



January 2019


MEMORY WAY

01/01 New Year's Day
 01/06 Epiphany
 01/20 Tu BiShvat
 01/21 Martin Luther King Day

ACTIVITY LOCATION KEY:

2FLB	2nd Floor Balcony	TR	Theater Room
ACT	Activities Room	SUN	Sunroom 1
B	Bistro	AL Bar	LIVE MUSIC
DR	Dining Room		
LR	Living Room		
O	Outing		

Celebrate LIFE! Calendar & Social Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The 8 Dimensions of Wellness!</p> <ul style="list-style-type: none"> • Remaining active & mobile! • Establish & maintain a positive relationship with yourself & others. • Environment & community consciousness! • Inner peace & security! • Maintain a sense of Identity & purpose! • Engage & participate in a courteous manner with others! • Expand one's knowledge & learn new things! • Productivity & health 	 <p>01/05 Granville Pierce</p> <p>01/06 Earl Phipps</p> <p>01/24 Bill Crouch</p>	<p>1</p> <p>NEW YEAR'S DAY!</p> <p>7:30 Breakfast (DR) 9:30 Raise the Flag 10:00 Blood Pressure Checks (AL Bistro) 11:30 Lunch (DR) 1:30 Memory Chain (LR) 2:50-3:30 "Stretch & Balance" (2FLB) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:00 Pretty Nails (LR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag</p>	<p>2</p> <p>7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:15 Bible Study 11:00 Silent Disco! (SUN) 11:30 Lunch (DR) 1:00 Gym Time 2:00 Bingo (LR) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Chair Yoga (B) 7:00 Movie (LR) Lowering the Flag</p>	<p>3</p> <p>7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:30 Reminisce: Favorite Childhood Memories (LR) 11:30 Lunch (DR) 1:00 Art Therapy (LR) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag</p>	<p>4</p> <p>NATIONAL SPAGHETTI DAY!</p> <p>7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 11:00 Trivia (LR) 11:30 Lunch (DR) 1:30 WAGS! Pet Therapy (LR) 3:00 Walk and Talk 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:00 Chair Yoga (B) Lowering the Flag</p>	<p>5</p> <p>7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (SUN) 3:30 Rest Relax Hydrate/Bingo (LR) 4:00 Happy Hour (DR) 4:30 Dinner (DR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the flag</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 EPIPHANY 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Memory Chain (LR) 10:15 <u>Community Worship Service (ACT) Journey</u> 11:00 Southeast Christian Church on TV (LR) 11:30 Lunch (DR) 1:30 Gym Time 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:30 Reading to Others (LR) Lowering the Flag	7 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:30 Crossword Puzzle Time (SUN) 11:30 Lunch (DR) 1:30 Strollin' at MSE 3:00 Rest Relax Hydrate 3:30 LIVE MUSIC! w/ Bernie Schweickart (SUN) 4:30 Dinner (DR) 6:00 Bingo (LR) 6:30 Chair Yoga (B) 7:00 Movie (LR) Lowering the Flag	8 7:30 Breakfast (DR) 9:30 Raise the Flag 10:00 Blood Pressure Checks (AL Bistro) 11:30 Lunch (DR) 1:30 Memory Chain (LR) 2:50-3:30 "Stretch & Balance" (2 FLB) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:00 Pretty Nails (LR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag	9 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:15 Bible Study 11:00 Silent Disco! (SUN) 11:30 Lunch (DR) 1:00 Gym Time 2:00 Bingo (LR) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Chair Yoga (B) 7:00 Movie (LR) Lowering the Flag	10 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:30 Reminisce. Funniest Memories (LR) 11:30 Lunch (DR) 1:00 Art Therapy (LR) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag	11 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 11:00 Trivia (LR) 11:30 Lunch (DR) 3:00 Walk and Talk 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:00 Chair Yoga (B) Lowering the Flag	12 NATIONAL CURRIED CHICKEN DAY! 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (SUN) 3:30 Rest Relax Hydrate/ Bingo (LR) 4:00 Happy Hour (DR) 4:30 Dinner (DR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Memory Chain (LR) 11:00 Southeast Christian Church on TV (LR) 11:30 Lunch (DR) 1:30 Comm. Worship (ACT) Hillcrest Bapt. 2:30 St. Thomas Episcopal Worship Service (LR) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:30 Reading to Others (LR) Lowering the Flag	14 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:30 Crossword Puzzle Time (SUN) 11:30 Lunch (DR) 1:30 Strollin' at MSE 3:00 Rest Relax Hydrate 3:30 Happy Hour w/ Terry! (B) 4:30 Dinner (DR) 6:00 Bingo (LR) 6:30 Chair Yoga (B) 7:00 Movie (LR) Lowering the Flag	15 NAT'L HAT DAY! 7:30 Breakfast (DR) 9:30 Raise the Flag 10:00 BP Checks (AL Bistro) 11:30 Lunch (DR) 1:30 Memory Chain (LR) 2:50-3:30 "Stretch & Balance" (2FLB) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:00 Pretty Nails (LR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag	16 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:15 Bible Study 11:00 Silent Disco! (SUN) 11:30 Lunch (DR) 1:00 Mystery Game w/ Activities! 2:00 Bingo (LR) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Chair Yoga (B) 7:00 Movie (LR) Lowering the Flag	17 NAT'L HOT BUTTERED RUM DAY! 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:30 Wii Bowling (TR) 11:30 Lunch (DR) 1:00 Art Therapy (LR) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag	18 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:30 Crossword Puzzle Time (SUN) 11:30 Lunch (DR) 1:30 WAGS! Pet Therapy (LR) 3:00 Walk and Talk 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:00 Chair Yoga (B) Lowering the Flag	19 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (SUN) 3:30 Rest Relax Hydrate/ Bingo (LR) 4:00 Happy Hour (DR) 4:30 Dinner (DR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag

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20 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Memory Chain (LR) 11:00 Southeast Christian Church on TV (LR) 11:30 Lunch (DR) 1:30 Gym Time 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:30 Reading to Others (LR) Lowering the Flag	21 MARTIN LUTHER KING DAY 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:30 Crossword Puzzle Time (SUN) 11:30 Lunch (DR) 1:30 Strollin' at MSE 2:30 Resident's Birthday Celebration! (DR) 3:00 Rest Relax Hydrate 3:30 Happy Hour w/ Terry! (B) 4:30 Dinner (DR) 6:00 Bingo (LR) 6:30 Chair Yoga (B) 7:00 Movie (LR) Lowering the Flag	22 7:30 Breakfast (DR) 9:30 Raise the Flag 10:00 BP Checks (AL Bistro) 11:30 Lunch (DR) 1:30 Memory Chain (LR) 2:50-3:30 "Stretch & Balance" (2FLB) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:00 Pretty Nails (LR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag	23 NAT'L PIE DAY! 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:15 Bible Study 11:00 Silent Discos (SUN) 11:30 Lunch (DR) 1:00 Gym Time 2:00 Bingo (LR) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Chair Yoga (B) 7:00 Movie (LR) Lowering the Flag	24 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:30 Wii Bowling (TR) 11:30 Lunch (DR) 1:00 Art Therapy (LR) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag	25 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 11:00 Trivia (LR) 11:30 Lunch (DR) 1:00 Scenic Drive (O) Weather Permitting 3:00 Walk and Talk 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:00 Chair Yoga (B) Lowering the Flag	26 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (SUN) 3:30 Rest Relax Hydrate/ Bingo (LR) 4:00 Happy Hour (DR) 4:30 Dinner (DR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag

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27 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Memory Chain (LR) 11:00 Southeast Christian Church on TV (LR) 11:30 Lunch (DR) 1:30 Gym Time 2:30 St. Thomas Episcopal Worship Service (LR) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:30 Reading to Others (LR) Lowering the Flag	28 NATIONAL KAZOO DAY! 7:30 Breakfast (DR) 9:30 Raise the Flag 9:30 Raise the Flag 9:45 Exercise 10:30 Crossword Puzzle Time (SUN) 11:30 Lunch (DR) 1:30 Strollin' at MSE 3:00 Rest Relax Hydrate 3:30 Happy Hour w/ Terry! (B) 4:30 Dinner (DR) 6:00 Bingo (LR) 6:30 Chair Yoga (B) 7:00 Movie (LR) Lowering the Flag	29 7:30 Breakfast (DR) 9:30 Raise the Flag 10:00 BP Checks (AL Bistro) 11:30 Lunch (DR) 1:30 Memory Chain (LR) 2:50-3:30 "Stretch & Balance" (ZFLB) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:00 Pretty Nails (LR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag	30 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:15 Bible Study 11:00 Silent Discal (SUN) 11:30 Lunch (DR) 1:00 Gym Time 2:00 Bingo (LR) 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Chair Yoga (B) 7:00 Movie (LR) Lowering the Flag	31 7:30 Breakfast (DR) 9:30 Raise the Flag 9:45 Exercise 10:30 Wii Bowling (TR) 11:30 Lunch (DR) 1:00 Art Therapy (LR) 2:00 Mystery Game w/ Activities! 3:30 Rest Relax Hydrate 4:00 Happy Hour (DR) 4:30 Dinner (DR) 6:30 Bingo (LR) 7:00 Aromatherapy 7:30 Reading to Others (LR) Lowering the Flag	