

OAK COTTAGE

Breakfast: 7:30am – 9:00am

Lunch: 12:00pm – 1:00pm

Dinner: 5:00pm – 6:30pm

**Friday
January
1**

Morning Activities

- 9:15** Aromatherapy Refresh
- 9:30** Farmers Market
- 10:00** Stretch & Balance
- 11:00** Baking with Claudette



Afternoon Activities

- 2:00** Guessing Game
- 2:30** Nature Walk
- 3:30** Occupational Game
- 4:00** Music with Fredrik



**Saturday
January
2**

Morning Activities

- 9:00** Morning News
- 10:00** Sit & Fit
- 11:00** Trivia

Afternoon Activities

- 2:00** Bingo
- 3:00** Smoothie Bar
- 3:30** Occupational Game
- 4:00** Singing with Claudette

**Sunday
January
3**

Morning Activities

- 9:00** Religious & Spiritual Service
- 10:00** Music & Memory
- 11:00** Trivia



Afternoon Activities

- 2:00** Nature Walk
- 2:30** Cookie Baking
- 4:00** Movie

OAK COTTAGE

Breakfast: 7:30am – 9:00am

Lunch: 12:00pm – 1:00pm

Dinner: 5:00pm – 6:30pm

Monday
January
4

Morning Activities

9:15 News and Current Events

9:30 Sit & Fit

10:00 Scenic Drive with Shane

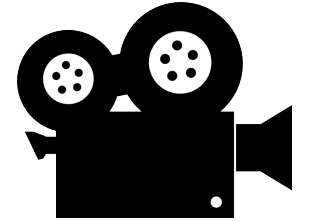
11:45 Nature Walk

Afternoon Activities

2:00 Word Game

3:00 Bocce Ball

4:00 Card Game



Tuesday
January
5

Morning Activities

9:00 News and Current Events

10:00 Stretch & Balance

11:15 Nature Walk



Afternoon Activities

2:00 Puzzle

3:30 Flower Arranging

6:00 Drawing

Wednesday
January
6

Morning Activities

9:15 Aromatherapy Refresh

9:30 Sit & Fit

10:30 Bean Bag Toss

11:00 Nature Walk

Afternoon Activities

2:00 Nature Walk

2:30 Cards

3:00 Movie

Thursday
January
7

Morning Activities

9:15 Aromatherapy Refresh

9:30 Morning News

10:00 Sit & Fit

10:30 Nature Walk

Afternoon Activities

2:00 Word Game

3:00 Bocce Ball

4:00 Card Games

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Breakfast: 7:30am – 9:00am

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Dinner: 5:00pm – 6:30pm

**Friday
January
8**

Morning Activities

9:00 Aromatherapy Refresh

9:30 Farmers Market

10:00 Stretch & blance

11:15 Baking with Claudette

Afternoon Activities

2:00 Matching Games

2:30 Nature Walk

3:30 Occupational Games

**Saturday
January
9**

Morning Activities

9:00 Morning News

10:00 Sit & Fit

11:00 Trivia

Afternoon Activities

2:00 Bingo

3:00 Balloon Badminton

4:00 Singing with Claudette

**Sunday
January
10**

Morning Activities

9:00 Religious & Spiritual Service

10:00 Music & Memory

11:00 Trivia

Afternoon Activities

2:00 Nature Walk

2:30 Guessing Game

4:00 Music with Greg

OAK COTTAGE

Breakfast: 7:30am – 9:00am

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Dinner: 5:00pm – 6:30pm

**Monday
January**

11

Morning Activities

9:15 Aromatherapy Refresh

9:30 Sit &Fit

10:00 Scenic Drive with Shane

10:30 Nature Walk



Afternoon Activities

2:00 Word Game

3:00 Bocce Ball

4:00 Card Games

**Tuesday
January**

12

Morning Activities

9:00 News and Current Event

10:00 Stretch & Balance

11:00 Nature Walk

Afternoon Activities

2:00 Puzzle

3:30 Flower Arranging

4:00 Music with Fredrik

**Wednesday
January**

13

Morning Activities

9:15 Aromatherapy Refresh

9:30 Sit &Fit

10:30 Bean Bag Toss

11:15 Trivia

Morning Activities

9:30 Stretch & Balance

10:45 Zumba

11:30 Balloon Toss

Afternoon Activities

2:00 Smoothie Bar

2:30 Nature Walk

3:00 Memory Care

**Thursday
January**

14

Afternoon Activities

2:00 Bingo

3:30 Vine and Cheese

4:00 Movie

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**Friday
January
15**

Morning Activities

9:15 Aromatherapy Refresh

9:30 Farmers Market

10:00 Stretch & Balance

10:30 Baking with Claudette

Afternoon Activities

2:00 Matching Game

2:30 Nature Walk

3:30 Occupational Game



**Saturday
January
16**

Morning Activities

9:00 Morning News

10:00 Sit & Fit

11:00 Trivia

Afternoon Activities

2:00 Bingo

3:00 Balloon Badminton

4:00 Movie

**Sunday
January
17**

Morning Activities

9:00 Religious Spiritual Services

10:00 Music & Memory

11:00 Trivia

Afternoon Activities

2:00 Nature Walk

2:30 Guessing Game

3:00 Movie

OAK COTTAGE

Breakfast: 7:30am – 9:00am

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Dinner: 5:00pm – 6:30pm

**Monday
January
18**

Morning Activities

- 9:15** Aromatherapy Refresh
- 9:30** Sit & Fit
- 10:00** Scenic Drive with Shane
- 10:30** Nature Walk



Afternoon Activities

- 2:00** Word Game
- 3:00** Bocce Ball
- 4:00** Music with Fredrik

**Tuesday
January
19**

Morning Activities

- 9:00** News and Current Events
- 10:00** Stretch & Balance
- 10:45** Resident Council Meeting
- 11:00** Nature Walk

Afternoon Activities

- 2:00** Puzzle
- 3:30** Flower Arranging
- 4:00** Movie

**Wednesday
January
20**

Morning Activities

- 9:00** Aromatherapy Refresh
- 9:30** Sit & Fit
- 10:30** Bean Bag Toss
- 11:15** Trivia

Afternoon Activities

- 2:00** Smoothie Bar
- 2:30** Nature Walk
- 3:30** Music & Memory

**Thursday
January
21**

Morning Activities

- 9:15** Stretch & Balance
- 10:45** Zumba
- 11:30** Ball Toss

Afternoon Activities

- 2:00** Bingo
- 3:30** Vine & Cheese
- 4:00** Card Games

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**Friday
January
22**

Morning Activities

9:00 Aromatherapy Refresh

9:30 Farmers Market

10:00 Stretch & Balance

10:30 Baking with Claudette

Afternoon Activities

2:00 Matching Games

2:30 Nature Walk

3:00 Music & Memory

**Saturday
January
23**

Morning Activities

9:15 Morning News

10:00 Sit & Fit

11:00 Trivia

Afternoon Activities

2:00 Bingo

3:00 Guessing Game

3:30 Movie

**Sunday
January
24**

Morning Activities

9:00 Religious & Spiritual Service

10:00 Music & Memory

11:00 Trivia

Afternoon Activities

2:00 Word Game

3:00 Cards

4:00 Movie

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Breakfast: 7:30am – 9:00am

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Dinner: 5:00pm – 6:30pm

**Monday
January
25**

Morning Activities

- 9:15** Aromatherapy Refresh
- 9:30** Sit & Fit
- 10:00** Scenic Drive with Shane
- 10:30** Nature Walk



Afternoon Activities

- 2:00** Word Game
- 3:00** Bocce Ball
- 4:00** Card Games

**Tuesday
January
26**

Morning Activities

- 9:00** News and Current Events
- 10:00** Stretch & Balance
- 10:45** Dominos
- 11:15** Nature Walk

Afternoon Activities

- 2:00** Puzzles
- 3:00** Flower Arranging
- 4:00** Drawing

**Wednesday
January
27**

Morning Activities

- 9:00** Aromatherapy Refresh
- 9:30** Sit & Fit
- 10:30** Bean Bag Toss
- 11:15** Word game

Afternoon Activities

- 2:00** Smoothie Bar
- 2:30** Nature Walk
- 3:00** Music & Memory

**Thursday
January
28**

Morning Activities

- 9:30** Morning News
- 10:00** Stretch & Balance
- 10:30** Zumba
- 11:15** Ball Toss

Afternoon Activities

- 2:00** Bingo
- 3:30** Vine & Cheese
- 4:00** Card Games

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Breakfast: 7:30am – 9:00am

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Morning Activities

9:00 Aromatherapy Refresh

9:30 Farmers Market

10:00 Stretch & Balance

10:30 Baking with Claudette



Afternoon Activities

2:00 Matching Games

3:30 Nature walk

4:00 Movie

Morning Activities

9:15 Aromatherapy Refresh

10:00 Sit & Fit

11:00 Trivia

Afternoon Activities

2:00 Bingo

3:00 Guessing game

4:00 Music & Memory

Morning Activities

9:00 Religious & Spiritual Service

10:00 Music & Memory

11:00 Trivia

Afternoon Activities

1:30 Nature Walk

2:30 Cards

4:00 Movie

**Friday
January
29**

**Saturday
January
30**

**Sunday
January
31**