

JANUARY 2023 SPECIALTY CARE CALENDAR

BLOOM WHERE THEY ARE											
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT						
2	3	4 Happy Birthday Margot!	5	6	7						
Morning Programs 10:00 Coffee & Conver- sation: "Whats New in 2023" (P)	<u>Morning Programs</u> 10:00 Name that 60's Tune! (P)	<u>Morning Programs</u> 10:00 Dog Therapy / Nail Spa Time (P)	Morning Programs 10:00 Games (P)	<u>Morning Programs</u> 10:00 Rise & Thrive (P)	<u>Morning</u>						
10:45 Chair Yoga (M)	10:45 Let's play Volley- ball (M)	10:00 Rise & Thrive / Dog Therapy (M)	10:45 Rise & Thrive / Word Games (M)	10:45 Bean Bag Toss / Sit & Stretch (M)							
Afternoon Programs 2:00 Sing Along (P) 3:20 Coffee & Conversa- tion: What's New in 2023" (M)	Afternoon Programs 2:00 Happy Hour, "Dairy Month" (P) 3:20 Happy Hour "Dairy Month" (M)	Afternoon Programs 2:15 Birthday Celebration for Margot's 101st birth- day!/ Bingo / Sing Along with Cate (P) 2:00 Fun With Cate / Histo- ry of Alcatraz (M)	Afternoon Programs 2:00 Bean Bag Toss & Trivia (P) 3:30 Guest Presenter on President Abraham Lincoln (Community Rm)	Afternoon Programs 2:00 Rosary (M) 3:00 Raven's Fire Con- cert (Sunset Dining Rm)	<u>Afternoo</u> i						
9 Happy B-day Howard!	10 Happy Birthday Karen!	11	12	13 Happy Birthday Steve!	14						
Morning Programs 10:00 Culinary Crea- tions: Oat Cookies, & Oatmeal fun facts (P) 10:00 Guess Who: Roger Miller / Docu-	Morning Programs 10:00 Rise & Thrive (P) 10:45 Rise & Thrive (M)	Morning Programs 10:00 Dog Therapy / Word games (P) 10:00 Rise & Thrive / Dog Therapy (M)	Morning Programs 10:00 Games (P) 10:45 Rise & Thrive (M)	Morning Programs 10:00 Drumming/ Aro- matherapy (P)	Morning 10:00 Dic 10:45 Rise						
Afternoon Programs 2:00 Coffee & Con- versation: Guess Who: Roger Miller / Documentary (P) 2:00 Happy Birthday	Afternoon Programs 2:00 Happy Hour & Travel Club to Alaska! (P) 3:20 Happy Hour & Travel Club to Alaskal	Afternoon Programs 2:00 Bingo / Seasonal Art & Painting Snow Flake Creations / Sing Along with Cate (P) 2:00 Hand massage /	Afternoon Programs 2:00 Coffee & Conver- sation / Nature Connec- tions: Winter reminisc- ing (P)	12:00 Birthday Celebration (P) Afternoon Programs 2:00 Culinary Crea- tions: Root Beer Floats / Bean Bag Toss (P) 3:20 Culinary Crea-	Afternooi Mid-after with the F						
Fortune! (M)	(M)	Sing Along (M)	3:00 Seasonal Art & Painting Snow Flake Creations (M)	tions: Root Beer Floats / Bingo (M)	12-30						
	2 Morning Programs 10:00 Coffee & Conver- sation: "Whats New in 2023" (P) 10:45 Chair Yoga (M) Afternoon Programs 2:00 Sing Along (P) 3:20 Coffee & Conversa- tion: What's New in 2023" (M) 9 Happy B-day Howard! Morning Programs 10:00 Culinary Crea- tions: Oat Cookies, & Oatmeal fun facts (P) 10:00 Guess Who: Roger Miller / Docu- mentary (M) Afternoon Programs 2:00 Coffee & Con- versation: Guess Who: Roger Miller / Documentary (P) 2:00 Happy Birthday Howard! / Wheel of	23Morning Programs10:00 Coffee & Conversation: "Whats New in 2023" (P)Morning Programs 10:00 Name that 60's Tune! (P)10:45 Chair Yoga (M)10:45 Let's play Volley- ball (M)Afternoon Programs 2:00 Sing Along (P)Afternoon Programs 2:00 Happy Hour, "Dairy Month" (P) 3:20 Coffee & Conversa- tion: What's New in 2023" (M)Afternoon Programs 2:00 Happy Hour, "Dairy Month" (P) 3:20 Happy Hour "Dairy Month" (M)9 Happy B-day Howard!10 Happy Birthday Karen! Morning Programs 10:00 Culinary Creations: Oat Cookies, & Oat meal fun facts (P) 10:00 Guess Who: Roger Miller / Documentary (M)10:45 Rise & Thrive (P) 10:45 Rise & Thrive (M)Afternoon Programs 2:00 Coffee & Conversation: Guess Who: Roger Miller / Documentary (P)Afternoon Programs 2:00 Happy Birthday Xareel Club to Alaska! (P)2:00 Happy Birthday Howard! / Wheel of3:20 Happy Hour & Travel Club to Alaska!	234 Happy Birthday Margot!Morning Programs 10:00 Coffee & Conver- sation: "Whats New in 2023" (P)Morning Programs 10:00 Name that 60's Tune! (P)Morning Programs 10:00 Dog Therapy / Nail Spa Time (P)10:45 Chair Yoga (M)10:45 Let's play Volley- ball (M)10:00 Rise & Thrive / Dog Therapy (M)Afternoon Programs 2:00 Sing Along (P) 3:20 Coffee & Conversa- tion: What's New in 2023" (M)Afternoon Programs 2:00 Happy Hour, "Dairy Month" (P) 3:20 Happy Hour "Dairy Month" (M)Afternoon Programs 2:15 Birthday Celebration for Margot's 101st birth- day/ Bingo / Sing Along with Cate (P)9 Happy B-day Howardt 10:00 Culinary Creation: Oat Cookies, & Oatmeal fun facts (P)10 Happy Birthday Karen! 10:45 Rise & Thrive (P) 10:45 Rise & Thrive (P)11Morning Programs 10:00 Guess Who: Roger Miller / Documentary (M)10:45 Rise & Thrive (M)10:00 Rise & Thrive / Dog Therapy (M)Afternoon Programs 10:00 Collinary Creation: Guess Uno: Roger Miller / Documentary (P) 2:00 Happy Birthday 2:00 Happy Hour & Tavel Club to Alaska! P)Afternoon Programs 2:00 Bingo / Seasonal Art & Painting Snow Flake Creations / Sing Along with Cate (P) 2:00 Hand massage / Sing Along (M)	234 Happy Birthday Margot!5Morning Programs sation: "Whats New in 2023" (P)Morning Programs 10:00 Name that 60's Tune! (P)Morning Programs 10:00 Dog Therapy / Nail Spa Time (P)510:45 Chair Yoga (M)10:45 Let's play Volley- ball (M)10:35 Let's play Volley- ball (M)10:30 Rise & Thrive / Dog Therapy (M)10:45 Rise & Thrive / Word Games (M)Afternoon Programs 2:00 Sing Along (P) 3:20 Coffee & Conversa- tion: What's New in 2023" (M)Afternoon Programs 3:20 Happy Hour, "Dairy Month" (P) 3:20 Happy Hour "Dairy Month" (M)Afternoon Programs 2:15 Birthay Celebration for Margot's 101st birth- dayl Bing / Sing Along with Cate (P)Afternoon Programs 2:00 Bean Bag Toss & Trivia (P) 3:30 Guest Presenter on President Abraham Lincoln (Community Rm)9 Happy B-day Howardt 10:00 Culinary Crea- tions: Oat Cookies, & Oatmeal fun facts (P)10 Happy Birthday Karent 10:04 S Rise & Thrive (P) 10:45 Rise & Thrive (P) 10:45 Rise & Thrive (M)1112Afternoon Programs 2:00 Coffee & Conversa- tors: Oat Cookies, & Oatmeal fun facts (P)Afternoon Programs 10:00 Rise & Thrive (P) 10:45 Rise & Thrive (M)Morning Programs 10:00 Rise & Thrive / Dog Therapy (M)Afternoon Programs 10:00 Coffee & Conversa- travel Club to Alaskal (P)Afternoon Programs 2:00 Happy Birthday Aravel Club to Alaskal (P)Afternoon Programs 2:00 Happy Birthday 2:00 Happy Hour & Travel Club to Alaskal (M)Morning Programs 2:00 Bing of Seasonal Art & Painting Snow Flake Creations / Sing Along (M)Afternoon Programs 2:00 Coffee & Conver- sitio / Nature Connec- tin	2 3 4 Happy Birthday Margot! 5 6 Morning Programs 10:00 Coffee & Conver- sotion: "Whats New in 2023" (P) Morning Programs 10:00 Dog Therapy / Nail Spa Time (P) 5 6 10:45 Chair Yoga (M) 10:45 Let's play Volley- ball (M) 10:45 Let's play Volley- ball (M) 10:00 Rise & Thrive / Dog Therapy (M) 10:45 Rise & Thrive / Vord Games (M) 10:45 Bean Bag Toss / Sit & Stretch (M) Afternoon Programs 2:00 Sing Along (P) Afternoon Programs 2:00 Happy Hour, "Dairy Month" (P) Afternoon Programs 2:15 Birthday Celebration dray / Birgo, Sing Along wh Cate (P) Afternoon Programs 2:00 Fundation (Community or Alcatra (M) Afternoon Programs 2:00 Fundation (Community Rm) Afternoon Programs 2:00 Fundation (Community Rm) 2:00 Fundation (Community Rm) 9 Happy B-day Howard 10:00 Culinary Crea- tions: Oat Cookies, & Oatmeal fun facts (P) 10:00 Games (P) 10 Happy Birthday Karent 10:00 Rise & Thrive (D) 10:45 Rise & Thrive (D) 10:00 Games (P) 13 Happy Birthday Stevel Morning Programs 10:00 Games (P) Afternoon Programs 2:00 Coffee & Con- versation: Guess Whe: Roger Miller / Docu- mentary (M) Afternoon Programs 2:00 Birthday Celebration Fake Creations / Sing Alcomon Programs 2:00 Happy Birthday 10:00 Saesonal Art & Painting Snow Flake (M)						

TURDAY

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on Programs

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THEWATERS ON MAYOWOOD

STAFF

Mary McCabe, Active Life Manager

Mary Beth Hanson Active Life Coordinator (Part Time)

Resident assistants (RA)

LOCATIONS Ponds (P), Marsh (M)

Thrive-in-Place Days, Locations and Times vary

GAMES

Dice games, Cards, Bingo, Name that Tune, Bananagrams, Balloon Fun, Crossword puzzles, Word search and more

CREATIVE CORNER

Fill Your Vase-Flowers, Crafts, Drawing, Adult Coloring, Painting and more

THRIVE ACTIVITIES WITH RESIDENT ASSISTANTS (RA)

Puzzles, Conversations, Bean bag toss, Pool, Adult Coloring, TV time, Exercise, Games and more

The Calendar is subject to change and all residents have a choice in programs and participation.





JANUARY 2023 SPECIALTY CARE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
15 Morning Programs TV Church Service (P) & (M)	16 Happy Birthday Art! <u>Morning Programs</u> 10:00 Intergenerational Mom and Baby time! (P) 10:45 Intergenerational Mom and Baby time! (M)	17 <u>Morning Programs</u> 10:00 Chair Yoga / Sit & Stretch (P) 10:45 Rise & Thrive (M)	18 <u>Morning Programs</u> 10:00 small group walk (P) 10:45 small group walk (M)	19 <u>Morning Programs</u> 10:00 Rise & Thrive (M) 11:00 Worship with Zumbro (P)	20 <u>Morning Programs</u> 10:00 Chair Dancing / Trivia (P) 10:45 Chair Dancing / Trivia (M)	21 <u>Morr</u>
<u>Afternoon Programs</u>	 12:00 Birthday celebration (P) <u>Afternoon Programs</u> 2:00 Worship with Josh / Hymn Sing (P) 3:00 Worship with Josh / Hymn Sing (M) 	Afternoon Programs 2:00 Happy Hour: Let's Cele- brate Elvis' birthday! (P) 3:20 Happy Hour: Let's Cele- brate Elvis' birthday! (M)	Afternoon Programs 2:00 Movie time in the Ponds (P) 2:15 Movie time in the Marsh (M)	Afternoon Programs 2:00 Guest Musician: Jim Wiessgerber (M) 3:45 Word Play (P)	Afternoon Programs 2:00 Culinary Creations: Root beer floats / Bingo (P) 3:20 Culinary Creations: Root beer floats / Bingo (M)	<u>After</u>
22 <u>Morning Programs</u> TV Church Service (P) & (M)	23 Happy Birthday Shirley! Dress up day: Sweatshirt & Hat Day Morning Programs 10:00 Coffee and Conversation "Cereals of 60"s" / Chair Yoga (P)	24 <u>Morning Programs</u> 10:00 Geography (P) 10:45 Geography (M)	25 <u>Morning Programs</u> 10:00 Dog therapy / Word Games (P)	26 Dress up day: Pajama Day <u>Morning Programs</u> 10:00 Hymn Sing / Sit & Stretch (P)	27 <u>Morning Programs</u> 10:00 Rise & Thrive / meditation (P) 10:45 Rise & Thrive / meditation (M)	28 <u>Morr</u> 10:00 (P)
<u>Afternoon Programs</u>	 10:00 Drumming /Nature Connections: Winter Reminiscing (M) 12:00 Birthday Celebration (M) <u>Afternoon Programs</u> 2:00 Culinary Creations: Let's make banana bread muffins / Hand Massage (P) 2:00 Culinary Creations: Brrrr!! Let's make homemade ice cream and winter games! (M) 	Afternoon Programs 2:00 Happy Hour: Honoring Martin Luther King Jr. (P) 3:20 Happy Hour: Honoring Martin Luther King Jr. (M)	10:00 Rise & Thrive / Dog Thera- py (M) Afternoon Programs 2:00 Small walking group & Ran- dom Act of Kindness / Name that Tune (P) 3:20 Small walking group & Ran- dom Act of Kindness / Name that Tune (M)	10:45 Hymn Sing / Rise & Thrive (M) <u>Afternoon Programs</u> 2:00 Out & About Excursion to Dr. Charlie's Dining room / Sen- sory walk (P) 3:20 Out & About Excursion to Dr. Charlie's Dining room / Sen- sory walk (M)	Afternoon Programs 2:00 Bingo / Movie time (P) 3:20 Bingo / Movie time (M)	10:45 <u>After</u> 2:00 3:20
29 <u>Morning Programs</u> TV Church Service (P) & (M) <u>Afternoon Programs</u>	30 Happy Birthday Carley! <u>Morning Programs</u> 10:00 Culinary Creations: Jello and its history (P) 10:45 Culinary Creations: Jello and its history (M)) 12:00 Birthday Celebration (M) <u>Afternoon Programs</u> 2:00 Educational program: History of Ellis Island (P) 3:20 Educational program: History of Ellis Island (M)	31 <u>Morning Programs</u> 10:00 Chair Yoga (P) 10:45 Rise & Thrive (M) <u>Afternoon Programs</u> 2:00 Happy Hour: Seasonal Cel- ebration - The Winter Circus! (P) 3:20 Happy Hour: Seasonal Cel- ebration - The Winter Circus! (M)				12-30-2

SATURDAY

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:00 Coffee & Conversation

:45 Drumming (M)

<u>ternoon Programs</u> 00 Fast Food in America (P)

20 Fast Food in America (M)

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theWaters ON MAYOWOOD

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Mary McCabe, Active Life Manager

Mary Beth Hanson, Active Life Coordinator (Part Time)

Resident assistants (RA)

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