

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2019

## Palm Cottages Memory Care Calendar

<p>1</p> <p>Communion <b>Tasty Treat Outing</b> Porch Chats Healthy Hydration Arts and Crafts One on One Visits</p>	<p>2</p> <p>Communion <b>Tasty Treat Outing</b> Porch Chats Healthy Hydration Arts and Crafts One on One Visits</p>	<p>3</p> <p><b>Exercise w/ Genesis</b> Bingo Cottage Bowling Healthy Hydration <b>Thirsty Thursday</b> One on One Visits</p>	<p>4</p> <p>AM Wake &amp; Stretch <b>Exercise w/ Coleen Music with Ken</b> Healthy Hydration Air Ball/Trivia - CH One on One Visits</p>	<p>5</p> <p>Porch Chats/Music Trivia and Coloring Bingo Healthy Hydration Ice Cream Delivery One on One Visits</p>
New Year's Day				
<p>6</p> <p>Sunday Stroll Games/Puzzles Movie/Football &amp; Popcorn Healthy Hydration Relax &amp; Reminisce</p>	<p>7</p> <p>AM Wake &amp; Stretch <b>Exercise w/ Faith</b> Bingo One on One Visits Healthy Hydration Porch Chats</p>	<p>8</p> <p>Morning Chats Cottage Airball <b>Zoo Outing</b> Healthy Hydration Games/Puzzles One on One Visits</p>	<p>9</p> <p>Communion <b>Tasty Treat Outing</b> Porch Chats Healthy Hydration Arts and Crafts One on One Visits</p>	<p>10</p> <p><b>Exercise w/ Genesis</b> Bingo Cottage Bowling Healthy Hydration <b>Thirsty Thursday</b> One on One Visits</p>
<p>13</p> <p>Sunday Stroll Games/Puzzles Movie/Football &amp; Popcorn Healthy Hydration Relax &amp; Reminisce</p>	<p>14</p> <p>AM Wake &amp; Stretch <b>Music w/ Berna Exercise w/ Faith</b> Bingo One on One Visits Healthy Hydration Porch Chats/Music</p>	<p>15</p> <p>Morning Chats <b>Christian Service and Music w/ Pastor Pina - MT Picnic Lunch</b> Healthy Hydration Games/Puzzles One on One Visits</p>	<p>16</p> <p>Communion <b>Exercise w/ Faith Birthday Bash</b> Healthy Hydration Arts and Crafts One on One Visits</p>	<p>17</p> <p><b>Exercise w/ Genesis</b> Bingo Cottage Bowling Healthy Hydration <b>Thirsty Thursday</b> One on One Visits</p>
<p>20</p> <p>Sunday Stroll Games/Puzzles Movie/Football &amp; Popcorn Healthy Hydration Relax &amp; Reminisce</p>	<p>21</p> <p>AM Wake &amp; Stretch <b>Exercise w/ Faith</b> Bingo One on One Visits Healthy Hydration Porch Chats</p> <p style="text-align: center;"><small>Martin Luther King Day Tu B'Shevat</small></p>	<p>22</p> <p>Morning Chats Cottage Airball <b>Zoo Outing</b> Healthy Hydration Games/Puzzles One on One Visits</p>	<p>23</p> <p>Communion <b>Tasty Treat Outing</b> Healthy Hydration Arts and Crafts One on One Visits</p>	<p>24</p> <p><b>Exercise w/ Genesis</b> Bingo Cottage Bowling Healthy Hydration <b>Thirsty Thursday</b> One on One Visits</p>
<p>27</p> <p>Sunday Stroll Games/Puzzles Movie/Football &amp; Popcorn Healthy Hydration Relax &amp; Reminisce</p>	<p>28</p> <p>AM Wake &amp; Stretch <b>Exercise w/ Faith</b> Bingo One on One Visits Healthy Hydration Porch Chats</p> <p style="text-align: center;"><small>Australia Day (observed)</small></p>	<p>29</p> <p>Morning Chats Cottage Airball <b>Picnic Lunch</b> Healthy Hydration Games/Puzzles One on One Visits</p>	<p>30</p> <p>Communion <b>Tasty Treat Outing</b> Porch Chats Arts and Crafts Healthy Hydration One on One Visits</p>	<p>31</p> <p><b>Exercise w/ Genesis</b> Bingo Cottage Bowling Healthy Hydration <b>Thirsty Thursday</b> One on One Visits</p> <p>MT = Clubhouse Movie Theatre *Exercise w/ Faith in Royal Cottage ** Extra copies of calendar in Clubhouse</p> <p style="text-align: right;"><i>Ideas? Comments? Send them to: smelnyk@palmcottagesfl.com</i></p>