

Collegeville CONNECTIONS JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			7:00 Activities of Daily Living 1 8:00 Breakfast 9:00 New Years Resolutions 10:00 Chair Aerobics 10:45 Hydration and Small Bites 11:00 Traditions of New Years Day 11:45 Lunch 1:00 New Year's Crossword 2:30 Ladder Ball 3:30 Brain Fitness 5:00 Dinner 6:00 Positive, Encouraging News & Clues 7:00 Evening Wind Down	7:00 Activities of Daily Living 2 8:00 Breakfast 9:00 Balance & Tone 10:00 Nail Salon 10:45 Hydration 11:00 Travel Around the Globe 11:45 Lunch 1:00 Creative Coloring 2:30 Corn Hole 3:30 Short Stories 5:00 Dinner 6:00 Movie Shorts 7:00 Evening Wind Down	7:00 Activities of Daily Living 3 8:00 Breakfast 9:00 Chair Exercises 10:00 January Facts & Trivia 10:45 Hydration 11:00 Brain Fitness 11:45 Lunch 1:00 Bingo 2:30 Common Sayings 3:30 Walks & Happy Hour 5:00 Dinner 6:00 Puzzles & Games 7:00 Evening Wind Down	7:00 Activities of Daily Living 4 8:00 Breakfast 9:00 Swing, Twist & Bend 10:00 Stay Connected & Good News 10:45 Hydration 11:00 Creative Painting 11:45 Lunch 1:00 Travel: Favorite States 2:30 Walking Club 3:30 Puzzles & Games 5:00 Dinner 6:00 Games and Laughter 7:00 Evening Wind Down
			New Year's Day			
7:00 Activities of Daily Living 5 8:00 Breakfast 9:00 Hymns & Bible Trivia 10:00 Yoga & Meditation 10:45 Craft Creations 11:00 Today in History 11:45 Lunch 1:00 Corn Hole 2:30 Hot Chocolate Social 3:30 Picture Trivia 5:00 Dinner 6:00 Positive & Encouraging News & Discussion 7:00 Evening Wind Down	7:00 Activities of Daily Living 6 8:00 Breakfast 9:00 Boxing & Ball Toss 10:00 Memories in the Making 10:45 Sing-Along with Susie Q 11:00 Mind Teasers 11:45 Color Therapy 1:00 Ring Toss 2:30 Categories of 5 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 Individual Puzzles 7:00 Evening Wind Down	7:00 Activities of Daily Living 7 8:00 Breakfast 9:00 Stretch Bands & Weights 10:00 Commercial Reminisce 10:45 Music Therapy 11:00 Travel Around the World 11:45 Lunch 1:00 Country Bus Ride 2:30 Word Trivia 3:30 Daily News 5:00 Dinner 6:00 Price is Right 7:00 Evening Wind Down	7:00 Activities of Daily Living 8 8:00 Breakfast 9:00 Chair Aerobics 10:00 Baking Club 10:45 Hydration 11:00 Picture Trivia 11:45 Lunch 1:00 World Travel on Google Earth 2:30 Today in History 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 Health & Wellness Focus 7:00 Evening Wind Down	7:00 Activities of Daily Living 9 8:00 Breakfast 9:00 Balance & Tone 10:00 All Animal Lovers 10:45 Hydration 11:00 Let's Go Golfing 11:45 Lunch 1:00 Fresh Flower Arranging 2:30 Karaoke 3:30 Games & Puzzles 5:00 Dinner 6:00 Today's News 7:00 Evening Wind Down	7:00 Activities of Daily Living 10 8:00 Breakfast 9:00 Chair Exercises 10:00 Men's Club 10:45 Hydration 11:00 Ring Toss 11:45 Lunch 1:00 Love for the Environment 2:30 Canvas Painting 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 Game Shows 7:00 Evening Wind Down	7:00 Activities of Daily Living 11 8:00 Breakfast 9:00 Swing, Twist & Bend 10:00 Travel Around the Globe 10:45 Hydration 11:00 Short Stories 11:45 Lunch 1:00 Creative Crafts 2:30 Reminiscing Sing Along 3:30 Hot Chocolate Social 5:00 Dinner 6:00 Games & Puzzles 7:00 Evening Wind Down

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 Activities of Daily Living 12 8:00 Breakfast 9:00 Hymn Sing & Bible Readings 10:00 Yoga & Meditation 10:45 Hydration 11:00 Brain Teasers 11:45 Lunch 1:00 Category Game 2:30 Ladder Ball 3:30 Paint Therapy 5:00 Dinner 6:00 News of the Day 7:00 Evening Wind Down	7:00 Activities of Daily Living 13 8:00 Breakfast 9:00 Morning Fun Facts 10:00 Boxing & Ball Toss 10:45 Hydration 11:00 Time Slips & Discussion 11:45 Lunch 1:00 Bob Ross Video 2:30 Animal Kingdom 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 Game Shows 7:00 Evening Wind Down	7:00 Activities of Daily Living 14 8:00 Breakfast 9:00 Stretch Bands & Weights 10:00 On This Day 10:45 Hydration 11:00 Ring Toss 11:45 Lunch 1:00 Transportation Video 2:30 Dairy Queen Run 3:30 Stencils 5:00 Dinner 6:00 Movie Memories 7:00 Evening Wind Down	7:00 Activities of Daily Living 15 8:00 Breakfast 9:00 On This Day 10:00 Chair Aerobics & Ball Toss 10:45 Hydration 11:00 Cooking Class 11:45 Lunch 1:00 Matching Game 2:30 Root Beer Social 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 What Did it Cost 7:00 Evening Wind Down	7:00 Activities of Daily Living 16 8:00 Breakfast 9:00 Balance & Tone 10:00 Discussion Starters 10:45 Hydration 11:00 Travel to Florida 11:45 Lunch 1:00 Fresh Flower Arranging 2:30 Corn Hole 3:30 Creative Coloring 5:00 Dinner 6:00 Name That Tune 7:00 Evening Wind Down	7:00 Activities of Daily Living 17 8:00 Breakfast 9:00 Chair Exercises: Suzie Q 10:00 Matching Game 10:45 Hydration 11:00 Men's Club 11:45 Lunch 1:00 Games & Puzzles 2:30 Reminisce Commercials 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 I Love Lucy Show 7:00 Evening Wind Down	7:00 Activities of Daily Living 18 8:00 Breakfast 9:00 Swing, Twist & Bend 10:00 Travel to Europe 10:45 Hydration 11:00 My Life Story Reminisce 11:45 Lunch 1:00 Creation Craft 2:30 Today in History 3:30 Ice Cream Social & Music 5:00 Dinner 6:00 Lawrence Welk Show 7:00 Evening Wind Down
7:00 Activities of Daily Living 19 8:00 Breakfast 9:00 Hymns & Bible Trivia 10:00 Yoga & Meditation 10:45 Hydration 11:00 Ladder Ball 11:45 Lunch 1:00 Health & Wellness Sensory 2:30 Travel to USA National Parks 3:30 iN2L: Foods for Thought 5:00 Dinner 6:00 Common Sayings 7:00 Evening Wind Down	7:00 Activities of Daily Living 20 8:00 Breakfast 9:00 Boxing & Ball Toss 10:00 Gardening Slide Show 10:45 Hydration 11:00 Puzzles & Games 11:45 Lunch 1:00 Golfing 2:30 Remembering Martin Luther King Jr 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 Paper & Pencil Games 7:00 Evening Wind Down	7:00 Activities of Daily Living 21 8:00 Breakfast 9:00 Stretch Bands & Weights 10:00 Name That Sound 10:45 Hydration 11:00 Basic Trivia 11:45 Lunch Out: McDonalds 1:00 Past Times 2:30 Ring Toss 3:30 Comedy: Babies & Animals 5:00 Dinner 6:00 Brain Aerobics 7:00 Evening Wind Down	7:00 Activities of Daily Living 22 8:00 Breakfast 9:00 Chair Aerobics: Susie Q 10:00 Travel to New Jersey 10:45 Hydration 11:00 Culinary Creations: Smoothies 11:45 Lunch 1:00 Bingo 2:30 Brain Fitness 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 Color Memory 7:00 Evening Wind Down	7:00 Activities of Daily Living 23 8:00 Breakfast 9:00 Balance & Tone 10:00 Reminisce... On This Day 10:45 Hydration 11:00 Brain Fitness 11:45 Lunch 1:00 Creative Coloring 2:30 Ladder Ball 3:30 Manicures 5:00 Dinner 6:00 Hot Chocolate Social 7:00 Evening Wind Down	7:00 Activities of Daily Living 24 8:00 Breakfast 9:00 Chair Exercises: Yoga 10:00 Travel to Europe 10:45 Hydration 11:00 Men's Club 11:45 Lunch 1:00 Brain Fitness 2:30 Memories in the Making 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 Game Shows 7:00 Evening Wind Down	7:00 Activities of Daily Living 25 8:00 Breakfast 9:00 Swing, Twist & Bend 10:00 Power of the Mind 10:45 Hydration 11:00 World Travels: Google Earth 11:45 Lunch 1:00 Bingo 2:30 Craft 3:30 Games & Puzzles 5:00 Dinner 6:00 Lawrence Welk Show 7:00 Evening Wind Down
7:00 Activities of Daily Living 26 8:00 Breakfast 9:00 Hymns & Bible Readings 10:00 Yoga & Meditation 10:45 Hydration 11:00 Bubble Popper 11:45 Lunch 1:00 Sing-Along with Susie Q 2:30 Paint Therapy 3:30 Hot Chocolate Social 5:00 Dinner 6:00 Carol Burnett Show 7:00 Evening Wind Down	7:00 Activities of Daily Living 27 8:00 Breakfast 9:00 Boxing & Ball Toss 10:00 Animal Kingdom 10:45 Hydration 11:00 What did It Cost 11:45 Lunch 1:00 Sensory: Time Lapse 2:30 Brain Teasers 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 Brain Teasers 7:00 Evening Wind Down	7:00 Activities of Daily Living 28 8:00 Breakfast 9:00 On this Day 10:00 Stretch Bands & Weights 10:45 Hydration 11:00 Inspiration 11:45 Lunch 1:00 Doller Store Trip 2:30 Games & Puzzles 3:30 Travel Google Earth 5:00 Dinner 6:00 Bob Ross Show 7:00 Evening Wind Down	7:00 Activities of Daily Living 29 8:00 Breakfast 9:00 Chair Aerobics 10:00 Brain Teasers 10:45 Hydration 11:00 Chocolate Dipped Pretzels 11:45 Lunch 1:00 Ladder Ball 2:30 Categories 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 News Events 7:00 Evening Wind Down	7:00 Activities of Daily Living 30 8:00 Breakfast 9:00 Balance & Tone 10:00 Nature Relaxation Video 10:45 Hydration 11:00 Golfing 11:45 Lunch 1:00 Fresh Flower Arranging 2:30 Brain Fitness 3:30 Animal Kingdom 5:00 Dinner 6:00 Gun Smoke Show 7:00 Evening Wind Down	7:00 Activities of Daily Living 31 8:00 Breakfast 9:00 Chair Exercises: Susie Q 10:00 Name That Tune 10:45 Hydration 11:00 Men's Club 11:45 Lunch 1:00 Manicures 2:30 Puzzles & Games 3:30 Walking Club to Happy Hour 5:00 Dinner 6:00 Shirley Temple Show 7:00 Evening Wind Down	

Events and Programming are Subject to Change.

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