




January 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|----------------|------------------------|
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | MEETING PLACES | DIMENSIONS OF WELLNESS |






ST. ANN'S COMMUNITY IS AN EQUAL OPPORTUNITY PROVIDER.



7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Bowling, *HC*
10:00am Curbside Market, *GR O*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Community Meeting, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack,
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Community Meeting,
11:00am Music with Attila, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Say What?, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Creative Crafts, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Bingo, *HC*
2:30pm PM Snack, *HC*



Please Note:
Consult activity board for changes to daily activities.


7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Trip: Savers, *GR O*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Word Games, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am De-Decorating, *HC*
10:30am Ecumenical Worship Service, *SA*
11:00am Music with Attila, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Bingo, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Curbside Market, *GR O*
10:00am Shuffleboard, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Card Games, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack,
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Snowman Craft 1, *HC*
11:00am Music with Attila, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Snowman Craft 2, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
9:30am Communion Service, *SA*
10:00am Table Games, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Nurses Notes, *HC*
2:30pm PM Snack, *HC*




7:00am Coffee & News / AM snack,
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Trivia, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Family Feud, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Morning Prayer, *HC*
10:00am UNO, *HC*
11:00am Music with Attila, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Smart Bites with Suellen,
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Wii Games, *HC*
10:00am Curbside Market, *GR O HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
1:30pm Exercise/ Fitness, *HC*
2:00pm Participant's Choice, *HC*
2:00pm Prayer Group w/ Sister Mary Ann
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Trip: Dollar Tree, *GR O*
11:00am Music with Attila, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Bingo, *HC*
2:30pm PM Snack, *HC*




7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Creative Crafts, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Morning Prayer, *HC*
10:00am Outburst, *HC*
11:00am Music with Attila, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Creative Crafts, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Curbside Market, *GR O*
10:00am Sensory Visits, *HC*
12:00pm Lunch, *HC*
1:00pm Afternoon Movie, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Trip: Wegmans, *GR O HC*
11:00am Music with Attila, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Social Work Notes, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack,
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
9:30am Communion Service, *SA C*
10:00am Pampering, *HC*
10:00am Scattergories, *HC*
10:15am Pampering, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Bingo, *HC*
2:30pm PM Snack, *HC*




7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Trip: At Home Store, *GR*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Birthday Party, *HC*
2:00pm How it's Made, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Morning Prayer, *HC*
10:00am Participant's Choice, *HC*
11:00am Music with Attila, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Card Games, *HC*
2:30pm PM Snack, *HC*

7:00am Coffee & News / AM snack, *HC*
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Curbside Market, *GR O*
10:00am Deal or No Deal, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Special Bingo, *HC*
2:30pm PM Snack, *HC*











7:00am Coffee & News / AM snack,
8:30am 1:1 / group projects, *HC*
9:00am Current Events, *HC*
10:00am Creative Coasters 1,
11:00am Music with Attila, *HC*
12:00pm Lunch, *HC*
1:30pm Exercise, *HC*
2:00pm Creative Coasters 2, *HC*
2:30pm PM Snack, *HC*

MEETING PLACES
HC - *HC* Home Connection
SA C - *SA* Chapel
GR O HC - *GR* Outside *HC*
HC QR - *HC* Quiet Room



Stay Cozy this season!

DIMENSIONS OF WELLNESS

| | |
|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
|  Physical |  Emotional |
|  Spiritual |  Environmental |
|  Vocational |  Social |
|  Intellectual |  Health Services |
|  Nutritional |  Purposeful |

