






# Three Sisters Memory Care Community JANUARY 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Definitions:</b>  <b>Rise and Shine = Movement with meaning, Stretching, Parachute Games, Balloon Volleyball, Scarf Dance, Sing-A-Longs, Laughing Yoga, Word Trigger and/or Brain Gym.</b></p> <p><b>Therapeutic Lounge = Writer's Group, Everyday Pictures, Life Stories, Book Club, Bingo, Memory Magic, Shake Loose A Memory</b></p>			<p>Happy Birthday to:</p> <p>Grace 1-1  Irene C. 1-4  Time 1-4  Jenny 1-13  Karla 1-14  Ann P. 1-18  Janet R. 1-21</p>			<p><b>1</b>  <b>HAPPY NEW YEAR</b></p> <p>Morning Stretch  Sing a long  Bingo  Creative craft</p>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Spa Day	<b>7</b>	<b>8</b>
Parachute game Brain Teasers Church Service @ 2:00 pm in Lily Movie (optional)	<b>Bus Ride (weather permitting)</b>  Laugh Club Winter Mandala art Brain Gym Movie (optional)	Rise and Shine Laughing Yoga Refresh and Energize Fact of the Day Movie (optional)	Catholic communion Heavenly Hand Spa <b>Art with Bev @ 1:30 in Lily</b> Ice cream Social Movie (optional)	Rise and Shine Name that Tune <b>Children's Adventure</b> Bible Study Movie (optional)	<b>Bus Ride (weather permitting)</b>  Reminisce Puzzles & games Movie (optional)	Rise and Shine Sing a long Bingo Art with Sue Memory Magic
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> Spa Day	<b>14</b>	<b>15</b>
Parachute game Brain Teasers Church Service @ 2:00 pm in Lily Movie (optional)	<b>Bus Ride (weather permitting)</b>  Book writing Therapeutic Lounge Movie (optional)	Rise and Shine Fact of the Day <b>Music with Marilyn @ 2:15 in Lily</b> Lets get acquainted Movie (optional)	Catholic communion Morning Stretch News and Views Ice cream Social Sing a long	Rise and Shine Laughing yoga <b>Children's Adventure</b> Bible Study Movie (optional)	<b>Bus Ride (weather permitting)</b>  <b>Music with Dom-January Birthday party @ 1:30 in Lily</b>	Morning Stretch Sing a long Bingo Creative craft Brain game
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Spa Day	<b>21</b>	<b>22</b>
Parachute game Brain teasers Church Service @ 2:00 pm in Lily Movie (optional)	<b>Bus Ride (weather permitting)</b>  Life Stories Banana Gram Movie (optional)	Rise and Shine Laughing Yoga Refresh and Energize Winter name game Movie (optional)	Catholic communion <b>Music with Monte @ 10 am in Lily</b>  <b>Art with Bev @ 1:30 in Lily</b> Ice Cream Social Movie (optional)	Rise and Shine Life Stories <b>Children's Adventure</b> Bible Study	<b>Bus Ride (weather permitting)</b>  Memory Magic Fact of the Day Movie (optional)	Rise and Shine Sing a long Bingo Art with Sue Memory Magic
<b>23/30</b>	<b>24/31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Parachute game Brain Teasers Church Service @ 2:00 pm in Lily Movie (optional)	<b>Bus Ride (weather permitting)</b>  One on Ones <b>Phil Hall @ 3:15 pm in Lily</b> Movie (optional)	<b>Music with Greg Clarke @ 10:00 am in Lily</b> Afternoon Stretch Life Stories Movie (optional)	Morning Stretch Name that Tune Ice Cream Social Sing a long Movie (optional)	Rise and Shine News and Views  Piano Hymns with Ann Bible Study	<b>Bus Ride (weather permitting)</b>  Bingo Name that Tune Afternoon Stretch Movie (optional)	Morning Stretch Sing a long <b>Music with Larry Taylor @ 2pm in Lily</b> Brain game

