

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>1 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>2 9:30 Catholic Service- DA <b>1:00 Viera Wetlands/ Scenic Drive</b> 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Mobile Book Swap 4:15 Mail Delivery</p>	<p>3 9:15 Morning Wake &amp; Stretch <b>10:00 Walmart Shopping Outing</b> 1:30 Board Games - CH 2:00 Healthy Hydration <b>3:00 Thirsty Thursday with Kenny- CH</b> 4:15 Mail Delivery</p>	<p>4 9:15 Morning Stroll <b>10:00 Exercise with Coleen- CA</b> <b>1:00 Beach Outing/ Scenic Drive &amp; Tasty Treat</b> 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery</p>	<p>5 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>6 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>7 9:15 Morning Chat <b>10:00 Fusion Fitness with Faith - CO</b> 1:30 Bingo - CH 2:00 Healthy Hydration <b>2:30 Publix Shopping Outing</b> 3:00 Card Making/ Letter Writing/ Coloring - CO 4:15 Mail Delivery</p>	<p>8 9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO 1:30 Bingo - CH 2:00 Healthy Hydration <b>3:00 Resident Council Meeting - CH</b> 4:15 Mail Delivery</p>	<p>9 9:30 Catholic Service- DA 10:00 Fitness with Staff- DA <b>12:00 Lunch Outing to Gator's Dockside (GROUP 1)</b> 1:30 Bingo - CH 2:00 Healthy Hydration 4:15 Mail Delivery</p>	<p>10 9:15 Morning Wake &amp; Stretch <b>10:00 Target Shopping Outing</b> 1:30 Board Games - CH 2:00 Healthy Hydration <b>3:00 Thirsty Thursday with Berna &amp; Wes - CH</b> 4:15 Mail Delivery</p>	<p>11 9:15 Morning Stroll <b>10:00 Exercise with Coleen- CA</b> 1:30 Airball and Trivia 2:00 Healthy Hydration <b>2:30pm Root Beer Float Party- CH</b> 4:15 Mail Delivery</p>
<p>13 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>14 9:15 Morning Chat <b>10:00 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>15 9:15 Morning Stroll 10:00 Exercise with Genesis Rehab - CO <b>10:30 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>16 9:30 Catholic Service- DA 10:00 Fitness with Staff- DA <b>12:00 Wild Safari Birthday Bash with Berna &amp; Wes</b> 1:30 Bingo - CH 2:00 Healthy Hydration 4:15 Mail Delivery</p>	<p>17 9:15 Morning Wake &amp; Stretch <b>10:00 Walmart Shopping Outing</b> 1:30 Board Games - CH 2:00 Healthy Hydration <b>3:00 Thirsty Thursday with Frank - CH</b> 4:15 Mail Delivery</p>	<p>18 9:15 Morning Stroll <b>10:00 Exercise with Coleen- CA</b> <b>1:00 Beach Outing/Scenic Drive &amp; Tasty Treat</b> 2:00 Healthy Hydration 3:00 Airball and Trivia - CH 4:15 Mail Delivery</p>
<p>20 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>21 9:15 Morning Chat <b>10:00 Fusion Fitness with Faith - CO</b> 1:30 Bingo - CH 2:00 Healthy Hydration <b>2:30 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>22 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>23 9:30 Catholic Service- DA 10:00 Fitness with Staff- DA <b>1:00 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>24 9:15 Morning Wake &amp; Stretch <b>10:00 Target Shopping Outing</b> 1:30 Board Games - CH 2:00 Healthy Hydration <b>3:00 Thirsty Thursday with Music of the Decades</b> 4:15 Mail Delivery</p>	<p>25 9:15 Morning Stroll <b>10:00 Exercise with Coleen- CA</b> <b>12:00 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>27 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>28 9:15 Morning Chat <b>10:00 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>29 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>30 9:30 Catholic Service- DA 10:00 Fitness with Staff- DA <b>1:00 Suntree Library Outing</b> 1:30 Bingo - CH 2:00 Healthy Hydration 3:00 Mobile Book Swap 4:15 Mail Delivery</p>	<p>31 9:15 Morning Wake &amp; Stretch <b>10:00 Walmart Shopping Outing</b> 1:30 Board Games - CH 2:00 Healthy Hydration <b>3:00 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> <b>**Copies of Calendar in CH**</b></p> <p>Ideas? Comments? Send them to: smelnyk@palmcottagesfl.com</p>