

January 2019

Life Enrichment Activities Park Terrace Health Campus



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections GF - Gathering of Friends I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MN - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Birthdays Jean M. 1-8 Louise F. 1-13 Marie D. 1-13	1 New Year's Day M 10:00 Musical Movements K 10:30 Daily Chronicles K 2:00 Bingo V 4:30 7th Ining Stretch	2 I 10:00 Communion w/Gil A 10:30 Art with a Heart /Hand Made Cards O 2:00 Scenic Drive L 4:00 Science for the Young at Heart MN 4:30 Yoga Breathing and Movement	3 MR 10:00 Grab Bag V 10:15 Moving to Music K 10:30 Coffee, Tea and Trivia K 2:00 Bingo S 3:00 Inspired Living Committee GF 6:00 Gathering of Friends/Movie Night	4 MN 10:00 Aromatherapy/Hand Massage A 10:30 Garden in a Jar V 11:00 Guided Meditation K 1:30 Daily Chronicles M 3:00 Happy Hour with Mike Hutchens	5 MN 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart K 2:30 Game Time
6 V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MN 1:30 Tickle Your Senses M 2:00 IN2L Sing Along	7 I 10:00 Morning Motivations MN 10:15 Themed Baskets K 10:45 Coffee with Friends O 2:00 Scenic Drive K 3:30 Words with Friends K 6:00 Gathering of Friends	8 M 10:00 Musical Movements S 10:30 Chef's Circle K 2:00 Bingo S 3:30 Resident Council Meeting V 4:30 7th Ining Stretch	9 I 10:00 Communion w/Gil A 10:30 Earth Pendant CC 10:30 Just the Guys Donuts with Walt O 2:00 Scenic Drive L 4:00 History of Travel MN 4:30 Yoga Breathing and Movement	10 MR 10:00 Grab Bag V 10:15 Moving to Music K 10:30 Coffee, Tea and Trivia K 2:00 Bingo GF 6:00 Gathering of Friends/Movie Night	11 MN 10:00 Aromatherapy/Hand Massage K 10:30 Daily Chronicles V 11:30 Guided Meditation A 1:30 Jewelry Making M 3:00 Happy Hour 1st Floor Cafe with Dave Hunt	12 MN 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart I 1:15 Ministry with Susan K 2:30 Game Time
13 V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MN 1:30 Tickle Your Senses M 2:00 IN2L Sing Along	14 I 10:00 Morning Motivations MN 10:15 Themed Baskets A 10:30 Victorian Placecards O 2:00 Scenic Drive K 3:30 Words with Friends K 6:00 Gathering of Friends	15 M 10:00 Musical Movements S 10:30 Chef's Circle K 2:00 Bingo M 3:30 Tom Cunningham Performs V 4:30 7th Ining Stretch	16 I 10:00 Communion w/Gil A 10:30 Art with a Heart /Hand Made Cards L 2:30 High Tea English Style K 4:00 IN2L Games MN 4:30 Yoga Breathing and Movement	17 MR 10:00 Grab Bag V 10:15 Moving to Music K 10:30 Coffee, Tea and Trivia S 12:00 Taste of Town K 2:00 Bingo GF 6:00 Gathering of Friends/Movie Night	18 MN 10:00 Aromatherapy/Hand Massage K 10:30 Daily Chronicles V 11:30 Guided Meditation A 1:30 Jewelry Making M 3:00 Happy Hour 1st Floor Cafe Elvis	19 MN 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart K 2:30 Game Time
20 V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MN 1:30 Tickle Your Senses M 2:00 IN2L Sing Along	21 Martin Luther King Day I 10:00 Morning Motivations MN 10:15 Themed Baskets K 10:30 Hot Cocoa with Friends O 2:00 Scenic Drive K 3:30 Words with Friends K 6:00 Gathering of Friends	22 M 10:00 Musical Movements S 10:30 Chef's Circle K 2:00 Bingo L 3:30 The Fifties V 4:30 7th Ining Stretch	23 I 10:00 Communion w/Gil A 10:30 Art with a Heart /Hand Made Cards O 2:00 Scenic Drive K 4:00 IN2L Games MN 4:30 Yoga Breathing and Movement	24 MR 10:00 Grab Bag V 10:15 Moving to Music K 10:30 Coffee, Tea and Trivia K 2:00 Bingo GF 6:00 Gathering of Friends/Movie Night	25 MN 10:00 Aromatherapy/Hand Massage K 10:30 Daily Chronicles V 11:30 Guided Meditation A 1:00 Abstract Expression M 3:00 Happy Hour 1st Floor Cafe Rob Maupin	26 MN 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart K 2:30 Game Time
27 V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC S 11:00 Sunday Brunch- 1st floor Cafeteria I 11:00 Southeast Christian Church on TV on NBC MN 1:30 Tickle Your Senses M 2:00 IN2L Sing Along	28 I 10:00 Morning Motivations MN 10:15 Themed Baskets K 10:45 Coffee with Friends O 2:00 Scenic Drive K 3:30 Words with Friends K 6:00 Gathering of Friends	29 M 10:00 Musical Movements S 10:30 Chef's Circle CC 10:30 Just the Guys with Don K 2:00 Bingo L 3:30 Social Media V 4:30 7th Ining Stretch	30 I 10:00 Communion w/Gil A 10:30 Art with a Heart /Hand Made Cards O 2:00 Scenic Drive K 4:00 IN2L Games MN 4:30 Yoga Breathing and Movement	31 MR 10:00 Grab Bag V 10:15 Moving to Music K 10:30 Coffee, Tea and Trivia K 2:00 Bingo GF 6:00 Gathering of Friends/Movie Night	Join us for our Community Event Virtual Dementia Tour on January 9th 5:30 to 6:30	We now offer Therapeutic Massage Services. \$20 dollars for 20 minutes. Call Shannon Rich 502-299-0932

January 2019

Park Terrace Legacy Lane
Daily Rhythms



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears S - Signature Events V - Vitality</p>	<p>Happy Birthday! Jean M. 1-8 Marie D. 1-13 Louise F. 1-13</p>	<p>1 New Year's Day</p> <p>V 9:00 80s Flashback K 9:30 Celebrate the New Year! CC 10:45 Reuben Spread 12:45 Relax & Recharge K 2:00 Bingo M 3:30 On the Road Again GG 4:00 Basketball 4:30 Healthy Hands</p>	<p>2</p> <p>V 9:00 Wednesday Wellness Walk K 9:30 Unpack a Winter Bag CC 10:45 Grandma's Honey Muffins 12:45 Relax & Recharge A 2:00 2019 Door Burst M 3:30 Goin' to the Chapel GG 4:00 Color Wheel</p>	<p>3</p> <p>V 9:00 Ping Pong K 9:30 Double the Fun CC 10:45 Saurkraut Sausage Soup 12:45 Relax & Recharge K 2:00 Bingo M 3:30 A Bicycle Built for Two GG 4:00 Fly Swatter Volleyball 4:30 Healthy Hands</p>	<p>4</p> <p>V 9:00 Noodle Hockey K 9:30 Card Suit Showdown CC 10:45 Butterscotch Pecan Bread Pudding 12:45 Relax & Recharge A 2:00 Bubble Wrap Snowy Tree M 3:00 Happy Hour with Mike Hutchens</p>	<p>5</p> <p>V 9:00 Snowball Fight K 9:30 Superlatives! CC 10:45 Peanut Butter Chippers 12:45 Relax & Recharge A 2:00 Bubbly New Year's Fortunes M 3:30 Saturday Night Fever GG 4:00 Price is Right 4:30 Healthy Hands</p>
<p>6</p> <p>V 9:00 Breathing In Life K 9:30 Spell It! CC 10:45 Oatmeal Bread 12:45 Relax & Recharge A 2:00 Colorful Group Mandala M 3:30 Songs of Faith GG 4:00 Snowflake Toss 4:30 Healthy Hands I 6:00 A Time For Tea!</p>	<p>7</p> <p>V 9:00 Whole Body Fitness K 9:30 Story Words CC 10:45 Cinnamon Chip Scones 12:45 Relax & Recharge A 2:00 Colorful Group Mandala M 3:30 Marching Monday GG 4:00 All About "Birds" 4:30 Healthy Hands GG 6:00 Fireside Chats</p>	<p>8</p> <p>V 9:00 80s Flashback K 9:30 Categories CC 10:30 Chef's Circle 12:45 Relax & Recharge K 2:00 Bingo M 3:30 On the Road Again GG 4:00 Basketball 4:30 Healthy Hands GG 6:00 Lifeshare Games</p>	<p>9</p> <p>V 9:00 Wednesday Wellness Walk K 9:30 Unpack a Winter Bag CC 10:45 Chocolate Marshmallow Cookies 12:45 Relax & Recharge A 2:00 Silhouette Winter Tree M 3:30 Goin' to the Chapel GG 4:00 Color Wheel</p>	<p>10</p> <p>V 9:00 Ping Pong K 9:30 Double the Fun CC 10:45 Savory Beef Soup 12:45 Relax & Recharge K 2:00 Bingo M 3:30 A Bicycle Built for Two GG 4:00 Fly Swatter Volleyball 4:30 Healthy Hands GG 6:00 Hangman</p>	<p>11</p> <p>V 9:00 Noodle Hockey K 9:30 Card Suit Showdown CC 10:45 Apple Pudding Cake 12:45 Relax & Recharge A 2:00 Group Quilt M 3:00 Happy Hour 1st Floor Cafe with Dave Hunt GG 4:00 Animal Bingo 4:30 Healthy Hands</p>	<p>12</p> <p>V 9:00 Snowball Fight K 9:30 Superlatives! CC 10:45 Baby Ruth Cookies 12:45 Relax & Recharge I 1:15 Ministry with Susan A 2:00 Sparkly Winter Art Process M 3:30 Saturday Night Fever GG 4:00 Price is Right</p>
<p>13</p> <p>V 9:00 Breathing In Life K 9:30 Spell It! CC 10:45 Oatmeal Crispies 12:45 Relax & Recharge A 2:00 Sugar Painting Snowflakes M 3:30 Songs of Faith GG 4:00 Snowflake Toss 4:30 Healthy Hands</p>	<p>14</p> <p>V 9:00 Whole Body Fitness K 9:30 Story Words CC 10:45 S'more Sandwich Cookies 12:45 Relax & Recharge A 2:00 Tie-Dye Polymer Clay Coasters M 3:30 Marching Monday GG 4:00 All About "Birds"</p>	<p>15</p> <p>V 9:00 80s Flashback K 9:30 Categories CC 10:30 Chef's Circle CC 10:45 Soft Oatmeal Bread 12:45 Relax & Recharge K 2:00 Bingo M 3:30 Tom Cunningham Performs GG 4:00 Basketball</p>	<p>16</p> <p>V 9:00 Wednesday Wellness Walk K 9:30 Unpack a Winter Bag CC 10:45 Caramel Marshmallow Bars 12:45 Relax & Recharge A 2:00 Snow Painting M 3:30 Goin' to the Chapel GG 4:00 Color Wheel</p>	<p>17</p> <p>V 9:00 Ping Pong K 9:30 Double the Fun CC 10:45 Ham and Bean Soup S 12:00 Taste of Town 12:45 Relax & Recharge K 2:00 Bingo M 3:30 A Bicycle Built for Two GG 4:00 Fly Swatter Volleyball 4:30 Healthy Hands</p>	<p>18</p> <p>V 9:00 Noodle Hockey K 9:30 Card Suit Showdown CC 10:45 Apple Pie Oatmeal Dessert 12:45 Relax & Recharge A 2:00 Tissue Paper Canvas Art M 3:00 Happy Hour 1st Floor Cafe Elvis</p>	<p>19</p> <p>V 9:00 Snowball Fight K 9:30 Superlatives! CC 10:45 Peanut Butter Sandwich Cookies 12:45 Relax & Recharge A 2:00 Puzzle Piece Snowflakes M 3:30 Saturday Night Fever GG 4:00 Price is Right</p>
<p>20</p> <p>V 9:00 Breathing In Life K 9:30 Spell It! CC 10:45 Candy Bar Apple Salad 12:45 Relax & Recharge A 2:00 Snowflake Window Clings M 3:30 Songs of Faith GG 4:00 Snowflake Toss 4:30 Healthy Hands</p>	<p>21 Martin Luther King Day</p> <p>V 9:00 Whole Body Fitness K 9:30 Story Words CC 10:45 Homemade Granola Bars 12:45 Relax & Recharge A 2:00 Group Fleece Blankets 1 M 3:30 Marching Monday GG 4:00 All About "Birds"</p>	<p>22</p> <p>V 9:00 80s Flashback K 9:30 Categories CC 10:30 Chef's Circle CC 10:45 Best Bread Machine Bread 12:45 Relax & Recharge K 2:00 Bingo M 3:30 On the Road Again GG 4:00 Basketball</p>	<p>23</p> <p>V 9:00 Wednesday Wellness Walk K 9:30 Unpack a Winter Bag CC 10:45 Peanut Butter Cream Pie 12:45 Relax & Recharge A 2:00 Snowflake Wreath 1 M 3:30 Goin' to the Chapel GG 4:00 Color Wheel</p>	<p>24</p> <p>V 9:00 Ping Pong K 9:30 Double the Fun CC 10:45 Pizza from Scratch 12:45 Relax & Recharge K 2:00 Bingo M 3:30 A Bicycle Built for Two GG 4:00 Fly Swatter Volleyball 4:30 Healthy Hands GG 6:00 Hangman</p>	<p>25</p> <p>V 9:00 Noodle Hockey K 9:30 Card Suit Showdown CC 10:45 Slow Cooker Lava Cake 12:45 Relax & Recharge A 2:00 Orange Bird Feeder M 3:00 Happy Hour 1st Floor Cafe Rob Maupin GG 4:00 Animal Bingo 4:30 Healthy Hands</p>	<p>26</p> <p>V 9:00 Snowball Fight K 9:30 Superlatives! CC 10:45 Chocolate Chip Oatmeal Muffins 12:45 Relax & Recharge A 2:00 Salty Sand Craft M 3:30 Saturday Night Fever GG 4:00 Price is Right 4:30 Healthy Hands</p>
<p>27</p> <p>V 9:00 Breathing In Life K 9:30 Spell It! CC 10:45 Snickerdoodles 12:45 Relax & Recharge A 2:00 Foil Relief Art M 3:30 Songs of Faith GG 4:00 Snowflake Toss 4:30 Healthy Hands I 6:00 A Time For Tea!</p>	<p>28</p> <p>V 9:00 Whole Body Fitness K 9:30 Story Words CC 10:45 Chewy Granola Bars 12:45 Relax & Recharge A 2:00 Salt and Watercolor Winter Scenes M 3:30 Marching Monday GG 4:00 All About "Birds" 4:30 Healthy Hands</p>	<p>29</p> <p>V 9:00 80s Flashback K 9:30 Categories CC 10:30 Chef's Circle CC 10:45 Breakfast Oatmeal Muffins 12:45 Relax & Recharge K 2:00 Bingo M 3:30 On the Road Again GG 4:00 Basketball</p>	<p>30</p> <p>V 9:00 Wednesday Wellness Walk K 9:30 Unpack a Winter Bag CC 10:45 Chocolate Brownies 12:45 Relax & Recharge A 2:00 Lavender & Oatmeal Homemade Soap M 3:30 Goin' to the Chapel GG 4:00 Color Wheel</p>	<p>31</p> <p>V 9:00 Ping Pong K 9:30 Double the Fun CC 10:45 Chocolate Chip Cookies 12:45 Relax & Recharge K 2:00 Bingo M 3:30 A Bicycle Built for Two GG 4:00 Fly Swatter Volleyball 4:30 Healthy Hands GG 6:00 Hangman</p>	<p>Virtual Dementia Tour January 9th 5:30p.m.-6:30p.m.</p>	