

# Josephine Memory Care JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 Morning Inspiration 10:30 Sing a long 11:00 Sittercise 12:30 Pit card game 1:00 Hydration Station 2:00 Celebrate life boxes 3:00 BINGO
2 10:00 Morning Inspiration 10:30 Sing a long 11:00 Chapel Visit 12:30 Walking Club 1:00 Hydration Station 2:00 Basketball 3:00 Bingo	3 10:00 sittercise 11:00 Sing a long 12:30 Walking Club 1:00 Hydration Station 2:00 Bowling 3:15 Balloon Badminton 5:30 Trivia	4 10:00 Sing a long 11:00 sittercise 12:30 Noodle Ball 2:00 hydration station 3:00 Cross Words 5:30 Trivia 6:00 Bingo	5 10:00 Morning Inspiration 10:30 Sittercise with Ron 11:00 sing a long 12:30 Nails 1:00 Hydration Station 1:30 Poem reading 3:15 Color Craze 5:30 Resident choice	6 10:00 Sing a long 10:30 Sittercise 1:00 Lets get moving/ hydration station 2:00 Noodle Ball 3:15 Cross Word 5:30 Chit Chat	7 10:00 Sing a long 10:30 Sittercise 12:30 Walking Club 1:00 Hydration Station 2:00 Crafts 3:15 Joggin your noggin 5:30 Celebrate life box	8 10:00 Morning Inspiration 10:30 Sing a long 11:00 Sittercise 12:30 Pit card game 1:00 Hydration Station 2:00 Trivia 3:00 BINGO
9 10:00 Morning Inspiration 10:30 Sing a long 11:00 Chapel Visit 12:30 Walking Club 1:00 Hydration Station 2:00 Basketball 3:00 Jenga	10 10:00 Michelle on guitar 11:00 Sing a long 12:30 Walking Club 1:00 Hydration Station 2:00 Bowling 3:15 Balloon Badminton 5:30 Trivia	11 10:00 Sing a long 11:00 sittercise 12:30 noodle Ball 2:00 Nails 3:00 Color Craze Hydration Station 5:30 Ball Toss 6:00 Bingo	12 10:00 Morning Inspiration 10:30 Sittercise with Ron 11:00 sing a long 12:45 Trivia 1:30 Nails 2:00 Poem Reading 3:15 Color Craze 5:30 Resident choice	13 10:00 Sing a long 10:30 Sittercise 12:30 Walking Club 1:30 Hydration Station 2:00 Noodle Ball 3:15 bingo 5:30 Reminisce with Books	14 10:00 Sing a long 10:30 Sittercise 12:30 Walking Club 2:00 Cooking 3:15 States and Capitols 5:30 Celebrate Life box 6:00 Bingo	15 10:00 Morning Inspiration 10:30 Sing a long 11:00 Sittercise 12:30 Bowling 1:00 Hydration Station 2:00 Poem Reading 3:00 BINGO
16 10:00 Morning Inspiration 10:30 Sing a long 11:00 Chapel Visit 12:30 Walking Club 1:00 Hydration Station 2:00 basketball 3:00 Bingo	17 10:00 Sittercise 11:00 Sing a long 12:30 Walking Club 1:00 Hydration Station 2:00 Bowling 3:15 Balloon Badminton 5:30 Trivia	18 10:00 Sing a long 11:00 Sittercise 1:00 Noodle Ball 2:00 hydration station 3:00 Color Craze 5:30 Trivia 6:00 Bingo	19 10:00 Morning Inspiration 10:30 Sittercise with Ron 11:00 Sing a long 12:30 Trivia 1:00 Hydration Station 1:30 Nails 3:15 Color Craze 5:30 Resident choice	20 10:00 Sing a long 10:30 Sittercise 1:00 Walking club 1:30 Hydration Station 2:00 Color Craze 3:15 Lets talk 5:30 Poem reading	21 10:00 Sing a long 10:30 Sittercise 12:30 Walking Club 1:00 Hydration Station 2:00 Crafts 3:15 Joggin your noggin 5:30 celebrate life box	22 10:00 Morning Inspiration 10:30 Sing a long 11:00 Sittercise 12:30 Pit card game 1:00 Hydration Station 2:00 States and Capitols 3:00 BINGO
23 10:00 Morning Inspiration 10:30 Sing a long 11:00 Chapel Visit 12:30 Walking Club 1:30 Basketball 3:00 Jenga	24 10:00 Michelle on guitar 11:00 Sittercise 12:30 Walking Club 1:00 Hydration Station 2:00 Bowling 3:15 Balloon Badminton 5:30 trivia	25 10:00 sing a long 11:00 Sittercise 1:00 Ball Toss 2:00 Nails 3:00 Color Craze 5:30 Ball Toss 6:00 Bingo	27 10:00 Morning Inspiration 10:30 Sittercise with Ron 11:00 Sing a long 12:30 Nails 1:30 Hydration Station 1:30 Poem Reading 3:15 Color Craze 5:30 Residents choice	27 10:00 Sing a long 10:30 Sittercise 1:00 Walking club 1:30 Hydration Station 2:00 Noodle Ball 3:15 Bingo 5:30 Reminisce with Books	28 10:00 Sing a long 10:30 Sittercise 12:30 Walking Club 1:00 Hydration Station 2:00 Cooking 3:15 Joggin your noggin 5:30 celebrate life box	29 10:00 Morning Inspiration 10:30 Sing a long 11:00 Sittercise 12:30 Pit card game 1:00 Hydration Station 2:00 States and Capitols 3:00 BINGO
30 10:00 Morning Inspiration 10:30 Sing a long 11:00 Chapel Visit 12:30 Walking Club 1:30 Basketball 3:00 Jenga	31 10:00 Michelle on guitar 11:00 Sittercise 12:30 Walking Club 1:00 Hydration Station 2:00 Bowling 3:15 Balloon Badminton 5:30 Poems					