

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Oakland Centre</p> <p align="center">January 2019</p> <p align="center">Life Enrichment Activities</p>	<p>CLOSED</p> <p align="center">HAPPY ★ NEW YEAR! ★</p>	<p>Beauty Shop Open by Appointment</p> <p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Un-deck the Halls with Missy or Marbles with Lisa</p> <p>12:00 Lunch & Piano Serenade with Don</p> <p>1:00 Music Therapy with Tommy & Linette or Dice Climb with Tricia</p> <p>2:00 Up 2 You with Team OC or Musician B-Days with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Nicole</p>	<p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Seated Chair Aerobics w/ Missy or Standing Exercise w/ Ashley</p> <p>11:00 Musical Jeopardy with Tommy & Lisa</p> <p>12:00 Lunch</p> <p>1:00 Music Therapy with Tom & Tric or Shake Loose a Memory with Linette</p> <p>2:00 Up 2 You with Team OC</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Velcro Throw with Nicole</p>	<p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Chair Aerobics with Nicole or Music Therapy with Tommy</p> <p>11:00 Hymn Sing with Tom & Missy or Hot Potato with Lisa & Debbie</p> <p>12:00 Lunch</p> <p>1:00 Wham-0 Cards with Linette or Movie Matinee with Team OC</p> <p>2:00 Up 2 You & Perrythe Therapy Dog</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Tricia</p>
<p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Chair Aerobics with Tommy</p> <p>11:00 Paper Quilts with Missy or Music Therapy with Tommy & Lisa</p> <p>12:00 Lunch & Piano Serenade w/Suzu</p> <p>1:00 Bingo with Tricia & Linette</p> <p>2:00 Up 2 You with Judy & Team OC</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Nicole</p>	<p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Volleyballoon with Lisa & Missy</p> <p>12:00 Lunch & Piano Serenade w/Ralp</p> <p>1:00 Music Therapy with Tommy & Tric or Yahtzee with Linette</p> <p>2:00 Up 2 You with Team OC or Vinyl Jukebox with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Fill in the Blank with Nicole</p>	<p>Beauty Shop Open by Appointment</p> <p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 In the Kitchen with Missy or Hockey with Lisa</p> <p>12:00 Lunch</p> <p>1:00 Musical Bingo with Tommy & Tricia</p> <p>2:00 Up 2 You with Team OC or Music Therapy with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Parachute Toss with Nicole</p>	<p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Chair Aerobics with Missy</p> <p>11:00 Kjartan Code Gypsy Trio Performs</p> <p>12:00 Lunch</p> <p>1:00 Music Therapy with Tommy or Walking Club with Linette</p> <p>2:00 Up 2 You with Team OC & Aimee</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Name 10 with Nicole</p>	<p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Chair Aerobics with Nicole or Music Therapy with Tommy</p> <p>11:00 Hymn Sing with Tommy & Missy or Puzzles with Lisa</p> <p>12:00 Lunch</p> <p>1:00 Putt Putt with Linette or Movie Matinee with Team OC</p> <p>2:00 Up 2 You & Perry the Therapy Dog</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Brain Quest with Tricia</p>
<p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Chair Aerobics with Tommy</p> <p>11:00 Musical Jeopardy with Tommy & Missy</p> <p>12:00 Lunch & Piano Serenade w/Suzu</p> <p>1:00 Penny Ante with Linette Or Hockey with Tricia</p> <p>2:00 Up 2 You w/Judy & Team OC & Connie Lynn the Therapy Dog</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Table Tennis with Nicole</p>	<p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Bingo with Lisa & Missy</p> <p>12:00 Lunch & Piano Serenade w/Ralp</p> <p>1:00 Music Therapy with Tom & Tricia or Croquet with Linette</p> <p>2:00 Up 2 You with Team OC or Musician B-days with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Nicole</p>	<p>Beauty Shop Open by Appointment</p> <p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Shuffleboard with Missy & Lisa</p> <p>12:00 Lunch</p> <p>1:00 Music Therapy with Tom & Linette or Uno Cards with Tricia</p> <p>2:00 Up 2 You with Team OC or Vinyl Jukebox with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Crosswords with Nicole</p>	<p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Seated Chair Aerobics w/ Missy or Standing Exercise w/ Ashley</p> <p>11:00 Marbles with Lisa or Music Therapy with Tommy</p> <p>12:00 Lunch</p> <p>1:00 Percussion with Tommy or Watercolors with Linette</p> <p>2:00 Up 2 You with Team OC & Aimee</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Mind Joggers with Nicole</p>	<p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Chair Aerobics with Nicole or Music Therapy with Tommy</p> <p>11:00 Hymn Sing with Tom & Missy or Dice Climb with Lisa & Debbie</p> <p>12:00 Lunch</p> <p>1:00 Up 2 You with Linette</p> <p>2:00 Jazz Time Quartet Performs</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Tricia</p>
<p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Chair Aerobics with Tommy</p> <p>11:00 Radio Show with Missy or Music Therapy with Tommy & Lisa</p> <p>12:00 Lunch & Piano Serenade w/Suzu</p> <p>1:00 Volleyballoon with Trica & Linette</p> <p>2:00 Up 2 You with Judy & Team OC</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Finish Lines with Nicole</p>	<p>9:00 Welcome WMU RN Students</p> <p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Horseracing with Missy & Lisa</p> <p>12:00 Lunch & Piano Serenade w/Ralp</p> <p>12:30 Happy January Birthdays!</p> <p>1:00 Music Therapy with Tom & Tricia or Walking Club with Linette</p> <p>2:00 Up 2 You with Team OC or Music Therapy with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Nicole</p>	<p>Beauty Shop Open by Appointment</p> <p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Bowling with Lisa & Missy</p> <p>12:00 Lunch</p> <p>1:00 Songwriting with Tommy & Linette or Scrabble with Tricia</p> <p>2:00 Up 2 You with Team OC or Music Therapy with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Red the Therapy Dog</p>	<p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Seated Chair Aerobics w/ Missy or Standing Exercise w/ Ashley</p> <p>11:00 Marbles with Lisa or Music Therapy with Tommy</p> <p>12:00 Lunch</p> <p>1:00 Musical Bingo with Tommy & Linette</p> <p>2:00 Up 2 You with Team OC & Aimee</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Would you Rather with Nicole</p>	<p>9:00 Visit with WMU RN Students</p> <p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Chair Aerobics with Nicole</p> <p>11:00 Hymn Sing with Tom & Missy or Hockey with Lisa</p> <p>12:00 Lunch</p> <p>1:00 Bingo with Linette & Tricia</p> <p>2:00 Up 2 You & Perry the Therapy Dog</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Toss Across with Tricia</p>
<p>10:00 Mental Aerobics with Tommy</p> <p>10:30 Chair Aerobics with Tommy</p> <p>11:00 Baking with Missy or Music Therapy with Tommy & Lisa</p> <p>12:00 Lunch & Piano Serenade w/Suzu</p> <p>1:00 Baseball with Linette & Tricia</p> <p>2:00 Up 2 You w/Judy & Team OC & Connie Lynn the Therapy Dog</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Nicole</p>	<p>9:00 Visit with WMU RN Students</p> <p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Price is Right with Lisa & Missy</p> <p>12:00 Lunch & Piano Serenade w/Ralp</p> <p>1:00 Hymn Sing with Tom & Tricia or Putt Putt Golf with Linette</p> <p>2:00 Up 2 You with Team OC or Music Therapy with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Charades with Nicole</p>	<p>Beauty Shop Open by Appointment</p> <p>10:00 Mental Aerobics with Ashley</p> <p>10:30 Chair Aerobics with Ashley</p> <p>11:00 Bingo with Missy & Lisa</p> <p>12:00 Lunch & Piano Serenade with Don</p> <p>1:00 Music Therapy with Tommy or Walking Club with Tricia</p> <p>2:00 Up 2 You with Team OC or Name that Tune with Tommy</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Nicole</p>	<p>10:00 Mental Aerobics with Tommy</p> <p>11:00 Tai Chi Exercise with Ryan</p> <p>12:00 Lunch</p> <p>1:00 Music Therapy with Tom & Tric or Hockey with Linette</p> <p>2:00 Up 2 You with Team OC</p> <p>3:00 Refreshments & Fellowship</p> <p>3:30 Trivia with Nicole</p>	<p><i>*Scheduled activity programs may change and there's always room for spontaneity!</i></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**