



Rooted in Wellness



PROSPECT-WOODWARD
at Hillside Village Keene

Memory Care Life Enrichment Calendar

January 2021

Our 8 Dimensions of Wellness Color Key

Physical

Environmental

Intellectual

Social

Spiritual

Emotional

Health Services

Vocational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:30 Daily Word, News & Views Coffee Social 11:00 Hand Hygiene for Lunch 1:30 B-I-N-G-O! 3:30 Book Club Common Phrases and Where They Come From 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 8:00 Relaxing Sleep Music Resident TVs 	10:00 Art & Activities 11:00 Hand Hygiene for Lunch 12:00 Midday Music Songs 2:30 Reminiscing: <i>Winter Activities</i> <i>Growing Up</i> 3:30 Parlor Games 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 5:30 Silly Saturday 8:15 Resident Room TVs 11:00 Relaxing Sleep Music Resident TVs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
<p>9:00 Sunday Service Trinity Lutheran Church Resident TVs 10:15 Get Moving Exercise Class 10:00 Sunday Service Catholic Mass Resident TVs 11:00 Hand Hygiene for Lunch 3:00 B-I-N-G-O! 3:00 Movie 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Laughter is the Best Medicine: Rodney Dangerfield 11:00 Hand Hygiene for Lunch 2:00 Zoom Exercises trainer with Gretchen 2:30 Garden Club Arts and Crafts 3:00 Brain Quest 3:30 Sensory Stimulation Class: <i>The Five Senses</i> 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:15 Milo the Dog Zoom Visit 11:00 Hand for Hygiene for Lunch 1:30 Exercise Class 3:00 Afternoon Tea With Pie and Whipped Cream 4:00 Hand Hygiene for Dinner 5:30 Feature Movie Viewer's Choice 11:00 Relaxing Sleep Music Resident TVs</p> <div style="text-align: center;">  <p>National Whipped Cream Day!</p> </div>	<p>9:30 Daily Word, News & Views Coffee Social 11:00 Hand Hygiene for Lunch 1:30 Exercise Class 2:30 Opera Club <i>Carmen</i> 3:00 Word Games 4:00 Hand Hygiene for Dinner 6:30 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Classical Hour <i>Robert Schumann</i> 11:00 Hand Hygiene for Lunch 1:30 Natural Nail Care 2:30 Garden Club Identify this Flower 4:00 Hand Hygiene For Dinner 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Reminiscing with Elvis Presley Music 11:00 Hand Hygiene for Lunch 1:30 B-I-N-G-O! 3:30 Book Club: Common Phrases and Where They Come From. 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 11:00 Relaxing Sleep Music Resident TVs</p> <div style="text-align: center;">  <p>Happy Birthday Elvis Presley!</p> </div>	<p>10:00 Art & Activities 11:00 Hand Hygiene for Lunch 12:00 Midday Music Songs 3:30 Parlor Games 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 5:30 Silly Saturday 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
<p>9:00 Sunday Service Trinity Lutheran Church Resident TVs 10:15 Get Moving Exercise Class 10:00 Sunday Service Catholic Resident TVs 11:00 Hand Hygiene for Lunch 3:00 B-I-N-G-O 3:00 Movie 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Laughter is the Best Medicine –Jeff Foxworthy 11:00 Hand Hygiene for Lunch 2:00 Zoom Exercises with trainer Gretchen 2:30 Garden Club Arts & Crafts 3:00 Virtual Art Museum Tour 3:30 Sensory Stimulation Class: The Five Senses 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:15 Milo the Dog Zoom Visit 11:00 Hand Hygiene for Lunch 1:30 Exercise Class 2:00 Afternoon Tea 3:00 Natural Nail Care 4:00 Hand Hygiene for Dinner 5:30 Feature Movie Viewer's Choice 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 11:00 Hand Hygiene for Lunch 1:30 Exercise Class 2:30 OPERA CLUB - TOSCA 3:00 Reminiscing 4:00 Hand Hygiene for Dinner 6:30 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TV's</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Classical Hour Sergei Rachmaninoff 10:30 It's for the Birds 11:00 Hand Hygiene Lunch 1:30 Exercise Class 2:30 Natural Nail Care 4:00 Hand Hygiene for Dinner 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Celebrate National Bagel Day with Bagels and Cream Cheese! 11:00 Hand Hygiene for Lunch 1:30 B-I-N-G-O! 3:30 Book Club: Common Phrases and Where They Come From 4:00 Hand Hygiene for Dinner 5:30 Feature Film Viewers' Choice 11:00 Relaxing Sleep Music Resident TVs</p> <div style="text-align: center;">  <p>National Bagel Day</p> </div>	<p>10:00 Art & Activities 11:00 Hand Hygiene for Lunch 12:00 Midday Music Songs 3:30 Parlor Games 4:00 Hand Hygiene for Dinner 5:30 Feature Film Viewers' Choice 5:30 Silly Saturday 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
<p>9:00 Sunday Service Trinity Lutheran Church Resident TVs 10:00 Sunday Service Catholic Mass Resident TVs 10:15 Get Moving Exercise Class 11:00 Hand Hygiene for Lunch 3:00 B-I-N-G-O! 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Laughter is the Best Medicine – Jeff Dunham 11:00 Hand Hygiene for Lunch 1:30 Zoom Exercises with trainer Gretchen 2:00 Garden Club Planning Sessions 3:00 Brain Quest 3:30 Sensory Stimulation Class: <i>The Five Senses</i> 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p>  <p>Happy Birthday Martin Luther King, Jr.</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:15 Milo the Dog Zoom Visit 11:00 Hand Hygiene for Lunch 2:00 Afternoon Tea 4:00 Hand Hygiene for Dinner 5:30 Feature Movie <i>Viewer's Choice</i> 11:00 Relaxing Sleep Music Resident TVs</p>  <p style="text-align: center;">National Popcorn Day!</p>	<p>9:45 Rosary Group 11:00 Hand Hygiene for Lunch 1:30 Exercise Class 2:00 OPERA CLUB - <i>AIDA</i> 3:00 Cheeses from <i>Around the World</i> 4:00 Hand Hygiene for Dinner 6:30 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>  <p style="text-align: center;">National Cheese Day!</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Classical Hour <i>Wolfgang Amadeus Mozart</i> 11:00 Hand Hygiene for Lunch 2:00 Celebrate National Banana Bread Day! 3:00 Sensory Stimulation: The Five Senses 4:00 Hand Hygiene for Dinner 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>  <p style="text-align: center;">National Banana Bread Day!</p>	<p>9:30 Daily Word, News & Views Coffee Social 11:00 Hand Hygiene for Lunch 1:30 B-I-N-G-O! 3:30 Book Club: <i>Common Phrases and Where They Come From</i> 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 11:00 Relaxing Sleep Music Resident TVs</p>	<p>10:00 Art & Activities 11:00 Hand Hygiene for Lunch 12:00 Midday Music Songs 2:30 Reminiscing – Family New Year's Traditions 3:30 Parlor Games 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 5:30 Silly Saturday 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
<p>9:00 Sunday Service Trinity Lutheran Church Resident TVs 10:00 Sunday Service Catholic Mass Resident TVs 10:15 Get Moving Exercise Class 11:00 Hand Hygiene for Lunch 12:00 Midday Music Songs 3:00 Cornhole 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Laughter is the Best Medicine – Roseann Barr 11:00 Hand Hygiene for Lunch 1:30 Zoom Exercises with trainer Gretchen 3:00 Brain Quest 3:30 Sensory Stimulation: <i>The Five Senses</i> 4:00 Hand Hygiene for Dinner 11:00 Relaxing Sleep Music Resident TVs</p>  <p>National Have Fun at Work Day!</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:15 Milo Zoom Visit 11:00 Hand Hygiene for Lunch 1:00 Resident Council Meeting 2:00 Afternoon Tea 3:00 Visit Australia 4:00 Hand Hygiene for Dinner 5:30 Feature Movie <i>Viewer's Choice</i> 11:00 Relaxing Sleep Music Resident TVs</p>  <p>National Australia Day!</p>	<p>9:45 Rosary Group 11:00 Hand Hygiene for Lunch 1:30 Exercise Class 1:30 Let them Eat Cake! 2:30 Opera Club – <i>Don Giovanni</i> 3:00 Reminiscing 4:00 Hand Hygiene for Dinner 6:30 Movie Channel 2 Resident TVs 11:00 Relaxing Sleep Music Resident TV's</p>  <p>National Chocolate Cake Day!</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Classical Hour <i>Wolfgang Amadeus Mozart</i> 11:00 Hand Hygiene for Lunch 3:00 Natural Nail Care 4:00 Hand Hygiene for Dinner 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>	<p>9:30 Daily Word, News & Views Coffee Social 10:30 Group Puzzle Project 11:00 Hand Hygiene for Lunch 1:30 B-I-N-G-O! 3:30 Book Club: Common Phrases and Where They Come From 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 11:00 Relaxing Sleep Music Resident TVs</p>  <p>National Puzzle Day!</p>	<p>10:00 Art & Activities 11:00 Hand Hygiene for Lunch 12:00 Midday Music Songs 2:30 Reminiscing – Family New Year's Traditions 3:30 Parlor Games 4:00 Hand Hygiene for Dinner 5:30 Feature Film <i>Viewers' Choice</i> 5:30 Silly Saturday 8:15 Movie Resident TVs 11:00 Relaxing Sleep Music Resident TVs</p>



Memory Care Life Enrichment Calendar

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31						
<p>9:00 Sunday Service Trinity Lutheran Church Resident TVs</p> <p>10:00 Sunday Service Catholic Mass Resident TVs</p> <p>10:15 Get Moving Exercise Class</p> <p>11:00 Hand Hygiene for Lunch</p> <p>12:00 Midday Music Songs</p> <p>3:00 Cornhole</p> <p>4:00 Hand Hygiene for Dinner</p> <p>11:00 Relaxing Sleep Music Resident TVs</p>						
	<p>**All activities are subject to change due to any Covid-19 restrictions</p>					