	9:30 Daily Chronicles & More 10:00 Farkle Game or Dice 2:00 Creative Cooking 3:30 Let's Get Crafty 4:00 Word Works	9:00 Ribbon Dance 9:30 Daily Chronicles & More 10:30 Creative Cooking GF 2:00 Turn-Over Card Game	9:00 Move to the Groove 9:30 Daily Chronicles & More 10:00 Famous Pairs Let's Match 10:30 Creative Cooking
9:00 Let's Gets Moving 9:30 Daily Chronicles & More 9:30 Church Service 10:30 Gospel Hymns 2:00 Creative Cooking	9:00 Chair Ballet 9:30 Daily Chronicles & More 10:00 Famous Pairs Let's Match 10:30 Creative Cooking	9:00 Balloon Volleyball 9:30 Daily Chronicles & More 10:30 Creative Cooking 2:00 Snowman Craft 3:30 Toe Tapping Tuesday	9:00 Scarf Dancing 9:30 Daily Chronicles & More 10:00 Famous Pairs 10:30 Creative Cooking Famous Pairs 10:30 Movie and Popcorn	9:30 Daily Chronicles & More GF 10:00 Farkle Game or Dice 10:30 Let's Get Crafty 2:00 Creative Cooking 3:30 Hippy Dance	9:00 Ribbon Dance 9:30 Daily Chronicles & More 10:30 Creative Cooking GF 2:00 Turn-Over Card Game	9:00 Move to The Groove 9:30 Daily Chronicles & More GF 10:00 Farkle Game or Dice 2:00 Creative Cooking Class M 3:30 Music Makes You
9:00 Let's Gets Moving 9:30 Daily Chronicles & More 9:30 Church Service 10:30 Gospel Hymns 2:00 Creative Cooking	9:00 Chair Ballet 9:30 Daily Chronicles & More 10:00 Famous Pairs Let's Match 10:30 Creative Cooking	9:00 Balloon Volleyball 9:30 Daily Chronicles & More K 10:00 Famous Pairs Let's Match 2:00 Let's Get Crafty	26 K 9:30 Daily Chronicles & More K 9:30 Match Game 10:30 Cooking Group A 2:00 Paint Pouring M 3:30 Dance Your Own Way	9:30 Daily Chronicles & More GF 10:00 Farkle Game or Dice 10:30 Let's Get Crafty 2:00 Creative Cooking 3:30 Hippy Dance	9:00 Ribbon Dance 9:30 Daily Chronicles & More GF 2:00 Turn-Over Card Game 3:00 Happy Hour	9:00 Move to The Groove 9:30 Daily Chronicles & More F 10:00 Farkle Game or Dice 10:30 Creative Cooking Class 3:30 Music Makes You
9:00 Let's Gets Moving 9:30 Daily Chronicles & More 9:30 Church Service 10:30 Gospel Hymns 2:00 Creative Cooking	9:00 Chair Ballet 9:30 Daily Chronicles & More 10:30 Creative Cooking F 2:00 Cards & Games G 4:00 Color Cube Sorting					

Legacy Way-Skilled	IANIJAF	3Y 202

Cunday	Monday	Tuesday	Wodposday	Thursday	Friday	Caturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays-1-Pat W., Sylvia R. 3-Connie T. 9-Judy T. 10-Delores K. 21-Irma G. 30-Linda H. 31- Jan C.	GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Mindful Moments M - Music to My Ears V - Vitality		Due to the holiday season, there may be additional events offered by groups wishing to spread extra cheer! Individual activity supplies, i.e, books, magazines, puzzles, cards, pictures, etc. are available at any time for			New Year's Day Second
12:45 Relax & Recharge GG 3:00 Uno Game	9:00 Chair Ballet 12:45 Relax & Recharge	9:00 Chair Yoga 12:45 Relax & Recharge	9:00 Chair Yoga 12:45 Relax & Recharge	12:45 Relax & Recharge GG 2:00 Legacy Way Bell Choir GG 3:30 Christmas Card Game	 9:00 Grinch Yoga 12:45 Relax & Recharge 3:30 Happy Hour 	GF 10:30 Classic Saturday Sitcoms 12:45 Relax & Recharge
12:45 Relax & Recharge 3:00 Uno Game	9:00 Chair Ballet 9:30 Winter Memories 12:45 Relax & Recharge	9:00 Chair Yoga 12:45 Relax & Recharge	9:00 Chair Yoga 12:45 Relax & Recharge	12:45 Relax & Recharge 3:30 Legacy Way Bell Choir 3:30 Christmas Card Game	9:00 Grinch Yoga 12:45 Relax & Recharge M 3:30 Happy Hour	GF 10:30 Classic Saturday Sitcoms 12:45 Relax & Recharge
12:45 Relax & Recharge 3:00 Uno Game	Martin Luther King Day 9:00 Chair Ballet 12:45 Relax & Recharge	9:00 Chair Yoga 12:45 Relax & Recharge	9:00 Chair Yoga 12:45 Relax & Recharge	12:45 Relax & Recharge 3:00 Legacy Way Bell Choir 3:30 Christmas Card Game	9:00 Grinch Yoga 12:45 Relax & Recharge M 3:30 Happy Hour	GF 10:30 Classic Saturday Sitcoms 12:45 Relax & Recharge
12:45 Relax & Recharge GG 3:00 Uno Game	9:00 Chair Ballet 9:30 Winter Memories 12:45 Relax & Recharge	9:00 Chair Yoga 12:45 Relax & Recharge	9:00 Chair Yoga 12:45 Relax & Recharge	2:00 Legacy Way Bell Choir	9:00 Grinch Yoga 12:45 Relax & Recharge M 3:30 Happy Hour	GF 10:30 Classic Saturday Sitcoms 12:45 Relax & Recharge
12:45 Relax & Recharge 3:00 Uno Game	9:00 Chair Ballet 12:45 Relax & Recharge					





JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Villa Lifestyle Coordinator - Krysie Benson - 812-787-2513					1 New Year's Day 10:00 Coffee Club (Main Campus)
2:00 Cards in the Clubhouse	11:00 Bible Study with Charles 12:00 Villa Luncheon 12:30 Community Meeting	11:00 Group Walking 2:00 Group Craft (Main Campus)	11:00 Catholic Communion (Main Campus) 2:00 Cooking with Eric (Main Campus)	11:15 Lunch Outing - Schnitzelbank 12:30 Shopping Trip in Jasper 3:45 Book Club (Main	9:00 Pancake Breakfast 11:00 Workout 2:00 Bingo 3:00 Happy Hour (Main Campus)	10:00 Coffee Club (Main Campus)
2:00 Cards in the Clubhouse 2:00 Live church Service - Bethel (Main Campus)	11:00 Bible Study with Charles 12:00 Villa Luncheon 1:00 Cards in the Clubhouse	11:00 Group Walking 2:00 Group Craft (Main Campus)	11:00 Catholic Communion (Main Campus) 2:00 Cooking with Eric (Main Campus)	10:00 Ladies Tea Social (Main Campus) 11:15 Lunch Outing - Pea-Fections 12:30 The Red Skelton	10:00 Workout 12:00 Taste of Town - Great Wall (Main Campus) 2:00 Bingo	10:00 Coffee Club (Main Campus)
2:00 Cards in the Clubhouse 2:00 Live Church Service - West Presbyterian	17 Martin Luther King Day 11:00 Bible Study with Charles 12:00 Villa Luncheon 1:00 Cards in the Clubhouse	11:00 Group Walking 2:00 Group Craft (Main Campus)	11:00 Catholic Communion (Main Campus) 2:00 Cooking with Eric (Main Campus)	11:15 Lunch Outing- Culver's 12:30 Shopping Trip - Hobby Lobby 3:45 Book Club (Main	9:00 Coffee & Donuts 10:00 Workout 2:00 Bingo 3:00 Happy Hour (Main Campus)	10:00 Coffee Club (Main Campus)
2:00 Cards in the Clubhouse	11:00 Bible Study with Charles 12:00 Villa Luncheon 1:00 Cards in the Clubhouse	11:00 Group Walking 2:00 Group Craft (Main Campus)	11:00 Catholic Communion (Main Campus) 2:00 Cooking with Eric (Main Campus)	11:15 Lunch outing- Smokehouse No.423 1:00 Cards/Games 3:45 Knitting, Sewing	2:00 Bingo 3:00 Happy Hour (Main Campus)	10:00 Coffee Club (Main Campus) 2:00 Bunco Game (AL Main Campus)
2:00 Cards in the Clubhouse	11:00 Bible Study with Charles 12:00 Villa Luncheon 1:00 Cards in the Clubhouse			Y LYOCH OF LIMBALD		

Krysie Benson -812-787-2513 Main campus - 812-254-3800