

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2020

Mountain View Cottages – Memory Care

 January 2020 Mountain View Cottages – Memory Care			1 9:45 Resistance Bands 10:30 Morning Cardio 1:30 Memories in the Making 3:00 Origami 3:30 Sing Along <small>New Year's Day</small>	2 9:45 Good News Reporting 10:00 Morning Stretch 1:30 Horse Shoes 2:30 Happy Hour 3:00 Music Entert. w/ Mark Mayville	3 9:45 Sing Along 10:00 Balloon Volleyball /Commons 1:30 Afternoon Art 3:00 Boxing with Gary* 3:45 Refreshments	4 10:00 Saddleback Church Service 1:30 Bingo 3:00 Ball Game 3:30 Floor Scrabble
5 9:45 Resistance Bands 10:30 Paddle Ball 1:30 Calm Coloring 3:00 Music Bingo 3:00 Upbeat Music with Tom	6 9:45 Stretch & Flex 10:30 Noodle Ball 1:30 Calm Coloring 3:00 Music Bingo 3:30 Refreshments	7 9:15 JOYRIDE 1:30 Card Bingo 2:30 Octobands 3:00 Croquet 3:30 Matching Game	8 9:45 Resistance Bands 10:30 Morning Cardio 1:30 Memories in the Making 3:00 Zumba W/ Lilya 3:30 Sing Fit	9 9:45 Good News Reporting 10:00 Moring Stretch 1:30 Decorating Masks 3:00 Marley's Hour 3:30 Refreshments	10 9:45 Sing Along 10:00 Balloon Volleyball/Commons 1:30 Afternoon Art 3:00 Boxing with Gary* 3:45 Refreshments	11 10:00 Saddleback Church Service 10:30 Paws Pet Therapy 1:30 Blackjack 2:30 Golf 3:00 Sing Fit
12 9:45 Resistance Bands 10:30 Balloon Ball 1:30 Calm Coloring 3:00 Bocce Ball 3:30 Sing Fit	13 9:45 Stretch & Flex 10:30 Balloon Volleyball 1:30 Winter Collaging 3:00 Soccer Game 3:30 Video Trivia	14 9:15 JOYRIDE 1:30 LCR Dice Game 2:30 Afternoon Stretch 3:00 Duck Races 3:30 Sing Along	15 9:45 Morning Stretch 10:30 Balloon Ball 1:30 Pastel Art 2:30 Bingo 3:00 Bocce Ball 3:30 Music's Classics 3:00 Family & Friends with Rhoda**	16 9:45 Good News Reporting 10:00 Moring Stretch 1:30 Manicures and Music 3:00 Marley's Hour 3:30 Refreshments	17 9:45 Sing Along 10:00 Balloon Volleyball /Commons 1:30 Afternoon Art 3:00 Boxing with Gary* 3:45 Refreshments	18 10:00 Saddleback Church Service 1:30 Card Bingo 2:30 Happy Hour 3:00 Saxophone w/ Ricky Sims
19 9:45 Weights & Cardio 10:30 Balloon Ball 1:30 Jingo Bingo 3:00 Bocce Ball 3:30 Sing Along <small>Activity Professionals Week</small>	20 9:45 Stretch & Flex 10:30 Balloon Volleyball 1:30 Mosaic Painting 3:00 Soccer Game 3:30 Video Trivia <small>Martin Luther King Day</small>	21 9:15 JOYRIDE 1:30 Blackjack 2:30 Winter Craft 3:30 Yahtzee	22 9:45 Morning Stretch 10:30 Uplifting News 1:30 Music Bingo 2:30 Charades 3:00 Zumba W/ Lilya 3:30 Sing Fit	23 9:45 Good News Reporting 10:00 Moring Stretch 1:30 Mosaic Painting 3:00 Marley's Hour 3:30 Refreshments	24 9:45 Sing Along 10:00 Balloon Volleyball/Commons 1:30 Afternoon Art 3:00 Boxing with Gary* 3:45 Refreshments	25 10:00 Saddleback Church Service 1:30 LCR Dice Game 2:30 Parachute 3:00 Duck Races 3:30 Chinese New Year Trivia <small>Chinese New Year</small>
26 9:45 Stretch & Flex 10:30 Horseshoes 1:30 Birthday Banner 3:00 Sing Fit 3:30 Afternoon Stretch	27 9:45 Ball Exercise 10:30 Balloon Volleyball 1:30 Bingo 2:30 Happy Hour 3:00 Piano w/ Paul Orsi <small>Australia Day (observed)</small>	28 9:15 JOYRIDE Resident Birthday Party 1:30 Cake Time 2:00 Bingo 3:00 Balloon Ball 3:30 Afternoon Stretch	29 9:45 Stretch & Flex 10:30 Corn Hole 1:30 Calm Coloring 3:00 Music Bingo 3:30 Winter Trivia	30 9:45 Good News Reporting 10:00 Moring Stretch 1:30 Snowy Tree Art 3:00 Marley's Hour 3:30 Refreshments	31 9:45 Sing Along 10:00 Balloon Volleyball/Commons 1:30 Afternoon Art 3:00 Boxing with Gary* 3:45 Refreshments	*Please note the time and day changes for Boxing with Gary. **New to 2020 is Family & Friends with Rhoda.