

Monday

Tuesday

Wednesday

Thursday

Friday

February 2019

Oakland Centre Life Enrichment Activities

				
<p>10:00 Mental Aerobics with Tommy 4 10:30 Chair Aerobics with Tommy 11:00 Marbles with Missy or Music Therapy with Tommy 12:00 Lunch & Piano Serenade w/Suzy 1:00 Volleyballoon with Trica & Linette 2:00 Up 2 You with Judy & Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole</p>	<p>10:00 Mental Aerobics with Ashley 5 10:30 Chair Aerobics with Ashley 11:00 Bingo with Lisa & Pat 12:00 Lunch & Piano Serenade w/Ralp 1:00 Musical Jeopardy with Tom & Tric 2:00 Up 2 You with Team OC & Alexa or Hymn Sing with Tommy 3:00 Refreshments & Fellowship 3:30 Table Tennis with Nicole</p>	<p>Beauty Shop Open by Appointment 6 10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 LRC Dice with Missy & Michelle 12:00 Lunch & Piano Serenade with Don 1:00 Music Therapy with Tommy or Shake Loose a Memory with Tricia 2:00 Up 2 You with Team OC & Hope or Vinyl Jukebox with Tommy 3:00 Refreshments & Fellowship 3:30 Velcro Throw with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 7 10:30 Seated Chair Aerobics w/ Missy or Standing Exercise w/ Ashley 11:00 Hot Potato with Lisa or Music Therapy with Tommy 12:00 Lunch 1:00 Music Therapy with Tommy or Wham-0 Cards with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Crosswords with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 8 10:30 Chair Aerobics with Nicole or Music Therapy with Tommy 11:00 Hymn Sing with Tom & Missy or Manicures with Lisa 12:00 Lunch 1:00 Hockey with Linette or Movie Matinee with Team OC 2:00 Up 2 You & Perrythe Therapy Dog 3:00 Refreshments & Fellowship 3:30 Name 10 with Tricia</p>
<p>10:00 Mental Aerobics with Tommy 11 10:30 Chair Aerobics with Tommy 11:00 Yahtzee with Missy or Music Therapy with Tommy 12:00 Lunch & Piano Serenade w/Suzy 1:00 Bowling with Trica & Linette 2:00 Up 2 You with Judy & Team OC 3:00 Refreshments & Fellowship 3:30 Fill in the Blank with Nicole</p>	<p>10:00 Mental Aerobics with Ashley 12 10:30 Chair Aerobics with Ashley 11:00 Volleyballoon with Lisa & Pat 12:00 Lunch & Piano Serenade w/Ralp 1:00 Music Therapy with Tommy & Tric or Dice Climb with Linette 2:00 Up 2 You with Team OC & Alexa or Musician B-Days with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole</p>	<p>Beauty Shop Open by Appointment 13 10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Bingo with Missy & Michelle 12:00 Lunch 1:00 Music Therapy with Tommy or Penny Ante Reminisce with Tricia 2:00 Up 2 You with Team OC & Hope or Percussion with Tommy 3:00 Refreshments & Fellowship 3:30 Toss Across with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 14 10:30 Seated Chair Aerobics w/ Missy or Standing Exercise w/ Ashley 11:00 Valentine Cards with Lisa or Music Therapy with Tommy 12:00 Lunch 1:00 Musical Bingo with Tommy or Walking Club with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Would you Rather with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 15 10:30 Chair Aerobics with Nicole or Music Therapy with Tommy 11:00 Hymn Sing with Tom & Missy or Putt Putt Golf with Lisa & Debbie 12:00 Lunch 1:00 Horseracing with Linette or Movie Matinee with Team OC 2:00 Up 2 You & Perrythe Therapy Dog 3:00 Refreshments & Fellowship 3:30 Brain Quest with Tricia</p>
<p>10:00 Mental Aerobics with Tommy 18 10:30 Chair Aerobics with Tommy 11:00 Uno Cards with Missy or Music Therapy with Tommy 12:00 Lunch & Piano Serenade w/Suzy 1:00 Bingo with Trica & Linette 2:00 Up 2 You with Judy & Team OC 3:00 Refreshments & Fellowship 3:30 Charades with Nicole</p>	<p>10:00 Mental Aerobics with Ashley 19 10:30 Chair Aerobics with Ashley 11:00 Marbles with Lisa & Pat 12:00 Lunch & Piano Serenade w/Ralp 1:00 Hymn Sing with Tommy & Tric or Water Colors with Linette 2:00 Up 2 You with Team OC & Alexa or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Finish Lines with Nicole</p>	<p>Beauty Shop Open by Appointment 20 10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Baseball with Missy & Michelle 12:00 Lunch 1:00 Musical Jeopardy with Tommy or Manicures with Tricia 2:00 Up 2 You with Team OC & Hope or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Red the Therapy Dog w/ Nicole</p>	<p>10:00 Mental Aerobics with Tommy 21 10:30 Seated Chair Aerobics w/ Missy or Standing Exercise w/ Ashley 11:00 Tai Chi Exercise 12:00 Lunch Happy February Birthdays! 1:00 Music Therapy with Tommy or Q&A Reminisce with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole</p>	<p>Open House for Kids to Visit 22 10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Nicole or Music Therapy with Tommy 11:00 Hymn Sing with Tom & Missy or Dice Climb with Lisa 12:00 Lunch 1:00 Name that Tune Bingo with Linette or Movie Matinee with Team OC 2:00 Up 2 You & Perrythe Therapy Dog 3:00 Refreshments & Fellowship 3:30 Crosswords with Tricia</p>
<p>10:00 Mental Aerobics with Tommy 25 10:30 Chair Aerobics with Tommy 11:00 Musical Bingo with Tommy 12:00 Lunch & Piano Serenade w/Suzy 1:00 Up 2 You with Trica & Linette 2:00 Accordion Music with Michael Shaeffer 3:00 Refreshments & Fellowship 3:30 Mind Joggers with Nicole</p>	<p>10:00 Mental Aerobics with Ashley 26 10:30 Chair Aerobics with Ashley 11:00 Croquet with Lisa & Pat 12:00 Lunch & Piano Serenade w/Ralp 1:00 Music Therapy with Tommy & Tric or Scrabble with Linette 2:00 Up 2 You with Team OC or Vinyl Jukebox with Tommy 3:00 Refreshments & Fellowship 3:30 Brain Quest with Nicole</p>	<p>Beauty Shop Open by Appointment 27 10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Volleyballoon with Missy & Michel 12:00 Lunch 1:00 Music Therapy with Tommy or Walking Club with Tricia 2:00 Up 2 You with Team OC & Hope or Musician B-days with Tommy 3:00 Refreshments & Fellowship 3:30 Pictionary with Nicole</p>	<p>10:00 Mental Aerobics with Tommy 28 10:30 Seated Chair Aerobics w/ Missy or Standing Exercise w/ Ashley 11:00 Bingo with Lisa or Music Therapy with Tommy 12:00 Lunch 1:00 Song Writing with Tommy or Radio Shows with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole</p>	 <p>Scheduled activity programs may change and there's always room for spontaneity!</p>

Daily Activities also include: 7:30 Chitchat & Preparations 8:00 Individual Recreation 8:30 News & Notes 9:30 Coffee Break 4:00 Helping Hands 4:30 Read & Reminisce

Color Code for Wellness Area of Focus: Creative Expression, Cognitive Exercise, Sensory Stimulation, Life Skills & Hobbies, Physical Movement, Social Interaction & Spirituality