


Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

# January 2025

## Sherwood Oaks Personal Care

<p>9:30-11:00 Catholic Communion 10:30 Bird Day Trivia and Music 1:20 Afternoon Movie 2:00 Chapel 3:30 Uno Game</p>	<p>10:30 Monday Move and Groove 1:20 Afternoon Movie 3:30 Wheel of Fortune History and Game</p>	<p>10:00 ABC Fitness 10:30 Pandora's Box 1:45 Dice Game 2:45 Bobble Head Trivia 3:30 Short Video Clip: 16 Hour Train Ride 6:15 Resident Led: Board Games, Puzzles</p>	<p>Happy New Year! 1 10:30 New Years Traditions/This Day in History 1:20 Afternoon Movie 3:30 Craft Corner: Winter Mitten Project and "J" Questions <small>New Year's Day</small></p>	<p>10:30 Chair One Fitness 2 1:20 Afternoon TV Feature: "Monarch Butterfly Documentary" 3:30 Catchphrase Game</p>	<p>10:30 Friday Fitness 3 1:20 Afternoon Movie 3:30 History 101: Watches and Time for Humor</p>	<p>10:30 Resident Choice Activities: word search, puzzles, wood craft color project, Puzzles, TV favorites 1:20 Afternoon Movie 3:30 Think Fast Game</p>
<p>9:30-11:00 Catholic Communion 10:30 Bird Day Trivia and Music 1:20 Afternoon Movie 2:00 Chapel 3:30 Uno Game</p>	<p>10:30 Monday Move and Groove 1:20 Afternoon Movie 3:30 Wheel of Fortune History and Game</p>	<p>10:00 ABC Fitness 10:30 Pandora's Box 1:45 Dice Game 2:45 Bobble Head Trivia 3:30 Short Video Clip: 16 Hour Train Ride 6:15 Resident Led: Board Games, Puzzles</p>	<p>10:00 Word of the Day 8 10:30 Elvis Fitness Sing-along 1:30 Connections and Conversations (room visits) 2:00 <b>Stability and Stretch-Day Room</b> 2:45 Elvis Trivia and Social 6:15 Resident Led: Board Games, Puzzles</p>	<p>10:00 Morning Chat 9 10:30 Thursday Tone-ups 1:45 Science Demo: Static Electricity 3:00 Card Bingo 6:15 Board Games, Puzzles</p>	<p>10:00 World News 10 10:30 Chair Yoga 1:30 Connections and Conversations (room visits) 2:00 <b>Stability and Stretch-DR</b> 2:00 Outburst Game-BCL 2:45 Strange Food Discussion and Card Games 6:15 Board Games, Puzzles</p>	<p>10:30 Saturday Sit and Stretch 11 1:20 Afternoon Movie 3:30 Art Group- Snowflakes 6:15 Board Games, Puzzles</p>
<p>9:30-11:00 Catholic Communion 1:20 Afternoon Movie 2:00 Chapel 3:30 Games and Gab</p>	<p>10:00 Telephone Trivia 10:30 Monday Move and Groove 2:00 Guess the Folk Songs 3:00 Cell Phone Humor 6:15 Board Games, Puzzles</p>	<p>10:00 Donuts and Coffee Social- Sharing Winter Memories 10:30 Tell All Game 2:00 Painting Snowbirds 3:00 Pandora's Box 6:15 Board Games, Puzzles</p>	<p>10:00 Gather Together- DR 10:30 Wednesday Workout 1:30 Connections and Conversations (room visits) 2:00 <b>Stability and Stretch-DR</b> 2:45 History of the Pentagon 6:15 Board Games, Puzzles</p>	<p>10:00 Today in History 10:30 Sit and Stretch 11:00 <b>Catholic Mass</b> 2:00 <b>Protestant Communion:</b> Day Room 2:45 Brain Games: Opposites 3:30 Dragons in Pop Culture 6:15 Board Games, Puzzles</p>	<p>10:00 Morning Chat 10:30 Fitness Challenge 1:30 Connections and Conversations (room visits) 2:00 <b>Stability and Stretch-DR</b> 2:45 Rummikub Game 6:15 Board Games, Puzzles</p>	<p>10:30 Resident Choice Activities: word search, puzzles, wood craft color project, Puzzles, TV favorites 1:20 Afternoon Movie 3:30 Bird Matching Presentation and Trivia 6:15 Board Games, Puzzles</p>
<p>9:30-11:00 Catholic Communion 10:30 <b>Cello Concert with Marcus</b> AUD 1:20 Afternoon Movie 2:00 Chapel 3:30 Winter Word and Image Quiz</p>	<p>10:30 Rock and Roll Fitness 1:20 Afternoon Movie 3:30 Martin Luther King Day History and Jeopardy Game 6:15 Board Games, Puzzles</p>	<p>10:30 Tuesday Tone-Ups 1:20 Afternoon Musical 3:30 <b>Pokeno Game</b> 6:15 Board Games, Puzzles</p>	<p>10:30 Pool Noodle Fitness 1:30 Connections and Conversations (room visits) 2:00 <b>Stability and Stretch Day Room</b> 3:30 Learn to Draw! Drawing Class with Grace 6:15 Board Games, Puzzles</p>	<p>10:00 Good News 10:30 Meditative Yoga 1:45 Literary Corner: Scottish Poets/Tea and Shortbread 3:00 Yam Slam Game 6:15 Board Games, Puzzles</p>	<p>10:30 Friday Fitness 2:00 <b>Stability and Stretch-DR</b> 3:30 Discovering Paris: Dice Game and All About France 6:15 Board Games, Puzzles</p>	<p>10:30 Saturday Sit and Stretch 1:20 Afternoon Movie 3:30 Word Challenge and LCR Game 6:15 Board Games, Puzzles</p>
<p>9:30-11:00 Catholic Communion 10:30 Devotions: Being a Good Neighbor 1:20 Afternoon Movie 2:00 Chapel 3:30 Bible Jeopardy</p>	<p>10:30 <b>Resident Council Meeting</b> 2:00 Sing-along with Roberta-Old and New Tunes! 3:30 <b>Winter Wonderland Tea Party</b> 6:15 Board Games, Puzzles</p>	<p>10:00 Rhythm and Reps Fitness 10:30 Sing-along Fitness 1:45 Short Video Clip: Learning to Drive 2:15 Author Spotlight: Lewis Carroll 6:15 Board Games, Puzzles</p>	<p>10:00 Let's Talk- DR 10:30 Chair One Fitness 2:00 <b>Stability and Stretch-Day Room</b> 2:00 Word Teasers-Bird Cage Lounge 2:45 Lunar New Year: Fortunes and Mocktails 6:15 Board Games, Puzzles</p>	<p>10:00 Conversation Corner BCL 10:30 Sports Trivia Balanced Fitness 1:45 Art Challenge using bubble wrap 3:00 Conversation Jenga 6:15 Board Games, Puzzles</p>	<p>10:00 January Recap 10:30 Friday Fitness 1:30 Connections and Conversations (room visits) 2:00 <b>Stability and Stretch-DR</b> 2:45 Music Bingo 6:15 Board Games, Puzzles</p>	<p>  DR- Day Room AUD- Auditorium BCL-Bird Cage Lounge</p>

Activity Professionals Week

Martin Luther King Jr. Day

Australia Day (Observed)

Chinese New Year (Year of the Snake)