



# JANUARY 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Meeting Places

- LR Living Room
- DR Dining Room
- FL Front Lobby
- BY Backyard
- LB Library

*Revere Living at Cadence  
at Mt. Zion*

## New Year's Day 01

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 New Year Historical Moment Chat LR
- 03:00 Parachute Play LR
- 06:00 Hot Seat Questions LR
- 07:00 Short Story LR

## 02

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Cooking Class (Cookies) DR
- 02:00 Thankful Thursday Questions LR
- 03:15 Color Pencil Artwork DR
- 06:00 Community Helpers Career Matching DR

## 03

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Events/Walk the Block FL
- 02:00 BINGO DR
- 03:15 Ring Toss LR
- 06:00 Group Story Telling LR
- 07:00 Perfect Outdoors Puzzle LR

## 04

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 This Day In History LR
- 02:00 I remember When LR
- 03:00 Wisdom Meditation w/Vanessa Chapman LR
- 06:00 All About You LR

## 05

- 06:00 ADL's & Chat LR
- 09:00 Televised Church Service LR
- 10:15 Reminisce Church Services LR
- 10:15 Current Event/Exercise LR
- 02:00 One on One & Snacks LR
- 03:15 Ring Toss LR
- 06:00 Pampered Hands/Sounds of Nature LR
- 07:00 Group Story Telling LR

## 06

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Stretch & Flex LR
- 10:30 Poster Crossword Puzzle LR
- 10:30 Color Match Disk DR
- 02:00 Trace/Manipulate/Color DR
- 03:15 Manicures DR
- 06:00 Musical Disk DR
- 07:00 Debates (Jobs) LR

## 07

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Adopt a Grandparent Day LR
- 11:00 Lunch Bunch FL
- 02:00 Rummy Words LR
- 03:15 Bowling LR
- 07:00 Community Helpers Career Matching LR

## 08

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Round Table Reading DR
- 03:00 Parachute Play LR
- 06:00 Hot Seat Questions LR
- 07:00 Short Story LR

## 09

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Cooking Class (Wings for staff) DR
- 02:00 Thankful Thursday Questions LR
- 03:15 Fine Artwork DR
- 06:00 Community Helpers Career Matching DR

## 10

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Events/Walk the Block FL
- 02:00 BINGO DR
- 03:15 Ring Toss LR
- 06:00 Group Story Telling LR
- 07:00 Perfect Outdoors Puzzle LR

## 11

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 This Day in History LR
- 10:30 Parachute Play/Music LR
- 02:00 I remember When LR
- 03:00 Words of Wisdom From Residents LR
- 06:00 All About You LR

## 12

- 06:00 ADL's & Chat LR
- 09:00 Televised Church Service LR
- 10:15 Reminisce Church Services LR
- 10:15 Current Event/Exercise LR
- 02:00 One on One & Snacks LR
- 03:15 Ring Toss LR
- 06:00 Pampered Hands/Sounds of Nature LR
- 07:00 Group Story Telling LR

## 13

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Poster Crossword Puzzle LR
- 02:00 Trace/Manipulate/Color DR
- 03:15 Manicures DR
- 06:00 Musical Disk DR
- 07:00 Teach & Talk Group Chat LR

## 14

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Adopt a Grandparent Day LR
- 11:00 Lunch Bunch FL
- 02:00 Rummy Words LR
- 02:00 Scenic Ride/Chat BY
- 03:15 Bowling LR
- 06:00 Alzheimer's Support Group Meeting LB
- 07:00 Community Helpers Career Matching LR

## 15

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Let's Move It (Exercise) LR
- 10:30 Bocce Disk DR
- 02:00 Ride out for Shakes BY
- 03:00 Parachute Play LR
- 06:00 Hot Seat Questions LR
- 07:00 Short Story LR

## 16

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Cooking Class (Doughnut Holes) DR
- 02:00 Thankful Thursday Questions LR
- 03:15 Color Pencil Artwork DR
- 06:00 Community Helpers Career Matching DR

## 17

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Walk the Block FL
- 10:15 Current Event/Exercise LR
- 02:00 BINGO DR
- 03:15 Ring Toss LR
- 06:00 Group Story Telling LR
- 07:00 Rock Paper Scissors LR

## 18

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Parachute Play/Music LR
- 01:00 Living Word Church LR
- 02:00 I remember When LR
- 03:15 Bowling LR
- 06:00 All About You LR

## 19

- 06:00 ADL's & Chat LR
- 09:00 Televised Church Service LR
- 10:15 Reminisce Church Services LR
- 10:15 Current Event/Exercise LR
- 02:00 Divine Faith Ministries LR
- 02:00 One on One & Snacks LR
- 03:15 Ring Toss LR
- 06:00 Pampered Hands/Sounds of Nature LR
- 07:00 Group Story Telling LR

## Birthday of Martin Luther King, Jr. 20

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Poster Crossword Puzzle LR
- 02:00 Trace/Manipulate/Color DR
- 03:15 Manicures DR
- 06:00 Musical Disk DR
- 07:00 Debates (Jobs) LR

## 21

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Adopt a Grandparent Day LR
- 11:00 Lunch Bunch FL
- 02:00 Ride out for Shakes BY
- 02:00 Rummy Words LR
- 03:15 Bowling LR
- 07:00 Community Helpers Career Matching LR

## 22

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Way with Words DR
- 03:00 Parachute Play LR
- 06:00 Hot Seat Questions LR
- 07:00 Short Story LR

## 23

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Cooking Class (No Bake Items) DR
- 02:00 Thankful Thursday Questions LR
- 03:15 Color Pencil Artwork DR
- 05:00 Fire & Ice Family Fun Night DR
- 06:00 Community Helpers Career Matching DR

## 24

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Walk the Block FL
- 10:15 Current Event/Exercise LR
- 02:00 BINGO DR
- 03:15 Ring Toss LR
- 06:00 Group Story Telling LR
- 07:00 Rock Paper Scissors LR

## 25

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:00 Mini Mall Shopping BY
- 10:15 Current Event/Exercise LR
- 10:30 Parachute Play/Music LR
- 02:00 I remember When LR
- 03:00 Guitar Ministries w/Vanessa Chapman (AL Side) DR
- 03:00 Words of Wisdom From Residents LR
- 06:00 All About You LR

## 26

- 06:00 ADL's & Chat LR
- 09:00 Televised Church Service LR
- 10:15 Reminisce Church Services LR
- 10:15 Current Event/Exercise LR
- 02:00 One on One/Snacks/World Changer's Church LR
- 03:15 Ring Toss LR
- 06:00 Pampered Hands/Sounds of Nature LR
- 07:00 Group Story Telling LR

## 27

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Poster Crossword Puzzle LR
- 02:00 Trace/Manipulate/Color DR
- 03:15 Manicures DR
- 06:00 Musical Disk DR
- 07:00 Debates (Jobs) LR

## 28

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Adopt a Grandparent Day LR
- 11:00 Lunch Bunch FL
- 02:00 Rummy Words LR
- 03:15 Bowling LR
- 07:00 Community Helpers Career Matching LR

## 29

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Round Table Talk DR
- 03:00 Parachute Play LR
- 06:00 Hot Seat Questions LR
- 07:00 Short Story LR

## 30

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Current Event/Exercise LR
- 10:30 Cooking Class (Muffins) DR
- 02:00 Birthday Cake Social LR
- 02:00 Thankful Thursday Questions LR
- 03:15 Color Pencil Artwork DR
- 06:00 Community Helpers Career Matching DR

## 31

- 06:00 ADL's & Chat LR
- 09:00 Soft Music LR
- 10:15 Walk the Block FL
- 10:15 Current Event/Exercise LR
- 02:00 BINGO DR
- 03:15 Ring Toss LR
- 06:00 Group Story Telling LR
- 07:00 Rock Paper Scissors LR

## Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual