

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1	2	3	4	
		10 am Daily chronicles/ Refreshments Welcome January Chit Chat (dining room) 2 pm Wellness: The Power of Imagination (dining room) 3:45 pm Can You Picture This? (dayroom) 6 pm Evening News Brief dayroom- CH. 6 New Year's Day	10 am Daily chronicles/ Refreshments Word Games (dining room) 1:15 Rosary (chapel) 2 pm Bocce Ball (dining room) 6 pm Evening Movie (Ch. 256 dayroom)	10 am Daily chronicles/ Coffee Hour Trivia (dining room) 2 pm The Ice Cream Quest (chapel) 6 pm Evening News Brief dayroom- CH. 6	11:15 am Daily chronicles (dining room) 2 pm BINGO (dining room) 6 pm Evening News Brief (CH 6) Dayroom	
11:15 am Daily chronicles (dayroom) 2:30 pm Worship Service with Pastor Brad Griesheimer, Walnut Grove Church of the Brethren (chapel) 6 pm Evening Movie (Dayroom- CH. 326)	10 am Daily Chronicles / Refreshments (dining room) 10:30 am Catholic Services (chapel) 2 pm Category Wheel of Fortune (dining room) 2:30 pm Choir Practice (chapel) 6 pm Evening News Brief (dayroom- CH. 6)	10 am Daily Chronicles/ Refreshments (dining room) 11 am Bible Study (dining room) 2 pm Music with Bond Turner (chapel) 6 pm Evening Movie- CH. 312 Dayroom)	10 am Un Deck the Halls 2 pm Un Deck the Halls 6 pm Evening News Brief dayroom- CH. 6	10 am Un Deck the Halls 1:15 Rosary (chapel) 2 pm Parkinson's Support Group Boxing with Donnie (chapel) 2 pm 10 am Un Deck the Halls 6 pm Evening Movie (Ch. 256 dayroom)	HAPPY BIRTHDAY, PEGGY PORTER 10 am Un Deck the Halls 2 pm Music with John Larimar (chapel) 3:45 pm Jeopardy (dayroom) 6 pm Evening News Brief dayroom- CH. 6	11:15 am Daily chronicles (dining room) 2 pm BINGO (dining room) 6 pm Evening News Brief (CH 6) Dayroom
11:15 am Daily chronicles (dayroom) 2:30 pm Worship Service with Vicar Penny Koontz, Good Shephard Lutheran (chapel) 6 pm Evening Movie (Dayroom- CH. 326)	10 am Daily Chronicles / Refreshments (dining room) 10:30 am Catholic Services (chapel) 2 pm Music and Manicures (day room) 2:30 pm Choir Practice (chapel) 6 pm Evening News Brief (dayroom- CH. 6)	10 am Deck the Halls 11 am Bible Study (dining room) 2 pm Travel Tuesday: Antarctica (chapel) 6 pm Evening Movie- CH. 312 Dayroom)	10 am Daily chronicles/ Refreshments IN2L Fun (dining room) 11 am Resident Council (chapel) 2 pm Music with Ed Cominsky (chapel) 3:45 pm Cranium Crunches (dayroom) 6 pm Evening News Brief dayroom- CH. 6	10 am Daily chronicles/ Refreshments Word Games (dining room) 1:15 Rosary (chapel) 2 pm HC/ PC Monthly Birthday Party (dining room) 6 pm Evening Movie (Ch. 256 dayroom)	10 am Daily chronicles/ Coffee Hour Trivia (dining room) 2 pm Music and Memory 6 pm Evening News Brief dayroom- CH. 6	11:15 am Daily chronicles (dining room) 2 pm BINGO (dining room) 6 pm Evening News Brief (CH 6) Dayroom
11:15 am Daily chronicles (dayroom) 2:30 pm Worship Service with Pastor Bernie Fuska, 1 st United MethOodist (chapel) 6 pm Evening Movie (Dayroom- CH. 326)	10 am Daily Chronicles / Refreshments (dining room) 10:30 am Catholic Services (chapel) 1:30 pm Prize Bingo with Heartland Hospice (dining room) 2:30 pm Choir Practice (chapel) 6 pm Evening News Brief (dayroom- CH. 6)	10 am Daily Chronicles/ Refreshments (dining room) 11 am Bible Study (dining room) 2 pm Art Project: Zetangle Art (dining room) 6 pm Evening Movie- CH. 312 Dayroom)	10 am Daily chronicles/ Refreshments IN2L Fun (dining room) 2 pm Non-Denominational Communion Service (chapel) 6 pm Evening News Brief dayroom- CH. 6	10 am Daily chronicles/ Refreshments Word Games (dining room) 1:15 Rosary (chapel) 2 pm Men's Gathering: (chapel) 2 pm Mozart: The First Rock Star (dining room) 6 pm Evening Movie (Ch. 256 dayroom)	10 am Daily chronicles/ Coffee Hour Trivia (dining room) 2 pm Music and Memory 3:45 pm What Am I (dayroom) 6 pm Evening News Brief dayroom- CH. 6	11:15 am Daily chronicles (dining room) 2 pm BINGO (dining room) 6 pm Evening News Brief (CH 6) Dayroom
Activity Professionals Week	Martin Luther King Jr. Day					
11:15 am Daily chronicles (dayroom) 2:30 pm Worship Service with Pastor Eric Lasure (chapel) 6 pm Evening Movie (Dayroom- CH. 326)	10 am Daily Chronicles / Refreshments (dining room) 10:30 am Catholic Services (chapel) 2 pm Music and Manicures (day room) 2:30 pm Choir Practice (chapel) 6 pm Evening News Brief (dayroom- CH. 6)	10 am Daily Chronicles/ Refreshments 11 am Bible Study (dining room) 2 pm Travelogue: Destination: Oxford, England (dining room) 2 pm Parkinson's Support Group (chapel) 3:45 pm Mad Libs: The Mail Order Outfit (dayroom) 6 pm Evening Movie- CH. 312 Dayroom)	10 am Daily chronicles/ Refreshments IN2L Fun (dining room) 2 pm Kitchen Creations: Making Soup and Bread 6 pm Evening News Brief dayroom- CH. 6	10 am Daily chronicles/ Refreshments Word Games (dining room) 1:15 Rosary (chapel) 1 pm Souper Bowl (Vista Multipurpose Room) 6 pm Evening Movie (Ch. 256 dayroom)	10 am Daily chronicles/ Coffee Hour Trivia (dining room) 2 pm Music and Memory 6 pm Evening News Brief dayroom- CH. 6	LOCATION KEY CH= Chapel CY= HCC Courtyard VMP= Vista Multipurpose Room VA=Vista Activity Room 
Australia Day (Observed)			Chinese New Year (Year of the Snake)			

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Trivia
AFTERNOON
New Year's Reminiscence
EVENING
Stories/Poems
New Year's Day

2
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Devotions
AFTERNOON
Snowball Battle
EVENING
Balloon Toss

3
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Exercise
AFTERNOON
Music and Memory
EVENING
Relaxing Videos

4
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Shake Awake Your Taste
AFTERNOON
Left, Right, Left Game
EVENING
Out of the Box

5
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Amen Corner
AFTERNOON
2:30 pm Worship Service
EVENING
Sort it Out

6
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Mass
AFTERNOON
What Am I?
EVENING
Name that Song

7
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Bible Study
AFTERNOON
Music with Bond Turner
(chapel)
EVENING
Complete the Phrase

8
MORNING
Meet and Greet
Un Deck the Halls
AFTERNOON
Un Deck the Halls
EVENING
Stories/Poems Un Deck the Halls

9
MORNING
Meet and Greet
Un Deck the Halls
AFTERNOON
Snowball Battle
EVENING
Balloon Toss

10
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Exercise
AFTERNOON
Music with John Larimar
(chapel)
EVENING
Relaxing Videos

11
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Shake Awake Your Taste
AFTERNOON
Left, Right, Left Game
EVENING
Out of the Box

12
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Amen Corner
AFTERNOON
2:30 pm Worship Service
EVENING
Sort it Out

13
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Mass
AFTERNOON
Snowbirds Painting
EVENING
Name that Song

14
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Bible Study
AFTERNOON
Music and Manicures
EVENING
Complete the Phrase

15
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Trivia
AFTERNOON
Mozart: The First Rock Star
EVENING
Stories/Poems

16
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Devotions
AFTERNOON
2 pm Monthly Birthday Party (HCC dining room)
EVENING
Balloon Toss

17
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Exercise
AFTERNOON
Music and Memory
EVENING
Relaxing Videos

18
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Shake Awake Your Taste
AFTERNOON
Left, Right, Left Game
EVENING
Out of the Box

19
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Amen Corner
AFTERNOON
2:30 pm Worship Service
EVENING
Sort it Out
Activity Professionals Week

20
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Mass
AFTERNOON
Who Am I?
EVENING
Name that Song
Martin Luther King Jr. Day

21
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Bible Study
AFTERNOON
Music and Manicures
EVENING
Complete the Phrase

22
HAPPY BIRTHDAY,
JOYE STEPHENS
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Trivia
AFTERNOON
2 pm Non-Denominational
Communion Service (chapel)
EVENING
Stories/Poems

23
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Devotions
AFTERNOON
Snowball Battle
EVENING
Balloon Toss

24
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Exercise
AFTERNOON
Music and Memory
EVENING
Relaxing Videos

25
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Shake Awake Your Taste
AFTERNOON
Left, Right, Left Game
EVENING
Out of the Box

26
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Amen Corner
AFTERNOON
2:30 pm Worship Service
EVENING
Sort it Out
Australia Day (Observed)

27
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Mass
AFTERNOON
Where Am I?
EVENING
Name that Song

28
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Bible Study
AFTERNOON
Music and Manicures
EVENING
Complete the Phrase

29
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Trivia
AFTERNOON
Kitchen Creations Making Soup
and Bread
EVENING
Stories/Poems
Chinese New Year
(Year of the Snake)

30
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Devotions
AFTERNOON
1 pm Souper Bowl (VMP)
EVENING
Balloon Toss

31
MORNING
Meet and Greet
Daily Chronicles/
Refreshments
Exercise
AFTERNOON
Music and Memory
EVENING
Relaxing Videos

LOCATION KEY
CH= Chapel
CY= HCC Courtyard
VMP= Vista
Multipurpose Room
VA=Vista
Activity Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2025</h1> <h2>LIFE ENRICHMENT & WELLNESS ACTIVITIES</h2> <p>KEY CODES CBC = CAMBRIDGE BOCCE COURT CAR = CAMBRIDGE ACTIVITY ROOM CWC = CAMBRIDGE WELLNESS CENTER CME = CAMBRIDGE MAIN ENTRANCE CBH = CAMBRIDGE BANQUET HALL CGS = CAMBRIDGE GOLF SIMULATOR VMP = VISTA MULTI PURPOSE VWC = VISTA WELLNESS CENTER VSR = VISTA SUN ROOM VAR = VISTA ACTIVITY ROOM VME = VISTA MAIN ENTRANCE VL = VISTA LIBRARY VP = VISTA PAVILION VSC = VISTA SHUFFLEBOARD COURT CH = CHAPEL CY = COURTYARD FH = FRESH HARVEST DCC = DAVIDSVILLE COMMUNITY CHURCH 814 = 814 RICHLAND LANES OGC = OAKBROOK GOLF CLUB WCC = WINDBER COUNTRY CLUB GM = GALLERIA MALL PC = PERSONAL CARE PCA = PERSONAL CARE ACTIVITIES PCP = PERSONAL CARE PATIO S = SIGNUP REQUIRED RL = RESIDENT LED WP = WEATHER PERMITTING TBD = TO BE DETERMINED \$ = FEE REQUIRED</p>						
			1-Jan	2-Jan	3-Jan	4-Jan
			8:00 Pool Class (VWC-RL) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Billiards Group 2 (VSR-RL) 10:00 Blood Pressure Check (CAR) 10:30 Blood Pressure Check (VAR) 11:00 Let's Walk (VMP) 12:00 Lunch & Learn (VMP) 4:00 Sit & Be Fit (CWC) 4:00 Indoor Golf Group 2 (CGS)	8:30 Strength & Balance (VWC) 9:00 Pool Class (CWC-RL) 9:30 Devotion & Exercise w/Linda (VMP) 10:00 Indoor Golf Group 3 (CGS) 12:00 Indoor Golf Group 4 (CGS) 1:00 Bible Study (VMP) 1:00 Trivia w/Linda (CAR) 1:15 Rosary (CH) 2:00 Indoor Golf Group 5 (CGS) 6:00 Indoor Golf Group 6 (CGS) 6:30 Wii Bowling (VMP-RL)	8:00 Pool Class (VWC-RL) 8:30 Walking at the Mall (GM) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Pickleball (DCC) 1:00 Billiards Group 1 (VSR-RL) 1:00 Win, Lose or Draw w/Linda (VAR) 6:30 Rummikub (CAR) 6:30 Card Club (VSR-RL) 7:00 Card Club (VAR-RL)	10:30 Exercise w/Threse (PCA) 2:00 Mexican Train (VAR-RL) 6:30 Skipbo/Golf (VAR-RL) 7:00 Card Club (VAR-RL)
5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
12:30 Steeler Game Party (VMP-S) 2:30 Worship Service (CH) Pastor Brad Griesheimer 3:30 Rummikub (VAR-RL)	8:00 Pool Class (VWC-RL) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Tai Chi (VMP) 10:30 Catholic Service (CH) 11:00 Book Club (CAR) 11:00 Brain Aerobics w/Bill (VAR) 1:00 Corn Hole League (VMP) 1:00 Sit & Be Fit (CWC-RL) 2:00 Billiards Group 2 (VSR-RL) 2:15 Choir Practice (CH) 3:15 Chimes Practice (CH) 4:00 Indoor Golf Group 1 (CGS) 6:30 Yahtzee (VAR-RL) 7:00 Wii Bowling (CAR-RL)	9:15 Bookmobile (VME) 9:30 Devotion & Exercise w/Linda (VMP) 9:45 Bookmobile (CME) 10:30 Market Basket (S) 1:00 Circuit Training (CWC) 1:00 Billiards Group 1 (VSR-RL) 1:30 Bowling (814-RL) 2:00 Bible Study (CAR) 2:00 Music with Bond Turner (CH) 6:30 Wii Bowling (VMP-RL)	8:00 Pool Class (VWC-RL) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Billiards Group 2 (VSR-RL) 10:30 Blood Pressure Check (VAR) 11:00 Let's Walk (VMP) 1:00 Sit & Be Fit (CWC) 2:00 Resident Council (VMP) 4:00 Indoor Golf Group 2 (CGS) 6:00 Handbell Practice (CH) 6:00 Village Movie Night (CBH)	8:30 Strength & Balance (VWC) 9:00 Pool Class (CWC-RL) 9:30 Devotion & Exercise w/Linda (VMP) 10:00 Indoor Golf Group 3 (CGS) 10:00 Ladies Day Out (S) 12:00 Indoor Golf Group 4 (CGS) 1:00 Bible Study (VMP) 1:00 Bingo w/Linda (CAR) 1:15 Rosary (CH) 2:00 Parkinson's Support Boxing (CH-\$) 2:00 Indoor Golf Group 5 (CGS) 6:00 Indoor Golf Group 6 (CGS) 6:30 Wii Bowling (VMP-RL)	8:00 Pool Class (VWC-RL) 8:30 Walking at the Mall (GM) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Pickleball (DCC) 10:00 Men's Hub Cap (S) 1:00 Billiards Group 1 (VSR-RL) 2:00 Music with John Larimar (CH) 6:30 Rummikub (CAR) 6:30 Card Club (VSR-RL) 7:00 Card Club (VAR-RL)	10:30 Exercise w/Threse (PCA) 2:00 Sequence (VAR-RL) 7:00 Card Club (VAR-RL)
12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
2:30 Worship Service (CH) Pastor Penny Koontz 3:30 Five Crowns (VAR-RL)	8:00 Pool Class (VWC-RL) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Tai Chi (VMP) 10:30 Catholic Communion Service (CH) 11:00 Brain Aerobics w/Bill (VAR) 1:00 Corn Hole League (VMP) 1:00 Sit & Be Fit (CWC-RL) 2:00 Billiards Group 2 (VSR-RL) 2:15 Choir Practice (CH) 3:15 Chimes Practice (CH) 4:00 Indoor Golf Group 1 (CGS) 7:00 Wii Bowling (CAR-RL)	8:30 Men's Breakfast (FH-S) 9:30 Devotion & Exercise w/Linda (VMP) 10:00 Walmart (S) 1:00 Circuit Training (CWC) 1:00 Billiards Group 1 (VSR-RL) 1:00 Show & Tell w/Linda (VAR-S) 1:30 Bowling (814-RL) 2:00 Bible Study (CAR) 3:00 Volunteer Meeting (CAR) 3:00 Old Fashioned Hymn Sing (CH) 5:00 Grief & Loss Support Group (CH) 6:30 Wii Bowling (VMP-RL)	8:00 Pool Class (VWC-RL) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Blood Pressure Check (CAR) 10:30 Blood Pressure Check (VAR) 10:00 Billiards Group 2 (VSR-RL) 11:00 Let's Walk (VMP) 4:00 Sit & Be Fit (CWC) 1:00 New Resident Reception (CBH-S) 2:00 Music with Ed Cominsky (CH) 3:00 Men's Caregiver Support Group (VL) 4:00 Indoor Golf Group 2 (CGS) 7:00 Bingo (VMP-RL)	8:30 Strength & Balance (VWC) 9:00 Pool Class (CWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Indoor Golf Group 3 (CGS) 10:30 Van Gogh w/Jenny (CAR-S) 10:00 Billiards Group 2 (VSR-RL) 12:00 Indoor Golf Group 4 (CGS) 1:00 Bible Study (VMP) 1:15 Rosary (CH) 2:00 Indoor Golf Group 5 (CGS) 3:30 Loss of Independence Support (CH) 6:00 Indoor Golf Group 6 (CGS) 6:30 Wii Bowling (VMP-RL)	8:00 Pool Class (VWC-RL) 8:30 Walking at the Mall (GM) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Pickleball (DCC) 1:00 Billiards Group 1 (VSR-RL) 6:30 Rummikub (CAR) 6:30 Card Club (VSR-RL) 7:00 Card Club (VAR-RL)	10:30 Exercise w/Threse (PCA) 2:00 Mexican Train (VAR-RL) 6:30 Skipbo/Golf (VAR-RL) 7:00 Card Club (VAR-RL)
19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
2:30 Worship Service (CH) Pastor Bernie Fuska 3:30 Rummikub (VAR-RL)	8:00 Pool Class (VWC-RL) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Tai Chi (VMP) 10:30 Catholic Service (CH) 11:00 Brain Aerobics w/Bill (VAR) 1:00 Corn Hole League (VMP) 1:00 Sit & Be Fit (CWC-RL) 2:00 Billiards Group 2 (VSR-RL) 2:15 Choir Practice (CH) 3:15 Chimes Practice (CH) 4:00 Indoor Golf Group 1 (CGS) 6:30 Yahtzee (VAR-RL) 7:00 Wii Bowling (CAR-RL)	9:15 Bookmobile (VME) 9:30 Devotion & Exercise w/Threse (VMP) 9:45 Bookmobile (CME) 10:30 Dollar General (S) 12:00 Mainline Pharmacy Q&A Luncheon (VMP-S) 1:00 Circuit Training (CWC) 1:00 Billiards Group 1 (VSR-RL) 1:00 Surprise Craft w/Melissa (VAR-S) 1:30 Bowling (814-RL) 2:00 Compassion Fatigue for Caregivers Talk (CH-S) 2:00 Bible Study (CAR) 3:00 Time Out Social (FH) 6:30 Wii Bowling (VMP-RL)	8:00 Pool Class (VWC-RL) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:30 Blood Pressure Check (VAR) 10:00 Billiards Group 2 (VSR-RL) 11:00 Let's Walk (VMP) 1:00 Sit & Be Fit (CWC) 1:00 Music & Memory (VAR) 2:00 Non Denominational Communion (CH) 4:00 Indoor Golf Group 2 (CGS) 6:00 Handbell Practice (CH)	8:30 Strength & Balance (VWC) 9:00 Pool Class (CWC-RL) 9:30 Devotion & Exercise w/Linda (VMP) 10:00 Indoor Golf Group 3 (CGS) 11:00 Ladies Mystery Lunch (S) 12:00 Indoor Golf Group 4 (CGS) 1:00 Bible Study (VMP) 1:15 Rosary (CH) 2:00 Indoor Golf Group 5 (CGS) 6:00 Indoor Golf Group 6 (CGS) 6:30 Wii Bowling (VMP-RL)	8:00 Pool Class (VWC-RL) 8:30 Walking at the Mall (GM) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Pickleball (DCC) 1:00 Billiards Group 1 (VSR-RL) 1:00 Ladies Tea (VAR-S) 6:30 Rummikub (CAR) 6:30 Card Club (VSR-RL) 7:00 Card Club (VAR-RL)	10:30 Exercise w/Threse (PCA) 2:00 Sequence (VAR-RL) 7:00 Card Club (VAR-RL)
26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	
1:00 Craft with Sharon (VMP-S) 2:30 Christmas Service (CH) Pastor Eric Lasure 3:30 Five Crowns (VAR-RL)	8:00 Pool Class (VWC-RL) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 9:30 Westmoreland Mall & Red Lobster (S) 10:00 Tai Chi (VMP) 10:30 Catholic Communion Service (CH) 11:00 Brain Aerobics w/Bill (VAR) 1:00 Corn Hole League (VMP) 1:00 Sit & Be Fit (CWC-RL) 2:00 Billiards Group 2 (VSR-RL) 2:15 Choir Practice (CH) 3:15 Chimes Practice (CH) 4:00 Indoor Golf Group 1 (CGS) 7:00 Wii Bowling (CAR-RL)	8:30 Ladies' Breakfast (FH-S) 9:30 Devotion & Exercise w/Linda (VMP) 10:30 Giant Eagle (S) 1:00 Circuit Training (CWC) 1:00 Billiards Group 1 (VSR-RL) 1:00 Brain Games w/Linda (VAR) 1:30 Bowling (814-RL) 2:00 Bible Study (CAR) 2:00 Parkinsons Support Group (CH) 6:30 Wii Bowling (VMP-RL)	8:00 Pool Class (VWC-RL) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:30 Blood Pressure Check (VAR) 10:00 Billiards Group 2 (VSR-RL) 11:00 Let's Walk (VMP) 1:00 Sit & Be Fit (CWC) 1:00 Ladies Tea (CAR-S) 4:00 Indoor Golf Group 2 (CGS) 6:00 Handbell Practice (CH) 7:00 Bingo (VMP-RL)	8:30 Strength & Balance (VWC) 9:00 Pool Class (CWC-RL) 9:30 Devotion & Exercise w/Linda (VMP) 10:00 Indoor Golf Group 3 (CGS) 11:45 Bookmobile (CME) 12:00 Indoor Golf Group 4 (CGS) 1:00 Bible Study (VMP) 1:00 Music & Memory (CAR) 1:15 Rosary (CH) 2:00 Indoor Golf Group 5 (CGS) 6:00 Indoor Golf Group 6 (CGS) 6:30 Wii Bowling (VMP-RL)	8:00 Pool Class (VWC-RL) 8:30 Walking at the Mall (GM) 9:15 Pool Class (VWC-RL) 9:30 Devotion & Exercise w/Threse (VMP) 10:00 Pickleball (DCC) 1:00 Billiards Group 1 (VSR-RL) 1:00 Surprise Craft w/Melissa (CAR-S) 6:30 Rummikub (CAR) 6:30 Card Club (VSR-RL) 7:00 Card Club (VAR-RL)	

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Personal Care Reflections

LECC: April Covall | 814.200.3018 | acovall@lvv1.com

<p>9:30 Verse of the Day - D 10:00 Spiritual Coloring/ Hymns D 11:00 Sunday Sips - L/ A 1:00 Rest in the Lord - RC 2:00 Gather and Go!- A 2:30 Chapel Service (C) 3:30 Circle of Friends- S 6:15 M & G/ Noodle Balloon Ball- D 7:15 Devotions- L 7:30 Refreshments- L</p>	<p>9:30 Moving Monday- S 10:00 Gather & Go!- D 10:30 Mass (C) 11:00 Hydration Station- A 1:00 Calming Sounds- L 2:00 Drum Beats 50's/60's- S 3:00 Socially Speaking L 6:15 M&G/ Kickball - D 7:15 Drinks- L 7:30 Devotions- L</p>	<p>9:30 IN2L - Exercises/ Devotions & Trivia -L 10: 30 Wet the Whistle- A 11:00 Let's Walk 1:1 1:00 Music with Bond Turner (C) 2:30 Tic Tac Toe Trivia- S 3:00 Pokeno (1:1) 6:15 Primp & Pamper Od 7:15 Devotions- L 7:30 Refreshments- L</p>	<p>HAPPY NEW YEAR 1 9:30 Exercises/ Devotions-S 10:00 Drinks And Thinks- A 11:00 Rose Parade on TV 1:00 Relax- RC 2:00 Coloring Club -D 5:00 Rose Bowl/ 1:1's 6:30 Resolutions- A to Z- D HAPPY NEW YEAR 2025</p>	<p>9:30 Twist and Shout- D 10:00 Our Daily Bread - D 10:30 Matching Games- D 11:00 Thirsty Thursday- A 1:00 Meditative Moment- RC 2:00 Tabletop Tennis (D) 3:00 Busy Bees - Sorting- D 6:15 M & G/ Target Golf- S 7:15 Devotions- L 7:30 Refreshments- L</p>	<p>9:30 Friday Frolicking- S 10:00 Mornings With Jesus- S 10:30 Walking Club (OU) 11:00 Sipping Socially- A 1:00 Relax- RC 2:00 What's In The Bag?- S 3:00 Quoi Si- D 6:15 M&G/ Noodle Hockey-D 7:15 devotional- L 7:30 Refreshments- A</p>	<p>9:30 Saturday Stretch- S 10:00 Our Daily Bread- S 10:30 January Spelling Bee 11:00 Thirst Quenchers- A 1:00 Meditation- RC 2:00 BINGO- D 3:00 Let's Walk (1:1) 6:15 M&G/ Pictionary- D 7:15 Devotions- L 7:30 Refreshments- L</p>
<p>9:30 Verse of the Day - D 10:00 Spiritual Coloring/ Hymns D 11:00 Sunday Sips - L/ A 1:00 Rest in the Lord - RC 2:00 Gather and Go!- A 2:30 Chapel Service (C) 3:30 Circle of Friends- S 6:15 M & G/ Noodle Balloon Ball- D 7:15 Devotions- L 7:30 Refreshments- L</p>	<p>9:30 Moving Monday- S 10:00 Gather & Go!- D 10:30 Mass (C) 11:00 Hydration Station- A 1:00 Calming Sounds- L 2:00 Drum Beats 50's/60's- S 3:00 Socially Speaking L 6:15 M&G/ Kickball - D 7:15 Drinks- L 7:30 Devotions- L</p>	<p>9:30 IN2L - Exercises/ Devotions & Trivia -L 10: 30 Wet the Whistle- A 11:00 Let's Walk 1:1 1:00 Music with Bond Turner (C) 2:30 Tic Tac Toe Trivia- S 3:00 Pokeno (1:1) 6:15 Primp & Pamper Od 7:15 Devotions- L 7:30 Refreshments- L</p>	<p>9:45 Bible Study with Pastor Eric -S 10:30 Exercises - S 11:00 Hymns in Living Room 1:00 Relax - RC 2:00 Kitchen Kappers - Personal Pizza - K 3:00 Cleanup & Convo - K 6:15 M&G/Balloon Badminton_ S 7:15 Drinks- L 7:30 Devotions- L</p>	<p>9:30 Twist and Shout 10:00 Our Daily Bread 10:30 Trivia Treasurer - D 11:00 Thirsty Thursday- A 1:00 Meditative Moment 2:00 Winter Warm Up Hot Cocoa and Tea Bar - Provided by Conemaugh Home Health Leah Kreinbrook (A) 3:00 Busy Bees - Stacking- D 6:15 M & G/ Kinects Bowling- L 7:15 Devotions- L 7:30 Refreshments- L</p>	<p>9:30 Friday Frolicking- S 10:00 Mornings With Jesus- S 10:30 Walking Club- OU 11:00 Sipping Socially- L 1:00 1:00 Music with John Larimar (C) 2:00 Name 3 Things- D 3:00 Caption That Picture- D 6:15 M&G/ Table Top Cornhole- D 7:15 devotional - L 7:30 Refreshments- L</p>	<p>9:30 Saturday Stretch- S 10:00 Our Daily Bread- S 10:30 Mental Floss- S 11:00 Thirst Quenchers- A 1:00 Meditation- RC 2:00 Bowling Dice- D 3:00 Let's Walk (1:1) 6:15 M&G/Music with Betty- S 7:15 Devotions - L 7:30 Refreshments- L</p>
<p>9:30 Verse of the Day - D 10:00 Spiritual Coloring/ Hymns - D 11:00 Sunday Sips- L/ A 1:00 Rest in the Lord - RC 2:00 Gather and Go!- D 2:30 Chapel Service (C) 3:30 Circle of Friends =S 6:15 M&G Snow Crafts- D 7:15 Devotions - L 7:30 Refreshments- L</p>	<p>9:30 Moving Monday- S 10:00 Gather & Go!- D 10:30 Catholic Communion (C) 11:00 Hydration Station- A 1:00 Calming Sounds- L 2:00 Choir Practice -C 3:00 Socially Speaking- L 6:15 M&G/Ring Toss and Reminisce- S 7:15 Drinks - L 7:30 Devotions- L</p>	<p>9:30 IN2L - Exercises/ Devotions & Trivia - L 10: 30 Wet the Whistle- A 11:00 Let's Walk 1:1 1:00 Quiet Pause - L 2:00 Mad Hatters Tea Party- D 3:00 Word Search Together- D 6:15 M & G/ Penny Ante- D 7:15 Devotions- L 7:30 Refreshments- L</p>	<p>9:15 Music With April - S 9:45 Bible Study with Pastor Eric - S 10:30 Exercises -S 11:00 Hymns - L 1:00 Relax- RC 2:00 Music with Ed Cominsky (C) 3:00 Heart & Hand Visits 6:15 M&G/Balloon Volleyball - S 7:15 Drinks- L 7:30 Devotions- L</p>	<p>9:30 Twist and Shout- D 10:00 Our Daily Bread- D 10:30 Read and Write - D 11:00 Thirsty Thursday 1:00 Meditative Moment- RC 2:00 Monthly Birthday Party (HC) 3:00 Busy Bees - folding _D 6:15 M & G/ Tray Pong - D 7:15 Devotions 7:30 Refreshments</p>	<p>9:30 Friday Frolicking- S 10:00 Mornings With Jesus- S 10:30 Opposites Game -S 11:00 Sipping Socially- A 1:00 relax - RC 2:00 Reading Roundtable- D 3:00 January Ponderings - D 6:15 M&G/ Ski Ball _D 7:15 devotional- L 7:30 Refreshments _L</p>	<p>9:30 Saturday Stretch- S 10:00 Our Daily Bread- S 10:30 Snow Ball Games- S 11:00 Thirst Quenchers- A 1:00 Meditation- RC 2:00 Bird Bingo- D 3:00 Let's Walk (1:1) 6:15 M&G/ Charades- S 7:15 Devotions- L 7:30 Refreshments- L</p>
<p>9:30 Verse of the Day- D 10:00 Spiritual Coloring/ Hymns - D 11:00 Sunday Sips- L 1:00 Rest in the Lord - RC 2:00 Gather and Go!- D 2:30 Chapel Service (C) 3:30 Circle of Friends- S 6:15 M & G Sing a Long - L 7:15 Devotions 7:30 Refreshments Activity Professionals Week</p>	<p>9:30 Moving Monday- S 10:00 Gather & Go!- D 10:30 Mass (C) 11:00 Hydration Station-A 1:00 Calming Sounds- L 2:00 Choir Practice- C 3:00 Socially Speaking- S 6:15 Bake a Cake or Cupcakes (K) 7:15 Drinks -L 7:30 Devotions- L Martin Luther King Jr. Day</p>	<p>9:30 IN2L - Exercises/ Devotions & Trivia -L 10: 30 Wet the Whistle- A 11:00 Let's Walk 1:1 1:00 Quiet Pause- L 2:00 Travel to Antarctica (C) 3:00 Junk Drawer Detective- D 6:15 Primp & Pamper - D 7:15 Devotions- L 7:30 Refreshments- L Happy Birthday Betty</p>	<p>9:45 Bible Study with Pastor Eric -S 10:30 Exercises - S 11:00 Hymns in Living Room 1:00 Relax- RC 2:00 Non Denom- Communion in Chapel 3:00 Heart & Hand Visits 4:30 Winter Wonderland Ball in PC Dining Room 6:15 Devotion 6:30 Movie Night.- L</p>	<p>9:30 Twist and Shout- D 10:00 Our Daily Bread- D 10:30 Sing- a - Long - L 11:00 Thirsty Thursday- A 1:00 Meditative Moment 2:00 Polka And Polka Dots (O/U) 3:00 Busy Bees - Collages- D 6:15 M & G/ Snow Ball Cornhole- D 7:15 Devotions L 7:30 Refreshments L</p>	<p>9:30 Friday Frolicking- S 10:00 Mornings With Jesus- S 10:30 Walking Club_ OU 11:00 Sipping Socially- A 1:00 relax _ RC 2:00 Men's Gathering (C) 2:00 Movie Matinee' _D 3:00 Reminiscing - D 6:15 M&G/Left Center Right- D 7:15 Devotional - L 7:30 Refreshments- L</p>	<p>9:30 Saturday Stretch- D 10:00 Our Daily Bread- D 10:30 Welcome Cards- D 11:00 Thirst Quenchers- A 1:00 Meditation- RC 2:00 Bocce Ball - D 3:00 Let's Walk (1:1) 6:15 M&G/ Table Talk - D 7:15 Devotions- L 7:30 Refreshments- L</p>
<p>9:30 Verse of the Day - D 10:00 Spiritual Coloring/ - D 11:00 Sunday Sips- A 1:00 Rest in the Lord- RC 2:00 Gather and Go!- D 2:30 Chapel Service (C) 3:30 Circle of Friends- S 6:15 M & G Sunday Night Showtime 7:30 Refreshment Australia Day (Observed)</p>	<p>9:30 Moving Monday S 10:00 Gather & Go!- D 10:30 Catholic Communion (C) 11:00 Hydration Station- S 1:00 Calming Sounds- D 2:00 Choir Practice - D 3:00 Socially Speaking 6:15 M&G/ Making Snowflakes 7:15 Drinks 7:30 Devotions</p>	<p>9:30 IN2L - Exercises/ Devotions & Trivia -L 10: 30 Wet the Whistle- A 11:00 Let's Walk 1:1 1:00 Quiet Pause- L 2:00 Snowman Games (OU) 3:00 Lacing- S 6:15 M&G/ Reminisce- Fun in the Snow- S 7:15 Devotions- L 7:30 Refreshments- L</p>	<p>9:45 Bible Study with Pastor Eric -S 10:30 Exercises - S 11:00 Hymns in Living Room 1:00 Relax- RC 2:00 Kitchen Kapers- Bread Baking / Making Butter- K 3:00 Clean up And Convo- K 6:15 M&G/ Bocce Ball - D 7:15 Drinks- L 7:30 Devotions- L Chinese New Year</p>	<p>9:30 Twist and Shout- D 10:00 Our Daily Bread- D 10:30 Candy Landy - D 11:00 Thirsty Thursday- L 1:15 Rosary (C) 2:00 Soup'er Bowl - Come Taste Test Soups and vote for your Favorite (VMP) 3:00 Busy Bees - Sorting- D 6:15 M & G/ Stories/ Jokes - S 7:15 Devotions- L 7:30 Refreshments- L</p>	<p>9:30 Friday Frolicking- S 10:00 Mornings With Jesus.. S 10:30 Walking Club- OU 11:00 Sipping Socially- A 1:00 relax - L 2:00 White Board Games_ D 3:00 Yhatzee - D 6:15 M&G/ Sit Down Soccer (D) 7:15 devotional- L 7:30 Refreshments- L</p>	<p><u>Activities, Times and Locations Subject to Change per residents needs</u></p>

Codes: D= Dining Room A= All Areas/All Staff CH= Chapel S= Sitting Room L= Living Room OU= Off Unit M & G= Move and Groove K= Kitchen RC= Resident's Choice C= Chapel Additional Activities include Life Skills, One to one Visits with music, socialization, sensory, & Drinks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Personal Care Life Enrichment  <h1>January 2025</h1> <p>Activities, Times, Location are subject to change per needs of the residents</p>			9:30 Bocce Ball (D) 1 10:30 Bible Study (A) 1:00 Reverse Coloring Club (A) 2:30 Cooking Creations- Graham Cracker Polar Bears! (A) 3:00 A La Cart Visits 6:30 Independent Activities of Choice New Year's Day	10:30 Stretches (A) 2 11:00 Devotions (A) 11:10 Chicken Noodle Soup for The Soul (A) 1:15 Rosary (C) 2:00 Slow Down and Play Jenga Day! (A) 6:30 Wii Bowling (VMP)	10:30 Exercises, Devotions, Trivia- A 3 1:00 Walking Club (INDEPENDENT) 2:00 The Ice Cream Quest- Puzzles, Fun and Of Course Ice Cream (HC) 3:00 One to one Visits 6:30 Friday Film - Funny Girl (A) Cold Treats Day	Open Activity Room 4 1:00 Bingo Set Up(A) 2:00 Bingo (A) 3:00 Clean up and Convo (1:1) 4:00 Activity A La Carte (1:1) 6:30 LCR (A)
OPEN ACTIVITY ROOM 5 2:30 Chapel Service- With Pastor Brad Griesheimer, Walnut Grove Church of the Brethren 3:30 One to Ones 6:30 2025 Vision Boards (A)	6 9:30 Motivation Monday (A) 10:00 Thai Chi (VMP) 10:30 Catholic Mass (C) 1:00 Family Feud (A) 2:00 BINGO (A) 3:30 Clean up and Convo 6:30 Bingo with PAM	7 9:30 Chronicles (A) 10:30 Exercises (A) 10:50 Devotions (A) 1:00 Music with Bond Turner (C) 2:30 Travel Tuesday- Oxford, England (A) 3:00 Puzzle TOGETHER (A) 6:30 Wii Bowling (VMP)	8 9:30 Bocce Ball (D) 10:30 Bible Study (A) 1:00 Napkin Flower Folding (A) 2:30 Ladies Tea (A) 3:30 - Activity Council Meeting in Personal Care Activity Area - All Are Welcome (A) 3:00 A La Cart Visits 6:30 Open Activity Room	9 10:30 Stretches & Devotions (A) 11:10 Chicken Noodle Soup for the Soul (A) 1:00 Parkinsons Support Boxing (\$/VMP) Cost \$10.00 1:15 Rosary (C) 2:00 Winter Warm Up Hot Cocoa and Tea Bar- Provided by Conemaugh Home Health Leah Kreinbrook (A) 6:30 Table Talks with Pam (A) Boxing Month	10 10:30 Exercises, Devotions, Trivia- 1:00 Music with John Larimar (C) 2:00 Cornhole (A) 3:00 One to one Visits 6:15 Friday Night Film- April in Paris (A) HAPPY BIRTHDAY LOUISE	11 10:30 Exercises and Devotions with Threse Baywood (A) 1:00 Bocce Set Up(D) 2:00 Bocce ball (D) 3:00 Clean up and Convo 4:00 Activity A La Carte (1:1) 6:30 UNO (A)
OPEN ACTIVITY ROOM 12 2:30 Chapel Service- With Vicar Penny Koontz, Good Shepherd Lutheran 3:30 One to Ones 6:30 Relaxing Paint by Numbers (A)	13 9:30 Monday Motivation (A) 10:00 Thai Chi (MP) 10:30 Catholic Service (C) 1:00 IN2L Fun (A) 2:00 BINGO (A) 2:30 Choir Practice (C) 3:00 Food Committee (A) 3:30 Clean up and Convo 3:30 Chime Choir (C)	14 9:30 Chronicles (A) 10:30 Exercises (A) 10:50 Devotions (A) 2:00 Dollar General (SU/ \$) 3:00 Old Fashioned Hymn Sing (C) 3:00 Puzzle TOGETHER (A) 5:00 Loss of A Loves On Support Group (C) 6:30 Wii Bowling (VMP) Poem in your Pocket Day	15 9:30 Bocce Ball (D) 10:30 Bible Study (A) 1:00 Music with Ed Cominsky (C) 2:30 Cooking Creations- Rose's Homeade Fudge! (A) 3:00 A La Cart Visits 6:30 Bingo (A)	16 10:30 Stretches (A) 11:00 Devotions (A) 11:10 Chicken Noodle Soup For The Soul (A) 1:15 Rosary (C) 2:00 Do you Want to Build a Snowman? - Create your own Snowman for our Snowman Contest. (A) 6:30 Wii Bowling (VMP)	17 10:30 Exercises, Devotions, Trivia (A) 1:00 Walking Club (INDEPENDENT) 1:00 Men's Gathering- Snow Ball Target Game (C) 3:00 One to one Visits 6:15 Friday Night Film- Fireproof (A)	18 10:30 Exercises and Devotions with Threse Baywood (A) 1:00 Bingo Set Up(A) 2:00 Bingo (A) 3:00 Clean up and Convo 4:00 Activity A La Carte (1:1) 6:30 Scattergories (A)
OPEN ACTIVITY ROOM 19 2:30 Chapel Service- With Pastor Bernie Fuska, 1st United Methodist 3:30 One to Ones 6:30 Paper Quilting (A) Activity Professionals Week	20 9:45 Resident Council (D) 10:00 Thai Chi (MP) 10:30 Catholic Mass (C) 1:00 A La Carte Visits 2:00 Bingo (A) 2:30 Choir Practice (CH) 3:30 Clean up and Convo 3:30 Chime Choir(C) 6:30 Coloring and Conversation with Pam (A) Martin Luther King Jr. Day	21 8:00 Men's Breakfast (A) 9:30 Chronicles (A) 10:30 Exercises (A) 10:50 Devotions (A) 1:00 Meditation with April (A) 2:00 Travel Tuesday- Going to Antarctica. (C) 3:00 Puzzle TOGETHER (A) 6:30 Wii Bowling (VMP)	22 9:30 Bocce Ball (D) 10:30 Bible Study (A) 1:00 Wii Bowling (A) 2:00 Non-Denominational Communion Service with Pastor Eric and April (CH) 3:00 Hor' Devours/ Music (A)- FT 4:30 Winter Wonderland Celebration	23 10:30 Stretches 11:00 Devotions 11:10 Chicken Noodle Soup For The Soul (A) 1:15 Rosary (C) 2:00 Polka' and Polka Dots Day with April and Kaylee 3:00 Socially Speaking 6:30 Bingo With Pam (A) Polka Month Celebration - Wear your Polka Dots	24 10:30 Exercises, Devotions, Trivia- A 1:00 Walking Club (INDEPENDENT) 2:00 Trivia Fun and Games! (A) 2:00 Men's Gathering (C) 3:00 One to one Visits 6:15 Friday Night Film- A Dog's Journey (A) Trivia Month Celebration	25 10:30 Exercises and Devotions with Threse Baywood (A) 1:00 Bocce Set Up(D) 2:00 Bocce ball (D) 3:00 Clean up and Convo 4:00 Activity A La Carte (1:1) 6:30 First to 25 Game (A)
OPEN ACTIVITY ROOM 26 2:30 Chapel Service- With Pastor Eric 3:30 One to Ones 6:30 Doodling Fun! (A) Australia Day (Observed)	27 9:30 Motivation Monday (A) 10:00 Thai Chi (MP) 10:30 Catholic Mass (C) 1:00 IN2L Fun (A) 2:00 BINGO (A) 2:30 Choir Practice (C) 3:30 Clean up and Convo 3:30 Chime Choir(C) 6:30 Let's Talk with Pam (A)	28 9:30 Chronicles (A) 10:30 Exercises (A) 10:50 Devotions (A) 2:00 Winter Snowman Games (A) 3:00 Puzzle TOGETHER (A) 6:30 Wii Bowling (VMP) Happy Birthday Tess	29 9:30 Bocce Ball (D) 10:30 Bible Study (A) 1:00 Wii Bowling (A) 2:00 Baking Homemade Bread for our Souper Bowl Event. (A/ REF/ HC) 3:00 A La Cart Visits 6:30 Bingo with Pam (A) Chinese New Year (Year of the Snake)	30 10:30 Stretches 11:00 Devotions 11:10 Chicken Noodle Soup Soul (A) 1:15 Rosary (C) 2:00 Souper Bowl - Come Taste Test Soups and vote for your Favorite V 3:00 Cranium Crunches (A)- Rhombus Puzzles Together 6:30 Wii Bowling (VMP) Soups for the Soul Month Happy Birthday Jean Griffith	31 10:30 Exercises, Devotions, Trivia- A 11:00 ROMEO/ROLEO CLUB- Eating Out at Chillis (SU/\$) 1:00 Walking Club (INDEPENDENT) 3:00 One to one Visits 6:15 Friday Night Film- Abominable (A)	Key Codes Can be Found by the large Calendars for Locations Featured One to one this month - Snowflake Making