

January 22-January 28



Heritage
Pointe



Monday, January 22nd

8:00 Breakfast
10:00 Exercise Class
10:30 AM Snack & Hydration
10:45 Baking Club: **Staff Choice**
12:00 Lunch



1:00 I Spy
2:00 Stretching
2:30 Daily Chronicles
3:00 PM Snack
3:30 BINGO
4:30 Set tables & fill drinks w residents
5:00 Dinner
6:00 Easy Music Listening
7:30 Puzzles

Friday, January 26th

8:00 Breakfast
10:00 Seated Exercise
10:45 Refreshments & AM Snack
11:00 Animal Talk: Polar Bear
12:00 Lunch



1:00 Easy Music & Listening
2:00 PM Stretching and Exercise
2:45 PM Snack
3:00 Hangman
4:00 Set tables & fill drinks w residents
5:00 Dinner
6:00 Popcorn & Movie: **Staff Choice**



Tuesday, January 23rd

8:00 Breakfast
10:00 Exercise Class
10:30 Snack & Stories
11:00 Pass the Pigs
11:30 Finish the Phrase
12:00 Lunch
1:00 Music



2:00 Dominos
2:45 PM Snack
3:00 Music & Relaxation
4:00 Walking Club
4:30 Set tables & fill drinks w residents
5:00 Dinner
6:00 Word Searches
7:30 Sleepy Time Tea



Saturday, January 27th

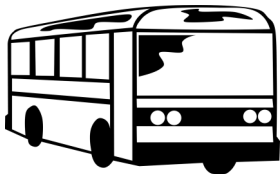
8:00 Breakfast
10:00 Morning Exercise
10:45 Refreshments & AM Snack
11:30 Daily Chronicles & Set Tables for Lunch
12:00 Lunch



1:00 Easy Listening Music
2:00 PM Exercise & Movement
3:00 Reading Club
3:30 Talk & Conversation
4:30 Set Tables & fill drinks
5:00 Dinner
6:00 Relaxing Music
7:30 Game Shows

Wednesday, January 24th

8:00 Breakfast
10:00- Scenic Drive
12:00 Lunch



1:00 Easy Listening Music
1:30 Craft Corner w Vicki
2:30 Happy Hour in MS with Music: **Staff Choice**
3:30 Word Game
4:30 Set tables & fill drinks w residents
5:00 Dinner
6:00 Puzzles
7:30 Relaxing Music & Wind Down

Sunday, January 28th

8:00 Breakfast
10:00 Seated Exercise Class
10:30 Mass on TV-Channel 9
11:00 Hymn Sing-A-Long
11:30 Set tables & fill drinks w residents
12:00 Lunch



1:00 BINGO
2:00 Manicures
3:00 PM Snack & Hot Chocolate
3:30 Coloring Pages
4:30 Set Tables & fill drinks
5:00 Dinner
6:15 Sing-a-long
7:30 Game Shows



Thursday, January 25th

10:00 Stretch & Bend Exercise with Joy
10:30 AM Snack
10:45 Jewelry Making
11:00 Pet Therapy with Bella
12:00 Lunch



1:00 Sing-a-long with Joy
2:00 Daily Chronicles & Today in History
3:00 PM Snack
3:30 Music & Movement
4:30 Set tables & fill drinks w residents

