

Activities for January 2012 Kettlewell



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Morning News and Views 10:00 Morning Stretches 10:30 Favorite Hymn Sing A Long 1:00-2:00 Rest & Relaxation 2:00 Trivia 4:00 Walk 7:00 Oldie but Goodie Movie	2 9:00 Morning News & Views* 9:30 Morning Exercises* 10:00 Put Christmas Decorations Away 11:00 Walk* 1-2:00 Rest & Relaxation 2:00 Conversation Bag* 3:00 Sensory* 4:00 Walk the Halls	3 9:00 Morning News & Views * 9:15Worship Pastor Darin FL* 9:45 Morning Exercise * 10:00 Grocery List/ Clip Coupons * 11:00 Walk 1:00-2:00 Rest & Relaxation 2:00 Bingo* 3:30 Van Ride * 6-30 Music/Reading Time	4 9:00 Morning News & Views* 9:30 Tai Chi with Marge * 10:00 Creative Time 11:00 Bowling * 1-2:00 Rest & Relaxation 2:00 Music Harold Gray CDR 3:00 Game Time 4:00 Walk 7:00 Popcorn & Movie	5 9:00 Morning News & Views* 10:00 Hand Exercise/Messages* 10:15 Manicures * 11:00 Math Bee 12:30 Lunch at Country Kitchen * 1:00-2:00 Rest & Relaxation 2:00 Scrabble 4:00 Walk 7:00 Reminisce Stories	6 9:00 Morning News & Views* 9:30 Morning Exercises* 10:00 Sing A Long* 11:00 Walk 1:00-2:00 Rest & Relaxation 2:00 Music with Christine Novak: 90th Birthday Party CDR 4:00 Walk 7:00 TV Land Classics	7 9:00 Morning News and Views 10:00 Folleyball 11:00 CNA Choice 1:00-2:00 Rest & Relaxation 2:00 Group Crossword Puzzle 4:00 Walk 7:00 Music with Gaithers/Lawrence Welk
8 9:00 Morning News and Views 10:00 Morning Stretches 10:30 Favorite Hymn Sing A Long 1:00-2:00 Rest & Relaxation 2:00 Trivia 4:00 Walk 7:00 Oldie but Goodie Movie	9 9:00 Morning News & Views* 9:30 Morning Exercises* 10:00 Kitchen Time* 11:00 Walk* 1-2:00 Rest & Relaxation 2:00 Conversation Bag* 3:00 Sensory* 4:00 Walk the Halls 7:00 TV Land Classics	10 9:00 Morning News & Views * 9:15Worship Pastor Darin FL* 9:45 Morning Exercise * 10:00 Grocery List/ Clip Coupons * 11:00 Walk 1:00-2:00 Rest & Relaxation 2:00 Bingo 3:30 Van Ride * 7:00 Music/ Reading Time	11 9:00 Morning News & Views* 9:30 Tai Chi with Marge * 10:00 Creative Time 11:00 Bowling * 1-2:00 Rest & Relaxation 1:00-4 Podiatrist Visits 2:00 Music:Neil & The Diamonds CDR 3:00 Game Time 4:00 Walk 7:00 Popcorn & Movie	12 9:00 Morning News and Views * 10:00 Hand Exercises/Messages * 10:15 Manicures * 11:00 Math Bee* 1:00-2:00 Rest & Relaxation 2:00 Scrabble 4:00 Walk 7:00 Reminisce Stories	13 9:00 Morning News and Views * 10:00 Sing Along 11:00 Walk* 1-2:00 Rest & Relaxation 2:00 Music: Elvis CDR 4:00 Walk 7:00 TV Land Classics	14 9:00 Morning News and Views 10:00 Folleyball 11:00 CNA Choice 1:00-2:00 Rest & Relaxation 2:00 Group Crossword Puzzle 4:00 Walk 7:00 Music with Gaithers/Lawrence Welk
15 9:00 Morning News and Views 10:00 Morning Stretches 10:30 Favorite Hymn Sing A Long 1:00-2:00 Rest & Relaxation 2:00 Trivia 4:00 Walk 7:00 Oldie but Goodie Movie	16 9:00 Morning News & Views 9:30 Morning Exercises * 10:00 Kitchen Time * 11:00 Walk* 1:00-2:00 Rest & Relaxation 2:00 Conversation Bag* 3:00 Piano Recital FL* 4:00 Music Therapy* 7:00 TV Land Classics	17 9:00 Morning News and Views * 9:15Worship Pastor Darin FL* 9:45 Morning Exercise * 10:00Grocery List/ Clip Coupons * 11:00 Walk 1:00-2:00 Rest & Relaxation 2:00 Bingo 3:30 Van Ride * 6-30 Music/ Reading Time	18 9:00 Morning News & Views 9:30 Tai Chi with Marge * 10:00 Creative Time 11:00 Bowling * 1:00-2:00 Rest & Relaxation 2:00 Music: Judy Melhert CDR 3:00 Game Time 4:00 Walk 7:00 Popcorn & Movie	19 9:00 Morning News and Views * 10:00 Hand Exercises/ Messages * 10:15 Manicures * 11:00 Math Bee 1:00-2:00 Rest & Relaxation 2:00 Scrabble 4:00 Walk 7:00 Reminisce Stories	20 9:00 Morning News & Views * 9:30 Morning Exercises * 10:00 Sing-Along* 11:00 Walk 1:00-2:00 Rest & Relaxation 2:00 Musicz: Kit Segriff CDR 4:00 Walk 7:00 TV Land Classics	21 9:00Morning News and Views 10:00 Folleyball 11:00 CNA Choice 1:00-2:00 Rest & Relaxation 2:00 Group Crossword Puzzle 4:00 Walk 7:00 Music with Gaithers/Lawrence Welk
22 9:30 Morning News and Views 10:00 Morning Stretches 10:30 Favorite Hymn Sing A Long 1:00-2:00 Rest & Relaxation 2:00 Trivia 4:00 Walk 7:00 Oldie but Goodie Movie	23 9:00 Morning News & Views * 9:30 Morning Exercise * 10:00 Kitchen Time* 11:00 Walk* 1:00-2:00 Rest & Relaxation 2:30 Heartland Band CDR * 3:00 Sensory* 4:00Walk 7:00 TV Land Classics	24 9:00 Morning News & Views * 9:15Worship Pastor Darin FL* 9:45 Morning Exercise * 10:00 Grocery List/ Clip Coupons * 11:00 Walk 1:00-2:00 Rest & Relaxation 2:00 Bingo 3:30 Van Ride * 6:30 Music/ Reading Time	25 9:00 Morning News & Views 9:30 Tai Chi with Marge* 10:00 Creative Time 11:00 Bowling * 1:00-2:00 Rest & Relaxation 2:00 Blairthorn 3:00 Game Time 4:00 Walk 7:00 Popcorn and Movie	26 9:00 Morning News and Views * 10:00 Hand Exercises/ Messages * 10:15 Manicures * 11:00 Math Bee 1:00-2:00 Rest & Relaxation 2:00 Scrabble 4:00 Walk 7:00 Reminisce Stories	27 9:00 Morning News and Views * 9:30 Morning Exercises * 10:00 Sing A Long 1:00-2:00 Rest & Relaxation 2:00 Happy Birthday Party: Shannon Jansson CDR 4:00 Walk 7:00 TV Land Classics	28 9:00 Morning News and Views 10:00 Folleyball 11:00 C.N.A. Choice 1:00-2:00 Rest & Relaxation 2:00 Group Crossword Puzzle 4:00 Walk 7:00 Music with Gaithers/Lawrence Welk
29 9:00 Morning News and Views 10:00 Morning Stretches 10:30 Favorite Hymn Sing A Long 1:00-2:00 Rest & Relaxation 2:00 Trivia 4:00 Walk 7:00 Oldie but Goodie Movie	30 9:00 Morning News and Views* 9:30 Morning Exercises * 10:00 Kitchen Time* 11:00 Walk* 1:00-2:00 Rest & Relaxation 2:00 Conversation Bag * 3:00 Sensory* 4:00 Walk 7:00 TV Land Classics	31 9:00 Morning News & Views * 9:15Worship Pastor Darin FL* 9:45 Morning Exercise * 10:00 Grocery List/ Clip Coupons * 11:00 Walk 1:00-2:00 Rest & Relaxation 2;00 Bingo with Barbara 3:30 Van Ride * 6-30 Music/Reading		First Floor: K=Kettlewell SP= Sommerset Patio CDR= Carlisle Dining Room FL= Fireside Lounge BDR= Brentwood Dining Room PD= Private Dining Room FD=Front Desk		*Activities Led