

Dec

January 2024

The Daily Wellness Path.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

New Year's Eve 31
Morning
9:30 Canvas Church
service & Cookies
Trivia Puzzles &
Crosswords
Snack & Hydration

Afternoon
3:00 Church Service
with Pastor Al

DIMENSIONS OF WELLNESS

- PHYSICAL
- EMOTIONAL
- INTELLECTUAL
- SOCIAL

New Year's Day 1

Morning

Wake Up

Sensory TV Rose Parade

Daily Devotion&

Table Top Sensory

Memory Jogging

New Year's Words

Making Chex Party Mix

Snack & Hydration

Afternoon
Scarf Motions
New Year's Fill in
New Year's Bingo
Champagne
Appetizers and Year
in review
3:45 New Year's
2024 Countdown in
Family Room

Morning **2**

Wake Up

Sensory TV Birds

Daily Bulletin

Daily Devotion

Table Top Sensory

Memory Jogging

Conversation Ball

11:15 Yoga with
Ashely

11:30 1-1 Catholic
Visits

Afternoon
Afternoon Stretching
Happy Birthday Big
Apple
Manhattans & New
York Cheesecake
Name that Classic
TV show
TV Show Bingo

Morning 3

Wake Up

Sensory TV Bird

Cam's

Table Top Sensory

Pine cones for birds

Daily Bulletin

Baking Club Milk

Cake

11:00 Music Therapy

with Kristin

Snack & Hydration

Bodies in Motion

Afternoon

1:45 Fitness with Todd

2:30 Bible Study with Pastor Al

Popcorn & Fairy Tale Book Club


Little Red Riding Hood

Morning	4
Wake Up	
Daily Bulletin &	
Devotion	
Sensory TV Animals	
Table Top Sensory	
10:00 Kid Kare	
Snowman	
Luminaries	
Memory Jogging	
What Happened Last	
Bodies in Motion	

Afternoon
1:30 Manicures
Independent
Projects
Movie Matinee Alice
IN wonderland

Morning	5
Donut Day	
Wake Up	
Sensory TV Kids say	
the funniest things	
Table Top Sensory	
Daily Devotion	
Memory Jogging Tea	
Party Detective	
Donuts and	
Hydration	
Bodies in Motions	

12:00 Pizza Lunch



Afternoon
Yoga Stretching
Hot Cocoa & This is my Story

Morning	6
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Gordon Taylor's Birthday

Afternoon Saturday Stretches

Movie Matinee

Date	Time	Location	Weather	Wind	Temp	Humidity	Pressure	Remarks


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Our Daily Wellness Path.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>Morning7</div><div>9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords</div></div> <div><div>Afternoon</div><div>3:00 Church Service & Communion with Pastor Al</div><div>DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL</div></div>	<div><div>Morning8</div><div>Wake Up Daily Devotion& Sensory TV Babies Table Top Sensory Memory Jogging 11:00 Music therapy with Kristin Snack & Hydration</div></div> <div><div>Afternoon</div><div>1:30 Kaz-Uke-Eeez 2:00 Deer Hunting with the staff Fresh Flower Arranging Flower Painting Scarf Motions</div></div>	<div><div>Morning9</div><div>Wake Up Sensory TV Polar Plunges Table Top Sensory Daily Bulletin Daily Devotion Memory Jogging Conversation Ball 11:15 Yoga with Ashely 11:30 1-1 Catholic Visits</div></div> <div><div>Afternoon</div><div>Afternoon Stretching Bingo Polar Bear Social</div></div>	<div><div>Morning10</div><div>Wake Up Sensory TV Figure skating Table Top Sensory Daily Bulletin Baking Club Dolly Brownies 10:00 Growing Roots Learning Daycare Snowmen Bodies in Motion Oldies Singalong Snack & Hydration</div></div> <div><div>Afternoon</div><div>1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Lava Lamp Magic Popcorn & Fairy Tale Book Club Jack and the Beanstock 5:00 Movie Matinee</div></div>	<div><div>Morning11</div><div>Wake Up Sensory TV Snow Table Top Sensory Daily Bulletin & Devotion Edible Art Snack Memory Jogging Hidden in plain sight</div></div> <div><div>Afternoon</div><div>1:30 Manicures Independent Projects Movie Matinee Planet Earth</div></div>	<div><div>Morning12</div><div>Donut Day Wake Up Sensory TV Lucy Show Table Top Sensory Daily Devotion Memory Jogging True or False Donuts and Hydration</div></div> <div><div>Afternoon</div><div>Afternoon Stretching Hot Cocoa & This is my Story</div></div>	<div><div>Morning13</div><div></div></div> <div><div>Afternoon</div><div>Saturday Stretches Movie Matinee</div></div>


January 2024

Our Daily Wellness Path.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 14 9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Afternoon 3:00 Church Service with Pastor Al DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL	Martin Luther King Day 15 Morning Wake Up Sensory TV Farm Animals Table Top Sensory Daily Devotion& Memory Jogging 11:00 Music therapy with Kristin Snack & Hydration Afternoon Scarf Motions Martin Luther King Remembering Name That Folks Song	Morning 16 Wake Up Sensory TV Elvis Aloha from Hawaii Table Top Sensory Beaches Daily Bulletin Daily Devotion Memory Jogging Conversation Ball 11:15 Yoga with Ashely 11:30 1-1 Catholic Visits Afternoon Afternoon Stretching Marble Painting Bingo Fairy Tale Book Club Rapunzel	Morning 17 Wake Up Sensory TV Fashion Table Top Sensory Motion animals Daily Bulletin Baking Club Dolly Muffins Bodies in Motion Bingo Oldies Singalong Snack & Hydration Bodies in Motion Parachute Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Hot Cocoa & This is my Story	Morning 18 Wake Up Sensory TV Table Top Sensory Theme Boxes Daily Bulletin & Devotion 11:15 Singalong with Pastor Al Bodies in Motions Memory Jogging Paint and Sip Detective Bodies in Motion Table Balloon Afternoon 1:30 Creston Crooners 2:30 Manicures Independent Projects Movie Matinee Planet Ocean	Morning 19 Donut Day Wake Up Sensory TV Penguins Table Top Sensory Daily Devotion Memory Jogging Penguins Donuts and Hydration Bodies in Motions  Afternoon Yoga Stretching Hand and Back Massage My Fair Lady & Tea and Cookies Social Wear your best tea time hat as we watch this	Morning 20 Coffee Tasting with Creamers Afternoon Saturday Stretches Movie Matinee

January 2024

Our Daily Wellness Path.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>Morning21</div><div>9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords</div><div>Afternoon</div><div>3:00 Church Service with Pastor Al</div><div>DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL</div></div>	<div><div>Morning22</div><div>Wake Up Sensory TV Polka Table Top Sensory Daily Devotion& Memory Jogging 11:00 Music therapy with Kristin Snack & Hydration</div><div>Bodies in Motion Hover soccer</div><div>Afternoon</div><div>Scarf Motions Make a Snow man Guess theses Iconic songs</div></div>	<div><div>Pie Day23</div><div>Morning Wake Up Sensory TV Brenda Lee Table Top Sensory Daily Bulletin Daily Devotion Memory Jogging Conversation Ball 11:15 Yoga with Ashely 11:30 1-1 Catholic Visits Bodies in Motion Ball Bounce</div><div>Afternoon</div><div>Afternoon Stretching Educational Talks Herbal Tea Ceramic Painting</div></div>	<div><div>Morning24</div><div>Wake Up Sensory TV Comedy Table Top Sensory Daily Bulletin Baking Club Cooking with Dolly Coconut cake Bingo Oldies Singalong Snack & Hydration</div><div>Bodies in Motion Snowball Throwing</div><div>Afternoon</div><div>1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Popcorn & Fairy Tale Book Club Beauty and the Beast</div></div>	<div><div>Morning25</div><div>Wake Up Sensory TV Dolly Parton Table Top Sensory Daily Bulletin & Devotion Memory Jogging Dolly Slideshow</div><div>Bodies in Motion Corn hole</div><div>Afternoon</div><div>1:30 Manicures Independent Projects Movie Matinee Phantom of the Opera Hot Cocoa & This is my Story</div></div>	<div><div>Morning26</div><div>Donut Day Wake Up Sensory TV Jungles & Animals Table Top Sensory Jungle animals Daily Devotion Memory Jogging Robert Burns Quote Donuts and Hydration</div><div>Bodies in Motions Volleyball</div><div></div><div>Afternoon Yoga Stretching Chip dips Cheese & Cracker Social Tarzan of the Apes Fun</div></div>	<div><div>Morning27</div><div>Afternoon</div><div>Saturday Stretches Movie Matinee</div></div>

January 2024				February 2024		
Our Daily Wellness Path.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>Morning28</div><div>9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords</div></div> <div><div>Afternoon</div><div>3:00 Church Service with Pastor Al</div></div> <div><div>DIMENSIONS OF WELLNESS</div><div>PHYSICAL</div><div>EMOTIONAL</div><div>INTELLECTUAL</div><div>SOCIAL</div></div>	<div><div>National Puzzle Day29</div><div>Morning Wake Up Sensory TV Table Top Sensory puzzles Daily Devotion& Memory Jogging Puzzles 11:00 Music therapy with Kristin Snack & Hydration</div></div> <div><div>Afternoon</div><div>Scarf Motions Gardening Club Houseplants Planting</div></div>	<div><div>Morning30</div><div>Wake Up Sensory TV Winter Carnival Table Top Sensory Daily Bulletin Daily Devotion Memory Jogging Conversation Ball 11:15 Yoga with Ashely 11:30 1-1 Catholic Visits</div></div> <div><div>Afternoon</div><div>Afternoon Stretching Winter Carnival Bingo</div></div>	<div><div>Morning31</div><div>Wake Up Sensory TV Classic TV Table Top Sensory Tinker Tray Daily Bulletin Baking Club Apple Dip Bingo Oldies Singalong Snack & Hydration Classis TV Trivia</div></div> <div><div>Afternoon</div><div>1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Popcorn & Fairy Tale Book Club Puss and Boots</div></div>	<div><div>Morning1</div><div>Wake Up Sensory TV Table Top Sensory Daily Bulletin & Devotion 1-1 small groups and sensory Memory Jogging</div></div> <div><div>Afternoon</div><div>1:30 Manicures Independent Projects Movie Matinee</div></div>	<div><div>Morning2</div><div>Donut Day Wake Up Sensory TV Table Top Sensory Daily Devotion Memory Jogging Category Trivia Donuts and Hydration</div></div> <div><div>Afternoon</div><div>Yoga Stretching Hot Cocoa & This is my Story</div></div>	<div><div>Morning3</div></div> <div><div>Afternoon</div><div>Saturday Stretches Movie Matinee</div></div>