| | | Activities Caler | ndar January 20-26 | -2025 | | |
|---|--|---|--|--|---|--|
| Monday, 20 | TUESDAY, 21 | WEDNESDAY, 22 | THURSDAY, 23 | FRIDAY, 24 | SATURDAY, 25 | SUNDAY, 26 |
| 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast |
| 9:00 MLK Jr. & Presidential Inauguration Day History of MLK Coffee Shop | 9:00 Squirrel Appreciation Day Coffee Shop Come check out why we love our squirrels! | 9:00 Dance of the Seven Veils Day Gather in Coffee Shop to learn about the origins of this event | 9:00-11:00 Hair Salon 9:00 Pie Day! Pie trivia & a slice of Pie | 9:00 Global Belly Laugh Day Coffee Shop Funny videos. Try not to laugh! | 9:30 Residents meet in Coffee Shop Listen to Music | 9:00 Worship Chapel |
| 10:00 Zumba w/ Kathi Exercise Room Or Watch Inauguration Coffee Shop | 9:45 Movement w/ Michelle Exercise Room | 10:00 Zumba w/ Kathi Exercise Room | 9:30 Ari the Therapy Dog (Room to Room visits) 10:00 Yoga w/ Jim Exercise Room | 10:00 Zumba w/ Kathi Exercise Room | Visit Activities Center for books, games, puzzles, & more! | Get movin' folks! |
| 11:30 Lunch | MEAL OF THE MONTH | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch |
| 12:30-1:00 Ice Cream Social Dining Room | 12:30 Cognitive Games Keep your brain sharp! Coffee Shop | 12:30 Hymns & Service (lovely piano music) Sunshine Room 1:15 Ari plays guitar & sings Sunshine Room | 12:30 Wheel of Fortune Game Exercise Room 1:00-3:00 Toenail trim (those who signed up) Hair Salon | Exercise Room 2:00 Opportunity Bus to store 2:30 Sing-a-long with Duane | A Little Gray Hair Is A Small Price To Pay For All This Accumulated Wisdom. | 12:15 Documentary & Discussion w/ Joan Coffee Shop |
| 2:30-3:45 Bingo Dining Room | 2:30 Movie Matinee Comedy TOMIN FORDA MEEN FEED BRADY Coffee Shop | 2:30 Valentines Art/Craft Dining Room | 2:30 Durango Snow- Down Kick Off Join us for some whacky challenges! Exercise Room | 3:15 Happy Hour HAPPY HOUR Drinks & chit chat Sunshine Room | Make sure you are drinking plenty of water! | Rest |
| 4:30 Dinner | 4:30 Dinner | 4:30 Dinner | 4:30 Dinner | 4:30 Dinner | 4:30 Dinner | 4:30 Dinner |

| M | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|---|--|---|--|---|--|--|
| BFST | CHOICE OF JUICE CHOICE OF CEREAL MINI DOUGHNUTS MILK | CHOICE OF JUICE CHOICE OF CEREAL SCRAMBLED EGG WITH CHEESE TOAST MARGARINE/JELLY MILK | CHOICE OF JUICE CHOICE OF CEREAL EGG: TOAST CINNAMON BUN MARGARINE/JELLY MILK | CHOICE OF JUICE CHOICE OF CEREAL EGG: BACON RASBERRY SCONES MARGARINE/JELLY MILK | CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE PATTY TOAST MARGARINE/JELLY MILK | CHOICE OF JUICE CHOICE OF CEREAL EGG: FRENCH TOAST / SYRUP MILK | CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT MILK |
| N O O N | BBQ CHICKEN FRENCH FRIES BROCCOLI FLORETS ROLL/MARG PIE MILK | MEATLOAF BAKED POTATO/MARG CARROTS BREAD/MARG ICE CREAM MILK | MEAL OF THE MONTH CHEF'S CHOICE! (INCLUDING DESSERT!) MILK | SESAME CHICKEN FRIED RICE VEGETABLE BLEND TOOTIE FROOTIE BAR MILK | MANICOTTI W/ MEATSAUCE GREEN BEANS GARLIC TOAST CHOCOLATE PUDDING MILK | FISH & CHIPS MIXED VEGGIES HUSHPUPPIES CAKE ROLL MILK | CRISPY ONION CUBE STEAK MASHED POTATOES BEEF GRAVY MIXED VEGETABLES BREAD/MARG BROWNIE MILK |
| E V E | CHEESE ENCHLADAS REFRIED BEANS CHURROS MILK | GRILLED CHEESE SANDWICH CREAM OF TOMATO SOUP TOSS SALAD/ DRESSING PEACHES MILK | PULLED PORK ON BUN TATER TOTS CREAMY COLESLAW PEARS MILK | VEGETABLE BEEF STEW CORNBREAD COOKIE MILK | TURKEY STUFFING BAKE SCANDINAVIAN VEGETABLES MANDARIN ORANGES MILK | HAMBURGER ON BUN FRENCH FRIES CORN MANDARIN ORANGES MILK | SHEPARDS PIE SOURDOUGH BREAD CHILLED FRUIT MILK |

Menus Approved By:

Notes:



09/08/24, 10/06/24, 11/03/24, 12/01/24, 12/29/24, 01/26/25, 02/23/25, 03/23/25

| ACTIVITIES CALENDAR MC January 20-26 | | | | | | | |
|--------------------------------------|-----------------------|-----------------------|-----------------------|---------------------|---------------------|---------------------|--|
| MONDAY, 20 | TUESDAY, 21 | WEDNESDAY, 22 | THURSDAY, 23 | FRIDAY, 24 | SATURDAY, 25 | SUNDAY, 26 | |
| 7:30 BREAKFAST | 7:30 BREAKFAST | 7:30 BREAKFAST | 7:30 BREAKFAST | 7:30 BREAKFAST | 7:30 BREAKFAST | 7:30 BREAKFAST | |
| 8:30 | 8:30 | 8:30 | 8:30 Hygiene, hair, | 8:30 | 8:30 | 8:30 | |
| Hygiene, hair, & Oral | Hygiene, hair, & | Hygiene, hair, & Oral | & Oral Care | Hygiene, hair, & | Hygiene, hair, & | Hygiene, hair, & | |
| Care | Oral Care | Care | Hair Salon 9-11 | Oral Care | Oral Care | Oral Care | |
| 9:20 | 9:30 | 9:30 | 9:30 | 9:00 | 9:30 | 9:00 | |
| Caregivers gather | Watch old sitcoms | Morning Drinks & | Ari the Therapy Dog | Caregivers | Coffee, Tea, Hot | Welcome to | |
| residents into Dining | From residents' era | Pastries | Visits | encourage & lead | Cocoa | attend service in | |
| Room for exercise | | Brought in | Pie Day! | residents in | Old Classic Shows | chapel | |
| 9:30 | | | Slices of pie will be | movement | | | |
| Movement w/ Kathi | | | brought in. | | | | |
| 10:00 | 10:30 | 10:00 | 10:30 | 10:30 | 10:30 | 10:30 | |
| Watch Nature Shows | Sing-a-long w/ | Welcome to join | Encourage | TLC w/ Andrea | Hand out | Help with Jigsaw | |
| | Mentors | Zumba | Residents to color | | Magazines/Books | Puzzles | |
| | MU TV Room | AL Exercise Room | | | | | |
| 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | 11:00 | |
| Listen to Music while | Listen to Music while | Listen to Music while | Listen to Music | Listen to Music | Listen to Music | Listen to Music | |
| toileting and washing | toileting and washing | toileting and washing | while toileting and | while toileting and | while toileting and | while toileting and | |
| for lunch | for lunch | for lunch | washing for lunch | washing for lunch | washing for lunch | washing for lunch | |
| 11:30 LUNCH | 11:30 LUNCH | 11:30 LUNCH | 11:30 LUNCH | 11:30 LUNCH | 11:30 LUNCH | 11:30 LUNCH | |
| 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | 12:30 | |
| Down Time | Down Time | Ari plays guitar and | Down Time | Down Time | Down Time | Down Time | |
| | | sings with residents | | | | | |
| | | -TV Room | | | | | |
| 1:15 | 2:30 | 2:30 | 1:00-3:00 | 2:30 | 2:30 | 2:30 | |
| Ice Cream Social | Cognitive Activity | Cognitive Activity w/ | 4 Corners Foot & | Welcome to join us | Cognitive Activity | Cognitive Activity | |
| MU Dining Room | w/ caregivers | caregivers | Ankle cutting | in Sunshine Room | w/ caregivers | w/ caregivers | |
| | | | Toenails | for music | | | |
| 4:00-4:30 | 4:00-4:30 | 4:00-4:30 | 4:00-4:30 | 4:00 | 4:00-4:30 | 4:00-4:30 | |
| Wash & prep for dinner | Wash & prep for | Wash & prep for | Wash & prep for | Wash & prep for | Wash & prep for | Wash & prep for | |
| | dinner | dinner | dinner | dinner | dinner | dinner | |
| 4:30 DINNER | 4:30 DINNER | 4:30 DINNER | 4:30 DINNER | 4:30 DINNER | 4:30 DINNER | 4:30 DINNER | |
| After 5:30 | After 5:30 | After 5:30 | After 5:30 | After 5:30 | After 5:30 | After 5:30 | |
| Dress for Bed | Dress for Bed | Dress for Bed | Dress for Bed | Dress for Bed | Dress for Bed | Dress for Bed | |