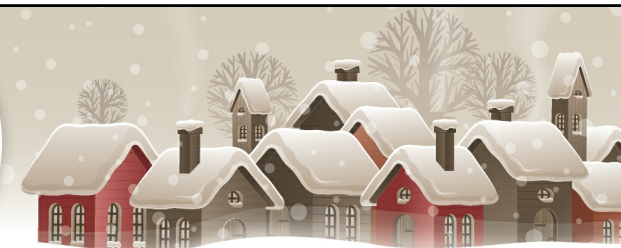


# January 2019

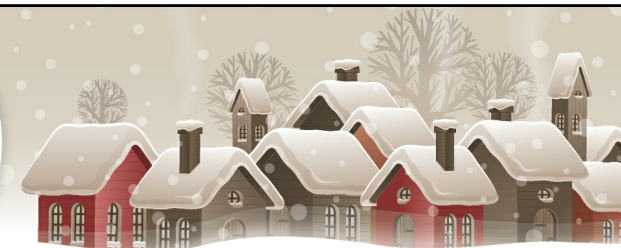
## St. Mary Healthcare Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MM</b> - Mindful Moments <b>M</b> - Music to My Ears <b>O</b> - Out &amp; About <b>S</b> - Signature Events <b>V</b> - Vitality</p>	<p>Ombudsman: Andrea Smothers (765) 423-5327 Theme of the Month - Activities may change date and/or location due to unforeseen circumstances. Please watch Life Share for announcements and updates!</p>	<p><b>1</b> <b>New Year's Day</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Baby <b>K 11:45</b> Tuesday Trivia <b>V 1:30</b> Senior Walking Club <b>CC 2:30</b> Creative Cooking <b>S 3:30</b> Inspired Living Committee</p>	<p><b>2</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations <b>V 1:30</b> Afternoon Workout <b>S 2:00</b> Chefs Circle <b>M 2:30</b> VCC Singers <b>A 3:30</b> Artistic Flare</p>	<p><b>3</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Aroma Therapy <b>A 1:00</b> Oil Painting Class w/ Bill Pattison <b>V 1:15</b> Senior Walking Club <b>O 2:35</b> Senior Scenic Travels</p>	<p><b>4</b> <b>K 10:00</b> Daily News and Donuts <b>V 1:30</b> Balloon Volley <b>MM 2:15</b> Theme Sensations - Aroma Therapy <b>M 3:00</b> Happy Hour w/ Al Jones</p>	<p><b>5</b> <b>K 10:00</b> Saturday Morning Movie <b>K 11:45</b> January IQ <b>MM 1:15</b> Mindful Moments <b>K 2:00</b> Quarter Bingo <b>S 3:15</b> Bingo Auction</p>
<p><b>6</b> <b>K 10:00</b> Life Share Games or Colorama <b>V 11:00</b> Morning Stretch <b>MM 1:30</b> Mindful Moments <b>I 2:30</b> Worship Services w/ Pastor David <b>S 3:35</b> Senior Scenic Outing</p>	<p><b>7</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Winter <b>V 11:30</b> Ce Ce at the Piano <b>K 2:00</b> Quarter Bingo <b>L 3:30</b> Martin Luther King 101</p>	<p><b>8</b> <b>12:00</b> Just the Guys Lunch <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Baby <b>K 11:45</b> Tuesday Trivia <b>CC 2:30</b> Creative Cooking <b>K 6:30</b> Quarter Bingo</p>	<p><b>9</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations <b>V 1:30</b> Afternoon Workout <b>S 2:00</b> Chefs Circle <b>A 3:30</b> Lala Pottery Class w/ Angela</p>	<p><b>10</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Aroma Therapy <b>A 1:00</b> Oil Painting Class w/ Bill Pattison <b>V 1:15</b> Senior Walking Club <b>O 2:35</b> Senior Scenic Travels</p>	<p><b>11</b> <b>K 10:00</b> Daily News and Donuts <b>V 1:30</b> Balloon Volley <b>MM 2:15</b> Theme Sensations - Aroma Therapy <b>M 3:00</b> Happy Hour w/ Roy Carter</p>	<p><b>12</b> <b>K 10:00</b> Saturday Morning Movie <b>K 11:45</b> Famous January Birthdays <b>MM 1:15</b> Mindful Moments <b>K 2:00</b> Quarter Bingo <b>S 3:15</b> Bingo Auction</p>
<p><b>13</b> <b>K 10:00</b> Life Share Games or Colorama <b>S 11:00</b> Sunday Brunch <b>MM 1:30</b> Mindful Moments <b>I 2:30</b> Worship Services w/ Donna Shaw <b>S 3:35</b> Senior Scenic Outing</p>	<p><b>14</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Winter <b>V 11:30</b> Ce Ce at the Piano <b>K 2:00</b> Quarter Bingo <b>L 3:30</b> Martin Luther King 101</p>	<p><b>15</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Baby <b>K 11:45</b> Tuesday Trivia <b>V 1:30</b> Senior Walking Club <b>CC 2:30</b> Creative Cooking <b>K 6:30</b> Quarter Bingo</p>	<p><b>16</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations <b>V 1:30</b> Afternoon Workout <b>S 2:00</b> Chefs Circle <b>M 2:30</b> Monthly Birthday Celebration w/ Kent <b>A 3:30</b> Artistic Flare</p>	<p><b>17</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Aroma Therapy <b>A 1:00</b> Oil Painting Class w/ Bill Pattison <b>V 1:15</b> Senior Walking Club <b>O 2:35</b> Senior Scenic Travels</p>	<p><b>18</b> <b>K 10:00</b> Daily News and Donuts <b>V 1:30</b> Balloon Volley <b>MM 2:15</b> Theme Sensations - Aroma Therapy <b>M 3:00</b> Happy Hour w/ Roy Reynolds - Elvis Birthday Celebration</p>	<p><b>19</b> <b>K 10:00</b> Saturday Morning Movie <b>K 11:45</b> Searching for January <b>11:45</b> January Trivia <b>MM 1:15</b> Mindful Moments <b>K 2:00</b> Quarter Bingo <b>S 3:15</b> Bingo Auction</p>
<p><b>20</b> <b>K 10:00</b> Life Share Games or Colorama <b>V 11:00</b> Morning Stretch <b>MM 1:30</b> Mindful Moments <b>I 2:30</b> Worship Services w/ Sue <b>S 3:35</b> Senior Scenic Outing</p>	<p><b>21</b> <b>Martin Luther King Day</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Winter <b>V 11:30</b> Ce Ce at the Piano <b>K 2:00</b> Quarter Bingo <b>L 3:30</b> Martin Luther King 101</p>	<p><b>22</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Baby <b>K 11:45</b> Tuesday Trivia <b>12:00</b> Red Hat Society Diamond Divas Luncheon <b>CC 2:30</b> Creative Cooking</p>	<p><b>23</b> <b>M 10:30</b> Shirley at the Piano <b>MM 11:00</b> Theme Sensations <b>V 1:30</b> Afternoon Workout <b>S 2:00</b> Chefs Circle <b>2:30</b> Resident Council <b>A 3:30</b> Artistic Flare</p>	<p><b>24</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Aroma Therapy <b>A 1:00</b> Oil Painting Class w/ Bill Pattison <b>V 1:15</b> Senior Walking Club <b>O 2:35</b> Senior Scenic Travels</p>	<p><b>25</b> <b>K 10:00</b> Daily News and Donuts <b>V 1:30</b> Balloon Volley <b>MM 2:15</b> Theme Sensations - Aroma Therapy <b>M 3:00</b> Happy Hour w/ Jeff Anderson</p>	<p><b>26</b> <b>K 10:00</b> Saturday Morning Movie <b>MM 1:15</b> Mindful Moments <b>K 2:00</b> Quarter Bingo <b>S 3:15</b> Bingo Auction</p>
<p><b>27</b> <b>K 10:00</b> Life Share Games or Colorama <b>V 11:00</b> Morning Stretch <b>MM 1:30</b> Mindful Moments <b>I 2:30</b> Worship Services w/ Pastor Darlene <b>S 3:35</b> Senior Scenic Outing</p>	<p><b>28</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Winter <b>V 11:30</b> Ce Ce at the Piano <b>K 2:00</b> Quarter Bingo <b>L 3:30</b> Martin Luther King 101</p>	<p><b>29</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Baby <b>K 11:45</b> Tuesday Trivia <b>V 1:30</b> Senior Walking Club <b>CC 2:30</b> Creative Cooking <b>K 6:30</b> Quarter Bingo</p>	<p><b>30</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations <b>V 1:30</b> Afternoon Workout <b>S 2:00</b> Chefs Circle <b>A 3:30</b> Artistic Flare</p>	<p><b>31</b> <b>V 10:15</b> Senior Health and Fitness Class <b>MM 11:00</b> Theme Sensations - Aroma Therapy <b>A 1:00</b> Oil Painting Class w/ Bill Pattison <b>V 1:15</b> Senior Walking Club <b>O 2:35</b> Senior Scenic Travels</p>	<p>Resident Mail is delivered Monday - Saturday to resident rooms. The Life Enrichment team would be happy to assist with outgoing mail, or it can be taken to the front office during regular business hours.</p>	<p>Theme of the Month - Bursting into 2019 Lafayette Christian School Kids Visit on 01/10/2019 @ 2:45 pm.</p>

# January 2019

St. Mary Healthcare Legacy Lane  
Daily Rhythms Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>GG</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>M</b> - Music to My Ears <b>O</b> - Out &amp; About <b>S</b> - Signature Events <b>V</b> - Vitality</p>	<p>Every Morning (approx. times) 9:00 Get Up &amp; Go 9:30 Brain Ticklers 11:00 Creative Cooking</p>	<p><b>1</b> <b>New Year's Day</b></p> <p><b>V</b> 80s Flashback <b>K</b> Celebrate the New Year! <b>CC</b> Fresh Fruit Relax &amp; Recharge <b>A</b> Paint and Draw to Music <b>M</b> On the Road Again <b>GG</b> Basketball Healthy Hands <b>GG</b> Lifeshare Games</p>	<p><b>2</b></p> <p><b>V</b> Wednesday Wellness Walk <b>K</b> Unpack a Winter Bag <b>CC</b> Bake Cupcakes Relax &amp; Recharge <b>A</b> 2019 Door Burst <b>M</b> VCC Singers <b>M</b> Goin' to the Chapel <b>GG</b> Color Wheel Healthy Hands</p>	<p><b>3</b></p> <p><b>V</b> Ping Pong <b>K</b> Double the Fun <b>CC</b> Fruited Jello Relax &amp; Recharge <b>V</b> Senior Walking Club <b>A</b> Baking Soda Painting <b>I</b> Worship Services - HC <b>O</b> Senior Scenic Travels <b>M</b> A Bicycle Built for Two</p>	<p><b>4</b></p> <p><b>V</b> Noodle Hockey <b>K</b> Card Suit Showdown <b>CC</b> Bake Cookies Relax &amp; Recharge <b>V</b> Balloon Volley <b>A</b> Bubble Wrap Snowy Tree <b>M</b> Happy Hour w/ Al Jones <b>GG</b> Animal Bingo Healthy Hands</p>	<p><b>5</b></p> <p><b>V</b> Snowball Fight <b>K</b> Superlatives! <b>CC</b> Bake Cake Relax &amp; Recharge <b>A</b> Paint and Draw to Music <b>M</b> Saturday Night Fever <b>GG</b> Price is Right Healthy Hands <b>GG</b> Old Time Theater</p>
<p><b>6</b></p> <p><b>V</b> Breathing In Life <b>K</b> Spell It! <b>CC</b> Bake Muffins Relax &amp; Recharge <b>A</b> Colorful Group Mandala <b>I</b> Worship Services - HC <b>M</b> Songs of Faith <b>S</b> Senior Scenic Outing <b>GG</b> Snowflake Toss</p>	<p><b>7</b></p> <p><b>V</b> Whole Body Fitness <b>K</b> Story Words <b>CC</b> Bake Cookies Relax &amp; Recharge <b>A</b> Colorful Group Mandala <b>M</b> Marching Monday <b>GG</b> All About "Birds" Healthy Hands <b>GG</b> Fireside Chats</p>	<p><b>8</b></p> <p><b>V</b> 80s Flashback <b>K</b> Categories <b>CC</b> Fresh Fruit Relax &amp; Recharge <b>A</b> Paint and Draw to Music <b>M</b> On the Road Again <b>GG</b> Basketball Healthy Hands <b>GG</b> Lifeshare Games</p>	<p><b>9</b></p> <p><b>V</b> Wednesday Wellness Walk <b>K</b> Unpack a Winter Bag <b>CC</b> Bake Cupcakes Relax &amp; Recharge <b>A</b> Silhouette Winter Tree <b>M</b> Goin' to the Chapel <b>GG</b> Color Wheel Healthy Hands <b>GG</b> Words That Begin With..</p>	<p><b>10</b></p> <p><b>V</b> Ping Pong <b>K</b> Double the Fun <b>CC</b> Fruited Jello Relax &amp; Recharge <b>V</b> Senior Walking Club <b>A</b> Group Quilt <b>I</b> Worship Services - HC <b>O</b> Senior Scenic Travels <b>M</b> A Bicycle Built for Two</p>	<p><b>11</b></p> <p><b>V</b> Noodle Hockey <b>K</b> Card Suit Showdown <b>CC</b> Bake Cookies Relax &amp; Recharge <b>V</b> Balloon Volley <b>A</b> Group Quilt <b>M</b> Happy Hour w/ Roy Carter <b>GG</b> Animal Bingo Healthy Hands</p>	<p><b>12</b></p> <p><b>V</b> Snowball Fight <b>K</b> Superlatives! <b>CC</b> Bake Cake Relax &amp; Recharge <b>A</b> Paint and Draw to Music <b>M</b> Saturday Night Fever <b>GG</b> Price is Right Healthy Hands <b>GG</b> Old Time Theater</p>
<p><b>13</b></p> <p><b>V</b> Breathing In Life <b>K</b> Spell It! <b>CC</b> Bake Muffins Sunday Brunch Relax &amp; Recharge <b>A</b> Sugar Painting Snowflakes <b>I</b> Worship Services - HC <b>M</b> Songs of Faith <b>S</b> Senior Scenic Outing</p>	<p><b>14</b></p> <p><b>V</b> Whole Body Fitness <b>K</b> Story Words <b>CC</b> Bake Cookies Relax &amp; Recharge <b>A</b> Tie-Dye Polymer Clay Coasters <b>M</b> Marching Monday <b>GG</b> All About "Birds" Healthy Hands <b>GG</b> Fireside Chats</p>	<p><b>15</b></p> <p><b>V</b> 80s Flashback <b>K</b> Categories <b>CC</b> Fresh Fruit Relax &amp; Recharge <b>A</b> Paint and Draw to Music <b>M</b> On the Road Again <b>GG</b> Basketball Healthy Hands <b>GG</b> Lifeshare Games</p>	<p><b>16</b></p> <p><b>V</b> Wednesday Wellness Walk <b>K</b> Unpack a Winter Bag <b>CC</b> Bake Cupcakes Relax &amp; Recharge <b>A</b> Snow Painting <b>M</b> Goin' to the Chapel <b>GG</b> Color Wheel Healthy Hands <b>GG</b> Words That Begin With..</p>	<p><b>17</b></p> <p><b>V</b> Ping Pong <b>K</b> Double the Fun <b>CC</b> Fruited Jello Relax &amp; Recharge <b>V</b> Senior Walking Club <b>A</b> Winter Pinecone Trees <b>I</b> Worship Services - HC <b>O</b> Senior Scenic Travels <b>M</b> A Bicycle Built for Two</p>	<p><b>18</b></p> <p><b>V</b> Noodle Hockey <b>K</b> Card Suit Showdown <b>CC</b> Bake Cookies Relax &amp; Recharge <b>V</b> Balloon Volley <b>A</b> Tissue Paper Canvas Art <b>M</b> Happy Hour w/ Roy Reynolds - <b>GG</b> Elvis Birthday Celebration Animal Bingo</p>	<p><b>19</b></p> <p><b>V</b> Snowball Fight <b>K</b> Superlatives! <b>CC</b> Bake Cake Relax &amp; Recharge <b>A</b> Paint and Draw to Music <b>M</b> Saturday Night Fever <b>GG</b> Price is Right Healthy Hands <b>GG</b> Old Time Theater</p>
<p><b>20</b></p> <p><b>V</b> Breathing In Life <b>K</b> Spell It! <b>CC</b> Bake Muffins Relax &amp; Recharge <b>A</b> Snowflake Window Clings <b>I</b> Worship Services - HC <b>M</b> Songs of Faith <b>S</b> Senior Scenic Outing <b>GG</b> Snowflake Toss</p>	<p><b>21</b> <b>Martin Luther King Day</b></p> <p><b>V</b> Whole Body Fitness <b>K</b> Story Words <b>CC</b> Bake Cookies Relax &amp; Recharge <b>A</b> Group Fleece Blankets 1 <b>M</b> Marching Monday <b>GG</b> All About "Birds" Healthy Hands <b>GG</b> Fireside Chats</p>	<p><b>22</b></p> <p><b>V</b> 80s Flashback <b>K</b> Categories <b>CC</b> Fresh Fruit Relax &amp; Recharge <b>A</b> Paint and Draw to Music <b>M</b> On the Road Again <b>GG</b> Basketball Healthy Hands <b>GG</b> Lifeshare Games</p>	<p><b>23</b></p> <p><b>V</b> Wednesday Wellness Walk <b>K</b> Unpack a Winter Bag <b>CC</b> Bake Cupcakes Relax &amp; Recharge <b>A</b> Snowflake Wreath 1 <b>M</b> Goin' to the Chapel <b>GG</b> Color Wheel Healthy Hands <b>GG</b> Words That Begin With..</p>	<p><b>24</b></p> <p><b>V</b> Ping Pong <b>K</b> Double the Fun <b>CC</b> Fruited Jello Relax &amp; Recharge <b>V</b> Senior Walking Club <b>A</b> Snowflake Wreath 2 <b>I</b> Worship Services - HC <b>O</b> Senior Scenic Travels <b>M</b> A Bicycle Built for Two</p>	<p><b>25</b></p> <p><b>V</b> Noodle Hockey <b>K</b> Card Suit Showdown <b>CC</b> Bake Cookies Relax &amp; Recharge <b>V</b> Balloon Volley <b>A</b> Orange Bird Feeder <b>M</b> Happy Hour w/ Jeff Anderson <b>GG</b> Animal Bingo Healthy Hands</p>	<p><b>26</b></p> <p><b>V</b> Snowball Fight <b>K</b> Superlatives! <b>CC</b> Bake Cake Relax &amp; Recharge <b>A</b> Salty Sand Craft <b>A</b> Paint and Draw to Music <b>M</b> Saturday Night Fever <b>GG</b> Price is Right Healthy Hands</p>
<p><b>27</b></p> <p><b>V</b> Breathing In Life <b>K</b> Spell It! <b>CC</b> Bake Muffins Relax &amp; Recharge <b>A</b> Foil Relief Art <b>I</b> Worship Services - HC <b>M</b> Songs of Faith <b>S</b> Senior Scenic Outing <b>GG</b> Snowflake Toss</p>	<p><b>28</b></p> <p><b>V</b> Whole Body Fitness <b>K</b> Story Words <b>CC</b> Bake Cookies Relax &amp; Recharge <b>A</b> Salt and Watercolor Winter Scenes <b>M</b> Marching Monday <b>GG</b> All About "Birds" Healthy Hands</p>	<p><b>29</b></p> <p><b>V</b> 80s Flashback <b>K</b> Categories <b>CC</b> Fresh Fruit Relax &amp; Recharge <b>A</b> Paint and Draw to Music <b>M</b> On the Road Again <b>GG</b> Basketball Healthy Hands <b>GG</b> Lifeshare Games</p>	<p><b>30</b></p> <p><b>V</b> Wednesday Wellness Walk <b>K</b> Unpack a Winter Bag <b>CC</b> Bake Cupcakes Relax &amp; Recharge <b>A</b> Lavender &amp; Oatmeal Homemade Soap <b>M</b> Goin' to the Chapel <b>GG</b> Color Wheel Healthy Hands</p>	<p><b>31</b></p> <p><b>V</b> Ping Pong <b>K</b> Double the Fun <b>CC</b> Fruited Jello Relax &amp; Recharge <b>V</b> Senior Walking Club <b>A</b> Mason Jar Snow Globes <b>I</b> Worship Services - HC <b>O</b> Senior Scenic Travels <b>M</b> A Bicycle Built for Two</p>	<p>Every Afternoon (approx. times) 1:00 Reminisce 1:30 Creative Hands 2:30 Music Celebration 3:00 Group Games 3:30 Afternoon Pick Me Up</p>	<p>Every Evening (approx. times) 6:00 Gathering of Friends</p> <p>Key Code: HC - Health Center</p>