


January 2025 - Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	BR Back Room (MC) C Cafe (MC) DR Dining Room (1) FS Fire Side (MC) H Hazelnut (2) L Lobby (1) MC Memory Care (1) MP Multipurpose Room (-1) P Pub (-1)		New Year's Day 1 10:00 Body Weight Workout [BR] 10:30 Daily Chronical & Trivia [BR] 11:30 Toss a Memory [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:30 Meditation [FS] 2:00 Pictionary [C] 3:15 National Geographic [FS] 4:30 Gratitude Journal [FS] 6:00 Brain Games [MC]	2 10:00 Tai Chi [BR] 10:30 Daily Chronical & Trivia [BR] 11:30 Activity Sheets [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 2:00 Live Music w/ Gary LaRue [MP] 4:00 Crafty Corner [FS]	3 10:00 Body Weight Workout [BR] 10:30 Daily Chronical & Trivia [BR] 11:30 Morning Worship [FS] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:30 Reading Circle [FS] 3:00 Happy Hour [P] 4:30 I've Got It [C] 6:00 ISpy [MC]	4 10:00 Yoga Video [C] 10:30 Daily Chronical & Trivia [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 2:00 Time to Dance [C] 3:15 Painting [C]	
	9:00 Streaming Catholic Mass [FS] 5 9:30 Streaming Lutheran Service [FS] 10:30 Daily Chronical & Trivia [BR] 11:30 Balance video [C] 12:00 Oshibori [C] 1:00 Wind Down [MC] 2:00 Coloring [FS] 3:15 Group Karaoke [FS]	10:00 Havin' a Ball [BR] 6 10:30 Daily Chronical & Trivia [BR] 11:30 Memory [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:00 Manicures [FS] 3:15 Monday Movie [FS] 3:30 Bingo [MP]	9:30 Catholic Mass [H] 7 10:00 Chair Yoga [BR] 10:30 Daily Chronical & Trivia [BR] 11:30 Riddles & Jokes [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 2:00 Manicures [FS] 3:00 Puzzling [BR] 4:00 Music Bingo [C]	10:00 Body Weight Workout [BR] 8 10:30 Daily Chronical & Trivia [BR] 11:30 Toss a Memory [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:30 Meditation [FS] 2:00 Live Music w/ High Water Band [MP] 3:15 National Geographic [FS] 3:30 Bingo [MP] 4:30 Gratitude Journal [FS] 6:00 Brain Games [MC]	10:00 Tai Chi [BR] 9 10:30 Daily Chronical & Trivia [BR] 11:30 Activity Sheets [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 2:00 Occupation Education [FS] 4:00 Crafty Corner [FS]	10:00 Body Weight Workout [BR] 10 10:30 Daily Chronical & Trivia [BR] 11:30 Dice [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:30 Reading Circle [FS] 3:00 Happy Hour [P] 4:30 I've Got It [C] 6:00 ISpy [MC]	10:00 Yoga Video [C] 11 10:30 Daily Chronical & Trivia [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 2:00 Time to Dance [C] 3:15 Painting [C]
	9:00 Streaming Catholic Mass [FS] 12 9:30 Streaming Lutheran Service [FS] 10:30 Daily Chronical & Trivia [BR] 11:30 Balance video [C] 12:00 Oshibori [C] 1:00 Wind Down [MC] 2:00 Coloring [FS] 3:15 Group Karaoke [FS]	10:00 Havin' a Ball [BR] 13 10:30 Daily Chronical & Trivia [BR] 11:30 Memory [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:00 Manicures [FS] 3:15 Monday Movie [FS] 3:30 Bingo [MP]	10:00 Chair Yoga [BR] 14 10:30 Daily Chronical & Trivia [BR] 11:30 Riddles & Jokes [BR] 12:00 Oshibori [C] 12:45 LOONS: TRY-athlon Game Day [H] 1:00 Wind Down [MC] 2:00 Manicures [FS] 3:00 Puzzling [BR] 4:00 Music Bingo [C]	10:00 Body Weight Workout [BR] 15 10:30 Daily Chronical & Trivia [BR] 11:30 Toss a Memory [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:30 Meditation [FS] 2:00 Pictionary [C] 3:15 National Geographic [FS] 3:30 Bingo [MP] 4:30 Gratitude Journal [FS] 6:00 Brain Games [MC]	10:00 Tai Chi [BR] 16 10:30 Daily Chronical & Trivia [BR] 11:30 Activity Sheets [BR] 12:00 Oshibori [C] 12:45 LOONS: TRY-athlon Game Day [H] 1:00 Wind Down [MC] 2:00 Occupation Education [FS] 4:00 Crafty Corner [FS]	10:00 Body Weight Workout [BR] 17 10:30 Daily Chronical & Trivia [BR] 11:30 Morning Worship [FS] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:30 Community Outreach Outing [MC] 3:00 Happy Hour [P] 4:30 I've Got It [C] 6:00 ISpy [MC]	10:00 Yoga Video [C] 18 10:30 Daily Chronical & Trivia [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 2:00 Time to Dance [C] 3:15 Painting [C]
	9:00 Streaming Catholic Mass [FS] 19 9:30 Streaming Lutheran Service [FS] 10:30 Daily Chronical & Trivia [BR] 11:30 Balance video [C] 12:00 Oshibori [C] 1:00 Wind Down [MC] 2:00 Coloring [FS] 3:15 Group Karaoke [FS]	Martin Luther King Jr. Day 20 10:00 Havin' a Ball [BR] 10:30 Daily Chronical & Trivia [BR] 11:30 Memory [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:00 Manicures [FS] 3:15 Monday Movie [FS] 3:30 Bingo [MP]	9:30 Catholic Communion [H] 21 10:00 Chair Yoga [BR] 10:30 Daily Chronical & Trivia [BR] 11:30 Riddles & Jokes [BR] 12:00 Oshibori [C] 12:45 LOONS: TRY-athlon Game Day [H] 1:00 Wind Down [MC] 2:00 Manicures [FS] 3:00 Puzzling [BR] 4:00 Music Bingo [C]	10:00 Body Weight Workout [BR] 22 10:30 Daily Chronical & Trivia [BR] 11:30 Toss a Memory [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:30 Meditation [FS] 2:00 Pictionary [C] 3:15 National Geographic [FS] 3:30 Bingo [MP] 4:30 Gratitude Journal [FS] 6:00 Brain Games [MC]	10:00 Tai Chi [BR] 23 10:30 Daily Chronical & Trivia [BR] 11:30 Activity Sheets [BR] 12:00 Oshibori [C] 12:45 LOONS: TRY-athlon Game Day [H] 1:00 Wind Down [MC] 2:00 Occupation Education [FS] 4:00 Crafty Corner [FS]	10:00 Body Weight Workout [BR] 24 10:30 Daily Chronical & Trivia [BR] 11:30 Dice [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:30 Reading Circle [FS] 3:00 Happy Hour [P] 4:30 I've Got It [C] 6:00 ISpy [MC]	10:00 Yoga Video [C] 25 10:30 Daily Chronical & Trivia [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 2:00 Time to Dance [C] 3:15 Painting [C]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Streaming Catholic Mass [FS] 26 9:30 Streaming Lutheran Service [FS] 10:30 Daily Chronical & Trivia [BR] 11:30 Balance video [C] 12:00 Oshibori [C] 1:00 Wind Down [MC] 2:00 Irondale Students Small Ensemble Performance [MP] 3:15 Group Karaoke [FS]	WINTER WEEK: Cozy Clothes OR Blue 27 10:00 Havin' a Ball [BR] 10:30 Daily Chronical & Trivia [BR] 11:30 Memory [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:00 Manicules [FS] 2:30 Puzzle Competition [H] 3:15 Monday Movie [FS] 3:30 Bingo [MP]	WINTER WEEK: Sweater OR White 28 10:00 Chair Yoga [BR] 10:30 Daily Chronical & Trivia [BR] 11:30 Riddles & Jokes [BR] 12:00 Oshibori [C] 12:45 LOONS: TRY-athlon Game Day [H] 1:00 Wind Down [MC] 2:00 Manicules [FS] 3:00 Social Hour [MC] 4:00 Music Bingo [C]	WINTER WEEK: Stocking Cap OR Grey 29 10:00 Body Weight Workout [BR] 10:30 Daily Chronical & Trivia [BR] 11:30 Toss a Memory [BR] 12:00 Oshibori [C] 1:00 Parade of Apartments [L] 1:00 Wind Down [MC] 1:30 Meditation [FS] 2:00 Pictionary [C] 3:00 Coffee & Cocoa Cart [L] 3:30 Bingo [MP] 4:30 Gratitude Journal [FS] 6:00 Brain Games [MC]	WINTER WEEK: Fuzzy Socks OR Pink 30 10:00 Tai Chi [BR] 10:30 Daily Chronical & Trivia [BR] 11:30 Activity Sheets [BR] 12:00 Oshibori [C] 12:45 LOONS: TRY-athlon Game Day [H] 1:00 Wind Down [MC] 2:00 Occupation Education [FS] 4:00 Crafty Corner [FS]	WINTER WEEK: Flannel OR Purple 31 10:00 Body Weight Workout [BR] 10:30 Daily Chronical & Trivia [BR] 11:30 Dice [BR] 12:00 Oshibori [C] 1:00 Wind Down [MC] 1:30 Reading Circle [FS] 3:00 Welcome Happy Hour! [P] 4:30 I've Got It [C] 6:00 ISpy [MC]	