



HAPPY NEW YEAR



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY JANUARY 2020

			New Year's Day 01 <ul style="list-style-type: none"> This Day in History Finish the line Snack and Chat Read aloud/ poetry hour Hymn sing Memory Care Worship Service 	02 <ul style="list-style-type: none"> This Day in History Bingo * Music with Rhythm Afternoon movie Snack and Chat Card games Lotion Massages 	03 <ul style="list-style-type: none"> Music Therapy with Carolyn This Day in History Whats New in the New Year? Snack and Chat Table top games Reminiscing boxes Night walk 	04 <ul style="list-style-type: none"> This Day in History * Music and Movement Reminiscing with the Senses Snack and Chat Can You Picture This? Coloring Group Evening movie
05 <ul style="list-style-type: none"> This Day in History Bingo Bird matching game Helping Hands Snack and Chat Card Games Nail time Short Story 	06 <ul style="list-style-type: none"> * Stretch and release This Day in History Food Lovers Club Communion Snack and Chat Coloring Club 	07 <ul style="list-style-type: none"> This Day in History * Drum Circle Craft Time... Blue Bonnet Flower Discover America.. Texas Piano Music with Nate Hance Snack and Chat * Active games Lotion Massages 	08 <ul style="list-style-type: none"> This Day in History Finish the line New Year's Resolutions Snack and Chat Read aloud/ poetry hour Matching Game with Texas Hymn sing Memory Care Worship Service 	09 <ul style="list-style-type: none"> Law Enforcement Appreciation Day! This Day in History * Music with Rhythm Bingo Afternoon movie Snack and Chat Card games 	10 <ul style="list-style-type: none"> Music Therapy with Carolyn This Day in History Snack and Chat Table top games Reminiscing boxes Night walk 	11 <ul style="list-style-type: none"> This Day in History Snack and Chat Reminiscing with the Senses Coloring Group Evening movie
12 <ul style="list-style-type: none"> This Day in History Helping Hands Snack and Chat Card Games Nail time Short Story 	13 <ul style="list-style-type: none"> This Day in History * Stretch and release Food Lovers Club Snack and Chat Short Story... Two Step Resolution Coloring Club 	14 <ul style="list-style-type: none"> This Day in History Music with Phil Kitze Craft Time .. mitten * Drum Circle Discover America ... Texas Snack and Chat Active games Lotion Massages 	15 <ul style="list-style-type: none"> Finish the line Visit From The St. Paul Winter Carnival Queen Candidates Snack and Chat Monthly Birthday celebration! Read aloud/ poetry hour Hymn sing Memory Care Worship Service 	16 <ul style="list-style-type: none"> This Day in History Bingo * Music with Rhythm Afternoon movie Snack and Chat Live Music with Randy Rollofs Card games Family Support Meeting 	17 <ul style="list-style-type: none"> This Day in History Music Therapy with Carolyn Snack and Chat Table top games Reminiscing boxes Night walk 	18 <ul style="list-style-type: none"> One on One This Day in History Snack and Chat Reminiscing with the Senses Coloring Group Evening movie
19 <ul style="list-style-type: none"> This Day in History Helping Hands Snack and Chat Card Games Nail time Short Story 	20 Birthday of Martin Luther King, Jr. <ul style="list-style-type: none"> Martin Luther King Jr. Day * Stretch and release Food Lovers Club Polka Music with Linda Communion Snack and Chat Matching Game about Texas Coloring Club 	21 <ul style="list-style-type: none"> National Hugging Day This Day in History Music with Phil Kitze * Drum Circle Discover America ... Texas Snack and Chat Active games Lotion Massages 	22 <ul style="list-style-type: none"> This Day in History Craft Time ... beaded snowflake Finish the line Snack and Chat Read aloud/ poetry hour Hymn sing Memory Care Worship Service 	23 <ul style="list-style-type: none"> This Day in History Bingo * Music with Rhythm Afternoon movie Snack and Chat Card games Lotion Massages 	24 <ul style="list-style-type: none"> Music Therapy with Carolyn This Day in History Table top games Live Music with Gary Carlson Snack and Chat Reminiscing boxes Night walk 	25 <ul style="list-style-type: none"> Happy Chinese New Year! This Day in History * Music and Movement Craft for Chinese New Year Family Fun... Celebrate the Chinese New Year Coloring Group Evening movie
26 <ul style="list-style-type: none"> This Day in History Helping Hands Snack and Chat Card Games Nail time Short Story 	27 <ul style="list-style-type: none"> This Day in History * Stretch and release Food Lovers Club Rosary Services Snack and Chat Coloring Club 	28 <ul style="list-style-type: none"> Waffle Breakfast This Day in History Music with Phil Kitze Craft Time ... Crystal Snowflakes * Drum Circle Discover America .. Texas Snack and Chat Active games 	29 <ul style="list-style-type: none"> National Puzzle Day! One on One This Day in History Finish the line Snack and Chat Read aloud/ poetry hour Hymn sing Memory Care Worship Service 	30 <ul style="list-style-type: none"> This Day in History * Music with Rhythm Bingo Afternoon movie Snack and Chat Sing A longs with Marge Card games Lotion Massages 	31 <ul style="list-style-type: none"> National Hot Cocoa Day! One on One Music Therapy with Carolyn This Day in History Snack and Chat Table top games Reminiscing boxes Night walk 	



Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual
- Health Services