

January 2019

The Oaks at Cascade



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CD - Clinical Distinction CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MN - Mindful Moments	Please check your daily chronicle for the most accurate day schedule as activities are subject to change based on weather, supplies, and staffing. Thank You!	1 New Year's Day S 10:30 Chef's Circle V 11:00 Exercise Group - DR I 12:00 Parade of Roses - ABC - NBC GF 1:30 Anita's Choice - AR JG 4:00 Tournament of Roses - OH ST - WASH V 4:15 Balloon Games - DR V 6:30 Spa time - AR	2 I 9:30 After Breakfast Oldies - AR L 10:30 Bible Lesson - DR V 10:30 Exercise Group - DR GG 1:15 Dominoes - AR CD 3:15 Grief Group with Emily - AR CC 3:15 Smoothie Club - DR M 4:30 Singing and Song	3 L 9:00 Morning Documentary - AR V 10:30 Exercise Group - DR O 11:30 New Beginnings Outing - \$\$ A 2:15 Thank You Cards - AR I 3:30 Relaxation - AR V 4:15 Boxing with Susie - DR GG 6:30 Game Night - AR	4 V 10:30 Exercise Group - DR I 11:00 Devotional Club - DR CC 1:00 Gourmet Popcorn - AR I 1:10 Friday Movie - AR S 3:00 Happy Hour - DR V 6:15 Friday Night Bowling - Hallway	5 I 11:00 Classic TV - DR L 11:05 Documentary TV in AR CC 1:00 Game Time in AR K 2:30 Saturday Bingo - DR MN 3:30 Afternoon Relaxation - AR I 3:45 Prayer group with SJ - AR I 4:15 Relaxation Time
6 I 10:00 Catholic Service - TV V 11:00 Trilogy Fit - DR L 1:30 Travelogue - AR L 2:30 non-denominational Church Service - DR I 6:15 Affirmations & Aspirations	7 L 9:00 Monday Morning Safari - AR V 10:30 Exercise Group - DR I 10:45 Wellness Club - AR L 2:30 Current Events - DR K 3:15 Bingo - DR K 4:15 Trivia and fun facts with Diane - DR I 6:30 Relaxation and	8 S 10:30 Chef's Circle O 11:00 Shopping Outing : Dollar Tree - Sign Up S 12:00 Taste of Town - DR S 1:15 Resident Council - AR K 2:30 New Years Word Games - AR V 4:15 Balloon Games - DR V 6:30 Spa time - AR	9 I 9:30 After Breakfast Oldies - AR V 10:30 Exercise Group - DR GG 1:15 Dominoes - AR CC 3:15 CYO Hot Cocoa - DR L 3:15 Dementia Education Group - AR M 4:30 Singing and Song Stories with Diane in	10 L 9:00 Morning Documentary - AR V 10:30 Exercise Group - DR CC 11:00 Bread Making - AR K 1:15 New Years Resolutions - AR CC 2:35 Bread Tasting - AR O 3:30 Winter Driving - Lobby V 4:15 Trivia night - DR	11 M 10:30 Hymn Sing - DR V 10:30 Exercise Group - DR I 11:00 Devotional Club - DR CC 1:00 Gourmet Popcorn - AR I 1:10 Friday Movie - AR S 3:00 Happy Hour - DR M 3:05 Marty Zyla - AR V 6:15 Friday Night Bowling - Hallway	12 I 11:00 Classic TV - DR L 11:05 Documentary TV in AR CC 1:00 Game Time in AR K 2:30 Saturday Bingo - DR MN 3:30 Afternoon Relaxation - AR I 3:45 Prayer group with SJ - AR I 4:15 Relaxation Time
13 I 10:00 Catholic Service - TV V 11:00 Trilogy Fit - DR L 1:30 Travelogue - AR L 2:30 non-denominational Church Service - DR I 6:15 Affirmations & Aspirations	14 L 9:00 Monday Morning Safari - AR V 10:30 Exercise Group - DR I 10:45 Wellness Club - AR L 2:30 Current Events - DR K 3:15 Bingo - DR K 4:15 Trivia and fun facts with Diane - DR I 6:30 Relaxation and	15 S 10:30 Chef's Circle V 11:00 Exercise Group - DR L 1:15 International Learning - AR CC 2:30 International Food Social - AR O 3:30 Culver's Happy Hour - Lobby V 4:15 Balloon Games - DR	16 I 9:30 After Breakfast Oldies - AR L 10:30 Bible Lesson - DR V 10:30 Exercise Group - DR GG 1:15 Dominoes - AR GF 3:15 Cookies Social - DR CD 3:15 Grief Group with Emily - AR M 4:30 Singing and Song	17 L 9:00 Morning Documentary - AR V 10:30 Exercise Group - DR CC 11:00 Gourmet Strawberries - AR S 2:00 Friendship Tea Party - AR O 2:30 Just For Guys - Happy Hour	18 V 10:30 Exercise Group - DR I 11:00 Devotional Club - DR CC 1:00 Gourmet Popcorn - AR I 1:10 Friday Movie - AR S 3:00 Happy Hour - DR V 6:15 Friday Night Bowling - Hallway	19 I 11:00 Classic TV - DR L 11:05 Documentary TV in AR CC 1:00 Game Time in AR K 2:30 Saturday Bingo - DR MN 3:30 Afternoon Relaxation - AR I 3:45 Prayer group with SJ - AR I 4:15 Relaxation Time
20 I 10:00 Catholic Service - TV S 11:00 Sunday Brunch - DR V 11:00 Trilogy Fit - DR L 1:30 Travelogue - AR L 2:30 non-denominational Church Service - DR I 6:15 Affirmations & Aspirations	21 Martin Luther King Day L 9:00 Monday Morning Safari - AR V 10:30 Exercise Group - DR I 10:45 Wellness Club - AR L 2:30 Current Events - DR K 3:15 Bingo - DR K 4:15 Trivia and fun facts with Diane - DR I 6:30 Relaxation and	22 S 10:30 Chef's Circle O 11:00 Lunch Outing - TBD at Resident Council A 2:15 Thank You Card - AR S 3:30 1:1s room visits V 4:15 Balloon Games - DR V 6:30 Spa time - AR	23 I 9:30 After Breakfast Oldies - AR V 10:30 Exercise Group - DR GG 1:15 Dominoes - AR L 2:30 Purple Primer - AR M 4:30 Singing and Song Stories with Diane in DR GG 6:30 Wednesday Night Bingo	24 L 9:00 Morning Documentary - AR V 10:30 Exercise Group - DR CC 11:00 Dog Treat Making - AR CC 2:00 West Michigan Therapy Dogs - Room TDB O 3:15 Downtown Driving - Lobby V 4:15 Boxing with Susie - DR	25 V 10:30 Exercise Group - DR I 11:00 Devotional Club - DR CC 1:00 Gourmet Popcorn - AR I 1:10 Friday Movie - AR S 3:00 Happy Hour - DR V 6:15 Friday Night Bowling - Hallway	26 I 11:00 Classic TV - DR L 11:05 Documentary TV in AR CC 1:00 Game Time in AR K 2:30 Saturday Bingo - DR MN 3:30 Afternoon Relaxation - AR I 3:45 Prayer group with SJ - AR I 4:15 Relaxation Time
27 I 10:00 Catholic Service - TV V 11:00 Trilogy Fit - DR L 1:30 Travelogue - AR L 2:30 non-denominational Church Service - DR I 6:15 Affirmations & Aspirations	28 L 9:00 Monday Morning Safari - AR V 10:30 Exercise Group - DR I 10:45 Wellness Club - AR L 2:30 Current Events - DR K 3:15 Bingo - DR K 4:15 Trivia and fun facts with Diane - DR I 6:30 Relaxation and	29 S 10:30 Chef's Circle V 11:00 Exercise Group - DR A 1:15 Arts & Crafts - AR O 3:15 Coffee Run - Lobby V 4:15 Balloon Games - DR V 6:30 Spa time - AR	30 I 9:30 After Breakfast Oldies - AR V 10:30 Exercise Group - DR GG 1:15 Dominoes - AR M 4:30 Singing and Song Stories with Diane in DR GG 6:30 Wednesday Night Bingo - AR	31 L 9:00 Morning Documentary - AR V 10:30 Exercise Group - DR L 11:00 This Day in History - DR L 1:15 Chinese 2019 Zodiac Readings S 2:30 Chinese New Year Celebration - AR V 4:15 Boxing with Susie - DR	Location Key Activity Room = AR Dining Room = DR Activity Room Patio = ARP Nursing Patio = P Room to Room = R2R Outing = O Facility Wide = FW	***Therapeutic One to One interventions offered upon request*** ***Activities subject to change, you will be informed via the LifeShare TV at the nursing station"