Highland Oaks	Health	Center
Health Center		

Highland Oaks H Health Center	ealth Center			GUST		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	MM 9:00 KITCHEN THEME SENSATIONS K 10:00 TRIVIA GF 11:30 PRE-MEAL ACTIVITY V 2:00 NOODLE BALL 3:00 RESIDENT CHOICE	MN 9:00 NURSERY THEME SENSATIONS K 10:00 BINGO A 10:30 PAINT POURING GF 11:30 PRE-MEAL ACTIVITY O 1:30 COUNTRY DRIVE V 2:30 BEACHBALL	MM 9:00 MEN'S THEME SENSATIONS M 10:00 SING ALONG GF 11:30 PRE-MEAL ACTIVITY CC 1:30 CHEF'S CIRCLE S 2:00 RESIDENT COUNCIL V 3:00 CHAIR YOGA I 6:30 BIBLE STUDY	MM 9:00 TOUCH THEME SENSATIONS K 10:00 BINGO A 10:30 BOOKMARKS GF 11:30 PRE-MEAL ACTIVITY M 2:00 NAME THAT TUNE CC 6:30 CARD CLUB	MN 9:00 LAUNDRY THEME SENSATIONS O 9:00 OUTING GF 11:30 PRE-MEAL ACTIVITY I 1:30 DEVOTIONS M 2:00 NAME THAT TUNE GF 3:00 HAPPY HOUR	MM 9:00 GARDEN-THEME SENSATIONS A 10:00 ART VIDEO L 11:00 TRAVEL GF 11:30 PRE-MEAL ACTIVITY V 2:00 CHAIR EXERCISE
7 MM 9:00 MUSIC-THEME SENSATIONS V 10:00 SIT AND BE FIT GG 10:30 DEAL OR NO DEAL S 11:00 SUNDAY BRUNCH GF 11:30 PRE-MEAL ACTIVITY I 2:00 CHURCH SERVICE M 2:30 GOSPEL MUSIC	MM 9:00 KITCHEN THEME SENSATIONS K 10:00 TRIVIA GF 11:30 PRE-MEAL ACTIVITY V 2:00 NOODLE BALL 3:00 RESIDENT CHOICE	9 MM 9:00 NURSERY THEME SENSATIONS K 10:00 BINGO A 10:30 BUBBLE ART PAINTING GF 11:30 PRE-MEAL ACTIVITY O 1:30 COUNTRY DRIVE V 2:30 HORSESHOES	MM 9:00 MEN'S THEME SENSATIONS M 10:00 SING ALONG IG 10:30 MEN'S GROUP GF 11:30 PRE-MEAL ACTIVITY CC 1:30 CHEF'S CIRCLE V 3:00 CHAIR YOGA I 6:30 BIBLE STUDY	9:00 TOUCH THEME SENSATIONS 9:30 OUTING (TBA) GF 11:30 PRE-MEAL ACTIVITY CC 6:30 CARD CLUB	MM 9:00 LAUNDRY THEME SENSATIONS K 10:00 BINGO A 10:30 STILL ART GF 11:30 PRE-MEAL ACTIVITY I 1:30 DEVOTIONS M 2:00 LIVE MUSIC (RON JACKSON)	MM 9:00 GARDEN-THEME SENSATIONS A 10:00 ART VIDEO L 11:00 TRAVEL GF 11:30 PRE-MEAL ACTIVITY V 2:00 CHAIR EXERCISE
MM 9:00 MUSIC-THEME SENSATIONS V 10:00 SIT AND BE FIT GG 10:30 DEAL OR NO DEAL GF 11:30 PRE-MEAL ACTIVITY I 2:00 CHURCH SERVICE M 2:30 GOSPEL MUSIC	MM 9:00 KITCHEN THEME SENSATIONS K 10:00 TRIVIA GF 11:30 PRE-MEAL ACTIVITY V 2:00 NOODLE BALL 3:00 RESIDENT CHOICE	MN 9:00 NURSERY THEME SENSATIONS K 10:00 BINGO A 10:30 BAKING SODA SEA ART GF 11:30 PRE-MEAL ACTIVITY O 1:30 COUNTRY DRIVE V 2:30 BOWLING	MN 9:00 MEN'S THEME SENSATIONS M 10:00 SING ALONG GF 11:30 PRE-MEAL ACTIVITY CC 1:30 CHEF'S CIRCLE S 2:00 INSPIRED LIVING V 3:00 CHAIR YOGA I 6:30 BIBLE STUDY	MM 9:00 TOUCH THEME SENSATIONS 9:30 OUTING (TBA) GF 11:30 PRE-MEAL ACTIVITY CC 6:30 CARD CLUB	MW 9:00 LAUNDRY THEME SENSATIONS K 10:00 BINGO A 10:30 SEASHELL PAINTING GF 11:30 PRE-MEAL ACTIVITY I 1:30 DEVOTIONS M 2:00 LIVE MUSIC (RON JACKSON)	MN 9:00 GARDEN-THEME SENSATIONS A 10:00 ART VIDEO L 11:00 TRAVEL GF 11:30 PRE-MEAL ACTIVITY V 2:00 CHAIR EXERCISE
Senior Citizen's Day MM 9:00 MUSIC-THEME SENSATIONS I 10:00 TV CHURCH SERVICE M 10:30 GOSPEL MUSIC GF 11:30 PRE-MEAL ACTIVITY GG 1:30 DEAL OR NO DEAL V 2:00 SIT AND BE FIT	MM 9:00 KITCHEN THEME SENSATIONS K 10:00 TRIVIA GF 11:30 PRE-MEAL ACTIVITY V 2:00 NOODLE BALL 3:00 RESIDENT CHOICE	MM 9:00 NURSERY THEME SENSATIONS K 10:00 BINGO A 10:30 WOODEN BEACH ART GF 11:30 PRE-MEAL ACTIVITY O 1:30 COUNTRY DRIVE V 2:30 CORNHOLE	MM 9:00 MEN'S THEME SENSATIONS M 10:00 TAHITIAN DRUMMING IG 10:30 MEN'S GROUP GF 11:30 PRE-MEAL ACTIVITY CC 1:30 CHEF'S CIRCLE V 3:00 CHAIR YOGA I 6:30 BIBLE STUDY	MM 9:00 TOUCH THEME SENSATIONS 9:30 OUTING (TBA) GF 11:30 PRE-MEAL ACTIVITY 5 5:00 CAPTAIN'S BALL THEME DINNER CC 6:30 CARD CLUB	MM 9:00 LAUNDRY THEME SENSATIONS K 10:00 BINGO A 10:30 HOW TO DRAW A CHAMELEON GF 11:30 PRE-MEAL ACTIVITY S 11:30 TASTE OF TOWN I 1:30 DEVOTIONS	MM 9:00 GARDEN-THEME SENSATIONS A 10:00 ART VIDEO 1 11:00 TRAVEL GF 11:30 PRE-MEAL ACTIVITY V 2:00 CHAIR EXERCISE
MM 9:00 MUSIC-THEME SENSATIONS V 10:00 SIT AND BE FIT GG 10:30 DEAL OR NO DEAL GF 11:30 PRE-MEAL ACTIVITY I 2:00 CHURCH SERVICE M 2:30 GOSPEL MUSIC	MM 9:00 KITCHEN THEME SENSATIONS K 10:00 TRIVIA GF 11:30 PRE-MEAL ACTIVITY V 2:00 NOODLE BALL 3:00 RESIDENT CHOICE	MM 9:00 NURSERY THEME SENSATIONS K 10:00 BINGO A 10:30 SUNFLOWER WREATHS GF 11:30 PRE-MEAL ACTIVITY CC 1:30 CHEF'S CIRCLE O 1:30 COUNTRY DRIVE	MM 9:00 MEN'S THEME SENSATIONS M 10:00 SING ALONG GF 11:30 PRE-MEAL ACTIVITY V 3:00 CHAIR YOGA I 6:30 BIBLE STUDY	L - Lifelong Learning M - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality	ALL ACTIVITIES ARE SUBJECT TO CHANGE	

Highland Oaks	
Memory Care	

Highland Oaks Memory Care				gust		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends K - Keeping it Sharp/Reminisce M - Mindful Moments M - Music to My Ears V - Vitality	DIY Scrapbook Model Music Mondays Folk Music Mondays Healthy Hands	V Dance, Dance K American Landmarks C Tropical Trail Mix Relax & Recharge A Bean Mosaics M Summertime M Fresh baked pie Healthy Hands	Water Balloon Toss K Message in the Bottle C Honey Spiced Bread Relax & Recharge Balloon Prints M Who Sang It Best? MN Favorite Food Collage Healthy Hands	 Under the Sea Ribbon Dance Categories Classic Chocolate Chip Cookies Relax & Recharge Blue Collage Bluegrass Boogie Flavorful Colors Healthy Hands 	V Summertime Walking Club K Roll to 20 C Strawberry Hand Pies Relax & Recharge A Ice Cream Photo GF HAPPY HOUR M Beyond the Sea Happy Hour MN Pickle It	 Seashell Toss Working with Letters Turkey Cranberry Pinwheels Relax & Recharge Watercolor Silhouettes Saturday Sunshine Food Matching Healthy Hands
Walk on the Beach MM MUSIC-THEME SENSATIONS Summer Vacations CC Blueberry Muffins Relax & Recharge Creative Storytelling Inspirational Sundays MM Strawberry Shortcake	Blowing Bubbles Inspired Tales CC Apple Yogurt Parfaits Relax & Recharge DIY Scrapbook Folk Music Mondays Fruit Skewers Healthy Hands	 Dance, Dance American Landmarks Everything Bagel Cucumber Bites Relax & Recharge Kool-Aid Citrus Stamps Summertime Fresh baked pie 	Water Balloon Toss Message in the Bottle Corange Raspberry Bread with Glaze Relax & Recharge Flower Stamps Who Sang It Best? Favorite Food Collage	V Under the Sea Ribbon Dance K Categories C Peanut Butter Cookies Relax & Recharge A Kindness Rock Painting Bluegrass Boogie Flavorful Colors Healthy Hands	V Summertime Walking Club K Roll to 20 C Apple Hand Pies Relax & Recharge A Partner Prints GF HAPPY HOUR M Beyond the Sea Happy Hour Pickle It	V Seashell Toss K Working with Letters C Sandwich Pinwheel Relax & Recharge A Recycled Art M Saturday Sunshine Food Matching Healthy Hands
Walk on the Beach MM MUSIC-THEME SENSATIONS Summer Vacations Banana Nut Muffins Relax & Recharge A Rubbings Exploration Inspirational Sundays Strawberry Shortcake	 Blowing Bubbles Inspired Tales Peanut Butter Banana Yogurt Parfaits Relax & Recharge DIY Scrapbook Folk Music Mondays Fruit Skewers 	V Dance, Dance K American Landmarks C Sausage Balls Relax & Recharge A Ask a Beautiful Question M Summertime M Fresh baked pie Healthy Hands	 Water Balloon Toss Message in the Bottle Apple Praline Bread Relax & Recharge Fabric Bowls Who Sang It Best? Favorite Food Collage Healthy Hands 	V Under the Sea Ribbon Dance K Categories C Lemon Sugar Cookies Relax & Recharge A Fabric Bowls M Bluegrass Boogie MN Flavorful Colors Healthy Hands	V Summertime Walking Club K Roll to 20 C Blackberry Hand Pies Relax & Recharge A Collage Painting GF HAPPY HOUR M Beyond the Sea Happy Hour Pickle It	V Seashell Toss K Working with Letters C Taco Pinwheels Relax & Recharge A Glue Art M Saturday Sunshine MN Food Matching Healthy Hands
Walk on the Beach MW Walk on the Beach MW MUSIC-THEME SENSATIONS Summer Vacations CC Lemon Poppyseed Muffins Relax & Recharge A No Sew Hats M Inspirational Sundays Strawberry Shortcake	W Blowing Bubbles Inspired Tales Berry Parfait Relax & Recharge Mason Jar Tissue Holder Folk Music Mondays Fruit Skewers Healthy Hands	V Dance, Dance K American Landmarks C Pina Colada Fluff Relax & Recharge A DIY Sharpie Mugs M Summertime M Fresh baked pie Healthy Hands	 W Water Balloon Toss Message in the Bottle Fresh Fruit Bread Relax & Recharge Fairy Garden Mason Jar Topper Who Sang It Best? Favorite Food Collage Healthy Hands 	V Under the Sea Ribbon Dance K Categories C Tropical Poke Cake Relax & Recharge A Sun Print Wall Art Beyond The Sea Happy Hour M Bluegrass Boogie MN Flavorful Colors	V Summertime Walking Club K Roll to 20 C Cruisin Sand Dollar Cookies Relax & Recharge A Corn Syrup Painting GF HAPPY HOUR M Beyond the Sea Happy Hour Pickle It	V Seashell Toss K Working with Letters C Cream Cheese Pinwheels with Fresh Veggies Relax & Recharge A Glue Batik Aprons Saturday Sunshine Food Matching
Walk on the Beach MW MUSIC-THEME SENSATIONS K Summer Vacations CC Apple Cinnamon Muffins Relax & Recharge A Stained Glass Painting M Inspirational Sundays MW Strawberry Shortcake	V Blowing Bubbles Inspired Tales C Cheesecake Berry Parfait Relax & Recharge Mason Jar Tissue Holder Folk Music Mondays Fruit Skewers Healthy Hands	V Dance, Dance K American Landmarks C Baked Potato Slices Relax & Recharge A Create a Sensory Book M Summertime M Fresh baked pie Healthy Hands	Water Balloon Toss Message in the Bottle Cream Cheese Strawberry Bread Relax & Recharge Have a Gentle Conversation M Who Sang It Best? MN Favorite Food Collage	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:	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	