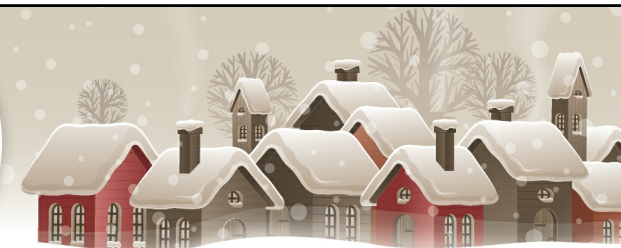


January 2019

Memory Care 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 V - Vitality</p>	<p>Daily Rhythm About Times: Morning 9:00 Vitality 9:30 Keeping it Sharp/Reminisce 10:00 Morning Refresher 10:45 Creative Cooking 11:30 Healthy Hands/Lunch Prep Early Afternoon 12:45 Relax & Recharge</p>	<p>1 New Year's Day V 80s Flashback K Celebrate the New Year! CC Reuben Spread Relax & Recharge A Pop-Up New Year's Card M On the Road Again GG Basketball Healthy Hands GG Lifeshare Games</p>	<p>2 V Wednesday Wellness Walk K Unpack a Winter Bag CC Grandma's Honey Muffins Relax & Recharge A 2019 Door Burst M Goin' to the Chapel GG Color Wheel Healthy Hands GG Words That Begin With...</p>	<p>3 V Ping Pong K Double the Fun CC Saurkraut Sausage Soup Relax & Recharge A Baking Soda Painting M A Bicycle Built for Two GG Fly Swatter Volleyball Healthy Hands GG Hangman</p>	<p>4 V Noodle Hockey K Card Suit Showdown CC Butterscotch Pecan Bread Pudding Relax & Recharge A Bubble Wrap Snowy Tree M Let's Go To the Hop Happy Hour GG Animal Bingo Healthy Hands</p>	<p>5 V Snowball Fight K Superlatives! CC Peanut Butter Chippers Relax & Recharge A Bubbly New Year's Fortunes M Saturday Night Fever GG Price is Right Animal Bingo GG Old Time Theater</p>
<p>6 V Breathing In Life K Spell It! CC Oatmeal Bread Relax & Recharge A Colorful Group Mandala M Songs of Faith GG Snowflake Toss Healthy Hands I A Time For Tea!</p>	<p>7 V Whole Body Fitness K Story Words CC Cinnamon Chip Scones Relax & Recharge A Colorful Group Mandala M Marching Monday GG All About "Birds" Healthy Hands GG Fireside Chats</p>	<p>8 V 80s Flashback K Categories CC Elvis' Pudding Cake Relax & Recharge A Mondrian-Inspired Bubble Wrap Art M On the Road Again GG Basketball Healthy Hands</p>	<p>9 V Wednesday Wellness Walk K Unpack a Winter Bag CC Chocolate Marshmallow Cookies Relax & Recharge A Silhouette Winter Tree M Goin' to the Chapel GG Color Wheel Healthy Hands GG Words That Begin With..</p>	<p>10 V Ping Pong K Double the Fun CC Savory Beef Soup Relax & Recharge A Group Quilt M A Bicycle Built for Two GG Fly Swatter Volleyball Healthy Hands GG Hangman</p>	<p>11 V Noodle Hockey K Card Suit Showdown CC Apple Pudding Cake Relax & Recharge A Group Quilt M Let's Go To the Hop Happy Hour GG Animal Bingo Healthy Hands GG Famous Faces</p>	<p>12 V Snowball Fight K Superlatives! CC Baby Ruth Cookies Relax & Recharge A Sparkly Winter Art Process M Saturday Night Fever GG Price is Right Healthy Hands GG Old Time Theater</p>
<p>13 V Breathing In Life K Spell It! CC Oatmeal Crispies Relax & Recharge A Sugar Painting Snowflakes M Songs of Faith GG Snowflake Toss Healthy Hands I A Time For Tea!</p>	<p>14 V Whole Body Fitness K Story Words CC S'more Sandwich Cookies Relax & Recharge A Tie-Dye Polymer Clay Coasters M Marching Monday GG All About "Birds" Healthy Hands GG Fireside Chats</p>	<p>15 V 80s Flashback K Categories CC Soft Oatmeal Bread Relax & Recharge A Winter Sky Mosaic M On the Road Again GG Basketball Healthy Hands GG Lifeshare Games</p>	<p>16 V Wednesday Wellness Walk K Unpack a Winter Bag CC Caramel Marshmallow Bars Relax & Recharge A Snow Painting M Goin' to the Chapel GG Color Wheel Healthy Hands GG Words That Begin With..</p>	<p>17 V Ping Pong K Double the Fun CC Ham and Bean Soup Relax & Recharge A Winter Pinecone Trees M A Bicycle Built for Two GG Fly Swatter Volleyball Healthy Hands GG Hangman</p>	<p>18 V Noodle Hockey K Card Suit Showdown CC Apple Pie Oatmeal Dessert Relax & Recharge A Tissue Paper Canvas Art M Let's Go To the Hop Happy Hour GG Animal Bingo Healthy Hands GG Famous Faces</p>	<p>19 V Snowball Fight K Superlatives! CC Peanut Butter Sandwich Cookies Relax & Recharge A Puzzle Piece Snowflakes M Saturday Night Fever GG Price is Right Healthy Hands</p>
<p>20 V Breathing In Life K Spell It! CC Candy Bar Apple Salad Relax & Recharge A Snowflake Window Clings M Songs of Faith GG Snowflake Toss Healthy Hands I A Time For Tea!</p>	<p>21 Martin Luther King Day V Whole Body Fitness K Story Words CC Homemade Granola Bars Relax & Recharge A Group Fleece Blankets 1 M Marching Monday GG All About "Birds" Healthy Hands GG Fireside Chats</p>	<p>22 V 80s Flashback K Categories CC Best Bread Machine Bread Relax & Recharge A Group Fleece Blankets 2 M On the Road Again GG Basketball Healthy Hands GG Lifeshare Games</p>	<p>23 V Wednesday Wellness Walk K Unpack a Winter Bag CC Peanut Butter Cream Pie Relax & Recharge A Snowflake Wreath 1 M Goin' to the Chapel GG Color Wheel Healthy Hands GG Words That Begin With..</p>	<p>24 V Ping Pong K Double the Fun CC Pizza from Scratch Relax & Recharge A Snowflake Wreath 2 M A Bicycle Built for Two GG Fly Swatter Volleyball Healthy Hands GG Hangman</p>	<p>25 V Noodle Hockey K Card Suit Showdown CC Slow Cooker Lava Cake Relax & Recharge A Orange Bird Feeder M Let's Go To the Hop Happy Hour GG Animal Bingo Healthy Hands GG Famous Faces</p>	<p>26 V Snowball Fight K Superlatives! CC Chocolate Chip Oatmeal Muffins Relax & Recharge A Salty Sand Craft M Saturday Night Fever GG Price is Right Healthy Hands GG Old Time Theater</p>
<p>27 V Breathing In Life K Spell It! CC Snickerdoodles Relax & Recharge A Foil Relief Art M Songs of Faith GG Snowflake Toss Healthy Hands I A Time For Tea!</p>	<p>28 V Whole Body Fitness K Story Words CC Chewy Granola Bars Relax & Recharge A Salt and Watercolor Winter Scenes M Marching Monday GG All About "Birds" Healthy Hands</p>	<p>29 V 80s Flashback K Categories CC Breakfast Oatmeal Muffins Relax & Recharge A Foam Fortune Cookies M On the Road Again GG Basketball Healthy Hands GG Lifeshare Games</p>	<p>30 V Wednesday Wellness Walk K Unpack a Winter Bag CC Chocolate Brownies Relax & Recharge A Lavender & Oatmeal Homemade Soap M Goin' to the Chapel GG Color Wheel Healthy Hands</p>	<p>31 V Ping Pong K Double the Fun CC Chocolate Chip Cookies Relax & Recharge A Mason Jar Snow Globes M A Bicycle Built for Two GG Fly Swatter Volleyball Healthy Hands GG Hangman</p>	<p>Late Afternoon 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening 6:00 Gathering of Friends 7:00 Nighttime Traditions</p>	