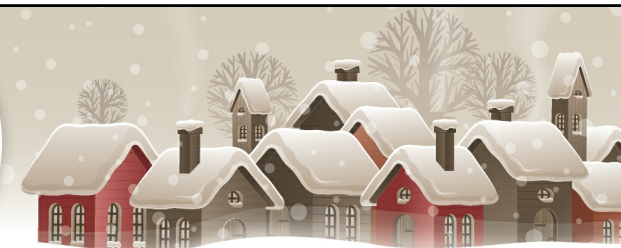


January 2019

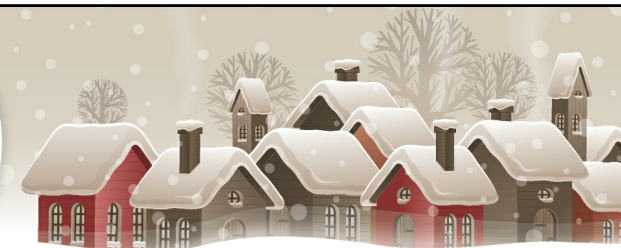
The Willows at Okemos
Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About</p>	<p>Looking for independent and leisure activities? We have a Life Enrichment Cart in the ALAR full of books, puzzles, games, and music! Please feel free to borrow at any time!</p>	<p>1 New Year's Day</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR MM 10:30 Activity Cart- Room to Room K 12:00 Jokin' Around- ALDR, HCDR M 2:00 New Year Social and Resolutions- HCAR</p>	<p>2</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 2019 Door Burst- HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 January IQ- HCAR I 2:30 Bible Study- HCAR CC 3:00 Chef Circle- AL</p>	<p>3</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR L 10:00 Activity Cart L 10:30 Happy New Year Around the World-HCAR K 12:00 Trivia- ALDR, HCDR O 2:00 Hobby Lobby- Outing \$</p>	<p>4</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Funfetti Dip- HCAR K 12:00 On This Day Facts- ALDR, HCDR S 2:30 Happy Hour - HCDR K 3:30 Creative Leisure-HCAR</p>	<p>5</p> <p>V 9:30 Trilogy Fit-HCAR L 10:30 Jigsaw Puzzles- HCAR M 2:00 Sing-A-Long- HCAR CC 3:00 Ice Cream Social-HCAR</p>
<p>6</p> <p>V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing And Devotions-HCAR M 2:00 Good Time Radio-HCAR K 3:00 Big Boggle- HCAR</p>	<p>7</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Yam Wrapped Cardinal-HCAR K 12:00 News Update- ALDR, HCDR GF 2:00 Library Book Nook-ALAR</p>	<p>8</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room K 12:00 Jokin' Around- ALDR, HCDR O 2:00 Target- Outing \$</p>	<p>9</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Bubble Wrap Tree-HCAR K 12:00 Health Tips- ALDR, HCDR K 2:00 Calendar Planning-HCAR</p>	<p>10</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR O 10:00 Casino- Outing \$ I 10:00 Bible Study w/ Pastor Mike L 10:00 Activity Cart K 12:00 Trivia- ALDR, HCDR K 2:00 Category Trivia- HCAR</p>	<p>11</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Spinach and Artichoke Dip- HCAR K 12:00 On This Day Facts- ALDR, HCDR S 2:30 Happy Hour - HCDR K 3:30 Creative Leisure-HCAR</p>	<p>12</p> <p>V 9:30 Trilogy Fit-HCAR L 10:30 Put the Past in Order-HCAR M 2:00 Polka Music- HCAR CC 3:00 Sweet Tooth Social-HCAR</p>
<p>13</p> <p>V 9:30 Trilogy Fit-HCAR S 11:00 Brunch S 12:15 Brunch I 3:00 Hymn Sing and Service w/Pastor Ellen - ALAR</p>	<p>14</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Button Tree- HCAR K 12:00 News Update- ALDR, HCDR GF 2:00 Love on a Leash- HCAR GF 2:30 Activity Cart L 3:00 Wheel of Fortune-</p>	<p>15</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room O 11:00 IHOP- Outing \$ K 12:00 Jokin' Around- ALDR, HCDR</p>	<p>16</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Jewelry Making- HCAR K 12:00 Health Tips- ALDR, HCDR I 2:00 Appreciation Station-HCAR L 2:30 MLK Education- HCAR</p>	<p>17</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR M 10:00 Music Therapy with Julie- HCAR L 10:00 Activity Cart K 12:00 Trivia- ALDR, HCDR O 2:00 Michigan History Museum- Outing</p>	<p>18</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Monster Cookie Dip-HCAR K 12:00 On This Day Facts- ALDR, HCDR S 2:30 Happy Hour - HCDR K 3:30 Creative Leisure-HCAR</p>	<p>19</p> <p>V 9:30 Trilogy Fit-HCAR L 10:30 First Time Trivia- HCAR M 2:00 Sing-A-Long- HCAR CC 3:00 Ice Cream Social-HCAR</p>
<p>20</p> <p>V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing And Devotions-HCAR M 2:00 50's Music- HCAR K 3:00 Scrabble- HCAR</p>	<p>21 Martin Luther King Day</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Winter Painting- HCAR K 12:00 News Update- ALDR, HCDR L 2:00 I Have A Dream- HCAR GF 2:30 Activity Cart K 3:00 Selma to Montgomery-</p>	<p>22</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room K 12:00 Jokin' Around- ALDR, HCDR O 2:00 Keans- Outing \$</p>	<p>23</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Tie Blankets- HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 Picture It- HCAR JG 2:00 Shop Talk for Guys - ALAR</p>	<p>24</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR I 10:00 Bible Study w/ Pastor Mike-HCAR L 10:00 Activity Cart K 12:00 Trivia- ALDR, HCDR O 2:00 Winter Drive- Outing L 2:30 Who Am I- HCAR</p>	<p>25</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Fiesta Ranch Dip-HCAR K 12:00 On This Day Facts- ALDR, HCDR S 2:30 Happy Hour - HCDR S 2:30 Birthday Club -HCAR</p>	<p>26</p> <p>V 9:30 Trilogy Fit-HCAR L 10:30 Word Puzzles- HCAR M 2:00 Piano Break- HCAR CC 3:00 Ice Cream and Cookies Social-HCAR</p>
<p>27</p> <p>V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing & Service with Pastor Mike - HCAR M 2:00 Groovy Music- HCAR K 3:00 UNO- HCAR</p>	<p>28</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Tie Blanket Cont.- HCAR K 12:00 News Update- ALDR, HCDR L 2:00 Library Book Nook-ALAR</p>	<p>29</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room O 11:00 Luckys- Outing \$ K 12:00 Jokin' Around- ALDR, HCDR</p>	<p>30</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Tie Blanket Cont.- HCAR K 12:00 Health Tips- ALDR, HCDR I 2:00 Gratitude Journal- HCAR GF 2:30 Snowball Scoop- HCAR</p>	<p>31</p> <p>MM 8:15 Morning Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR O 10:00 Donuts and Coffee-Outing L 10:00 Activity Cart K 12:00 Trivia- ALDR, HCDR GF 2:00 Know Your Neighbor-HCAR</p>	<p>Location Key: ALAR- Asst Liv Act Rm ALDR- Asst Liv Dining Rm ALFR- Asst Liv Fam Rm CY- Courtyard DR- Dining Rm HCAR- Health Ctr Act Rm \$- Need to Bring Money to Outing</p>	<p>Activities and activity time are subject to change. Please look to the daily chronicle for those changes.</p>

January 2019

The Willows at Okemos Health Center Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About	Looking for independent and leisure activities? We have a Life Enrichment Cart in the ALAR full of books, puzzles, games, and music! Please feel free to borrow at any time!	1 New Year's Day MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR MM 10:30 Activity Cart- Room to Room MM 11:30 Mindful Moments-HCAR K 12:00 Jokin' Around- ALDR, HCDR	2 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 2019 Door Burst- HCAR MM 11:30 Mindful Moments-HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 January IQ- HCAR	3 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR L 10:00 Activity Cart L 10:30 Happy New Year Around the World-HCAR MM 11:30 Mindful Moments-HCAR	4 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Funfetti Dip- HCAR MM 11:30 Mindful Moments-HCAR K 12:00 On This Day Facts-ALDR, HCDR S 2:30 Happy Hour - HCDR	5 V 9:30 Trilogy Fit-HCAR L 10:30 Jigsaw Puzzles- HCAR MM 11:30 Mindful Moments-HCAR M 2:00 Sing-A-Long- HCAR CC 3:00 Ice Cream Social-HCAR
6 V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing And Devotions-HCAR MM 11:30 Mindful Moments-HCAR M 2:00 Good Time Radio-HCAR K 3:00 Big Boggle- HCAR	7 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Yam Wrapped Cardinal-HCAR MM 11:30 Mindful Moments-HCAR K 12:00 News Update- ALDR, HCDR	8 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room MM 11:30 Mindful Moments-HCAR K 12:00 Jokin' Around- ALDR, HCDR	9 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Bubble Wrap Tree-HCAR MM 11:30 Mindful Moments-HCAR K 12:00 Health Tips- ALDR, HCDR	10 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR O 10:00 Casino- Outing \$ I 10:00 Bible Study w/ Pastor Mike L 10:00 Activity Cart MM 11:30 Mindful Moments-HCAR	11 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Spinach and Artichoke Dip- HCAR MM 11:30 Mindful Moments-HCAR K 12:00 On This Day Facts-ALDR, HCDR	12 V 9:30 Trilogy Fit-HCAR L 10:30 Put the Past in Order-HCAR MM 11:30 Mindful Moments-HCAR M 2:00 Polka Music- HCAR CC 3:00 Sweet Tooth Social-HCAR
13 V 9:30 Trilogy Fit-HCAR S 11:00 Brunch S 12:15 Brunch I 3:00 Hymn Sing and Service w/Pastor Ellen - ALAR	14 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Button Tree- HCAR MM 11:30 Mindful Moments-HCAR K 12:00 News Update- ALDR, HCDR GF 2:00 Love on a Leash- HCAR	15 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room O 11:00 IHOP- Outing \$ MM 11:30 Mindful Moments-HCAR	16 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Jewelry Making- HCAR MM 11:30 Mindful Moments-HCAR K 12:00 Health Tips- ALDR, HCDR I 2:00 Appreciation Station-	17 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR M 10:00 Music Therapy with Julie- HCAR L 10:00 Activity Cart MM 11:30 Mindful Moments-HCAR K 12:00 Trivia- ALDR, HCDR	18 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Monster Cookie Dip-HCAR MM 11:30 Mindful Moments-HCAR K 12:00 On This Day Facts-ALDR, HCDR	19 V 9:30 Trilogy Fit-HCAR L 10:30 First Time Trivia- HCAR MM 11:30 Mindful Moments-HCAR M 2:00 Sing-A-Long- HCAR CC 3:00 Ice Cream Social-HCAR
20 V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing And Devotions-HCAR MM 11:30 Mindful Moments-HCAR M 2:00 50's Music- HCAR K 3:00 Scrabble- HCAR	21 Martin Luther King Day MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Winter Painting- HCAR MM 11:30 Mindful Moments-HCAR K 12:00 News Update- ALDR, HCDR L 2:00 I Have A Dream- HCAR	22 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room MM 11:30 Mindful Moments-HCAR K 12:00 Jokin' Around- ALDR, HCDR	23 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Tie Blankets- HCAR MM 11:30 Mindful Moments-HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 Picture It- HCAR	24 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR I 10:00 Bible Study w/ Pastor Mike-HCAR L 10:00 Activity Cart MM 11:30 Mindful Moments-HCAR K 12:00 Trivia- ALDR, HCDR	25 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Fiesta Ranch Dip-HCAR MM 11:30 Mindful Moments-HCAR K 12:00 On This Day Facts-ALDR, HCDR	26 V 9:30 Trilogy Fit-HCAR L 10:30 Word Puzzles- HCAR MM 11:30 Mindful Moments-HCAR M 2:00 Piano Break- HCAR CC 3:00 Ice Cream and Cookies Social-HCAR
27 V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing & Service with Pastor Mike - HCAR MM 11:30 Mindful Moments-HCAR M 2:00 Groovy Music- HCAR K 3:00 UNO- HCAR	28 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Tie Blanket Cont.- HCAR MM 11:30 Mindful Moments-HCAR K 12:00 News Update- ALDR, HCDR	29 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room O 11:00 Luckys- Outing \$ MM 11:30 Mindful Moments-HCAR	30 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Tie Blanket Cont.- HCAR MM 11:30 Mindful Moments-HCAR K 12:00 Health Tips- ALDR, HCDR	31 MM 8:15 Moming Mashup-HCDR, ALDR V 9:30 Trilogy Fit-HCAR O 10:00 Donuts and Coffee- Outing L 10:00 Activity Cart MM 11:30 Mindful Moments-HCAR K 12:00 Trivia- ALDR, HCDR	Location Key: ALAR- Asst Liv Act Rm ALDR- Asst Liv Dining Rm ALFR- Asst Liv Fam Rm CY- Courtyard DR- Dining Rm HCAR- Health Ctr Act Rm \$- Need to Bring Money to Outing	Every second Sunday of the month we hold brunch. Residents can bring 3 guests. Please make reservations with Life Enrichment today!