

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

# January 2019

## Palm Cottages Assisted Living and Memory Care

<p>9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce</p>	<p>9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 1:30 Bingo - CH 2:00 Healthy Hydration 2:30 Arts and Crafts - CH</p> <p><b>HAPPY NEW YEAR!</b> New Year's Day</p>	<p>9:30 Catholic Service- DA 1:00 <b>Viera Wetlands/ Scenic Drive</b> 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Mobile Book Swap 4:15 Mail Delivery</p>	<p>9:15 Morning Wake &amp; Stretch 10:00 <b>Walmart Shopping Outing</b> 1:30 Board Games - CH 2:00 Healthy Hydration 3:00 <b>Thirsty Thursday with Kenny- CH</b> 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 <b>Exercise with Coleen- CA</b> 1:00 <b>Beach Outing/ Scenic Drive &amp; Tasty Treat</b> 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery</p>	<p>9:15 Porch Talk 10:00 Bingo 1:00 One on One Visits 2:00 Healthy Hydration 2:30 Ice Cream Delivery 4:15 Mail Delivery</p>
<p>9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce</p>	<p>9:15 Morning Chat 10:00 <b>Fusion Fitness with Faith - CO</b> 1:30 Bingo - CH 2:00 Healthy Hydration 2:30 <b>Publix Shopping Outing</b> 3:00 Card Making/ Letter Writing/ Coloring - CO 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 <b>Resident Council Meeting - CH</b> 4:15 Mail Delivery</p>	<p>9:30 Catholic Service- DA 10:00 Fitness with Staff- DA 12:00 <b>Lunch Outing to Gator's Dockside (GROUP 1)</b> 1:30 Bingo - CH 2:00 Healthy Hydration 4:15 Mail Delivery</p>	<p>9:15 Morning Wake &amp; Stretch 10:00 <b>Target Shopping Outing</b> 1:30 Board Games - CH 2:00 Healthy Hydration 3:00 <b>Thirsty Thursday with Berna &amp; Wes - CH</b> 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 <b>Exercise with Coleen- CA</b> 1:30 Airball and Trivia 2:00 Healthy Hydration 2:30pm <b>Root Beer Float Party- CH</b> 4:15 Mail Delivery</p>
<p>9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce</p>	<p>9:15 Morning Chat 10:00 <b>Fusion Fitness with Faith - CO</b> 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Card Making/ Letter Writing/ Coloring - CO 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 10:30 <b>Christian Service and Music w/ Pastor Pina - MT</b> 1:30 Bingo - CH 2:00 Healthy Hydration 2:30 Arts and Crafts- CH 4:15 Mail Delivery</p>	<p>9:30 Catholic Service- DA 10:00 Fitness with Staff- DA 12:00 <b>Wild Safari Birthday Bash with Berna &amp; Wes</b> 1:30 Bingo - CH 2:00 Healthy Hydration 4:15 Mail Delivery</p>	<p>9:15 Morning Wake &amp; Stretch 10:00 <b>Walmart Shopping Outing</b> 1:30 Board Games - CH 2:00 Healthy Hydration 3:00 <b>Thirsty Thursday with Frank - CH</b> 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 <b>Exercise with Coleen- CA</b> 1:00 <b>Beach Outing/Scenic Drive &amp; Tasty Treat</b> 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery</p>
<p>9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce</p>	<p>9:15 Morning Chat 10:00 <b>Fusion Fitness with Faith - CO</b> 1:30 Bingo - CH 2:00 Healthy Hydration 2:30 <b>Publix Shopping Outing</b> 3:00 Card Making/ Letter Writing/ Coloring - CO 4:15 Mail Delivery</p> <p>Martin Luther King Day Tu B'Shevat</p>	<p>9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 1:30 Bingo - CH 2:00 Healthy Hydration 2:30 Arts and Crafts - CH 4:15 Mail Delivery</p>	<p>9:30 Catholic Service- DA 10:00 Fitness with Staff- DA 1:00 <b>Brevard Zoo Outing</b> 1:30 Bingo - CH 2:15 Healthy Hydration 3:00 Mobile Book Swap 4:15 Mail Delivery</p> <p><b>NATIONAL PIE DAY!</b></p>	<p>9:15 Morning Wake &amp; Stretch 10:00 <b>Target Shopping Outing</b> 1:30 Board Games - CH 2:00 Healthy Hydration 3:00 <b>Thirsty Thursday with Music of the Decades</b> 4:15 Mail Delivery</p>	<p>9:15 Morning Stroll 10:00 <b>Exercise with Coleen- CA</b> 12:00 <b>Lunch Outing to Gator's Dockside (GROUP 2)</b> 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery</p>
<p>9:15 Morning Stroll 10:00 Bingo - CH 11:30 One on One Visits 1:30 Movie and Popcorn in Your Cottage 2:00 Healthy Hydration 4:00 Relax and Reminisce</p> <p><b>NATIONAL CHOCOLATE CAKE DAY!</b></p>	<p>9:15 Morning Chat 10:00 <b>Fusion Fitness with Faith - CO</b> 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Card Making/ Letter Writing/ Coloring - CO 4:15 Mail Delivery</p> <p>Australia Day (observed)</p>	<p>9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 1:30 Bingo - CH 2:00 Healthy Hydration 2:30 Arts and Crafts - CH 4:15 Mail Delivery</p>	<p>9:30 Catholic Service- DA 10:00 Fitness with Staff- DA 1:00 <b>Suntree Library Outing</b> 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Mobile Book Swap 4:15 Mail Delivery</p>	<p>9:15 Morning Wake &amp; Stretch 10:00 <b>Walmart Shopping Outing</b> 1:30 Board Games - CH 2:00 Healthy Hydration 3:00 <b>Thirsty Thursday with Karaoke</b> 4:15 Mail Delivery</p> <p><b>NATIONAL POPCORN DAY!</b></p>	<p><b>Location Key</b> CH - Club House MT - CH Movie Theatre CA - Canary CO - Coconut DA - Date WA - Washington WI - Windmill</p> <p><b>Highlight = New Activities</b></p> <p><b>**Copies of Calendar in CH**</b></p> <p><i>Ideas? Comments? Send them to: smelnyk@palmcottagesfl.com</i></p>