

Monday

Tuesday

Wednesday

Thursday

Friday

March 2019

Oakland Centre Life Enrichment Activities

Scheduled activity program may change & there's always room for spontaneity!

<p>10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Tommy 11:00 Musical Bingo with Tommy 12:00 Lunch & Piano Serenade w/Suzu 1:00 Watercolors with Tricia or Hockey with Linette 2:00 Up 2 You with Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole</p>	<p>4</p> <p>10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Horseracing with Lisa & Pat 12:00 Lunch & Piano Serenade w/Ralp 1:00 Music Therapy with Tommy or Putt Putt with Linette 2:00 Up 2 You with Team OC & Alexa or Jukebox Party with Tommy 3:00 Fat Tuesday Paczki & Fellowship 3:30 Crosswords with Nicole</p>	<p>5</p> <p>Beauty Shop Open by Appointment</p> <p>10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Volleyballon with Missy 12:00 Lunch 1:00 Percussion with Tommy or Uno Cards with Tricia 2:00 Up 2 You with Team OC & Hope or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole</p>	<p>6</p> <p>10:00 Mental Aerobics with Tommy 10:30 Chair Fitness with Missy & Ashley 11:00 Croquet with Lisa & Sherry or Music Therapy with Tommy 12:00 Lunch 1:00 Music Therapy with Tommy or Bingo with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Fill in the Blank with Nicole</p>	<p>7</p> <p>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 Celtic Monograms with Lisa 12:00 Lunch 1:30 St. Patrick's Day Party with Andro 2:30 Refreshments & Fellowship 3:00 Trivia with Tricia</p>
<p>10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Tommy 11:00 Marbles with Missy or Music Therapy with Tommy 12:00 Lunch & Piano Serenade w/Suzu 1:00 Jeopardy with Tricia or Walking Club with Linette 2:00 Up 2 You with Judy & Team OC & Connie Lynn the Therapy Dog 3:00 Refreshments & Fellowship 3:30 Name 10 with Nicole</p>	<p>11</p> <p>10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Volleyballon with Lisa 12:00 Lunch & Piano Serenade w/Ralp 1:00 Music Therapy with Tommy or Would you Rather? with Linette 2:00 Up 2 You with Team OC & Carol or Hymn Sing with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole</p>	<p>12</p> <p>Beauty Shop Open by Appointment</p> <p>10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Bingo with Missy & Michelle 12:00 Lunch 1:00 Musical Jeopardy with Tommy 2:00 Up 2 You with Team OC & Hope or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole</p>	<p>13</p> <p>10:00 Mental Aerobics with Tommy 10:30 Chair Fitness with Missy & Ashley 11:00 Sing-a-long w/ Children & Tommy 12:00 Lunch 1:00 Music Therapy with Tommy or Dice Climb with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Rhymes with Nicole</p>	<p>14</p> <p>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 Hockey with Lisa & Debbie 12:00 Lunch 1:00 Hot Potato with Linette or Movie Matinee with Team OC 2:00 Up 2 You with Team OC 3:00 Refreshments & Fellowship 3:30 Crossword with Tricia</p>
<p>18</p> <p>10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Tommy 11:00 Wham-0 Cards with Missy or Music Therapy with Tommy 12:00 Lunch & Piano Serenade w/Suzu 1:00 Volleyballon with Tricia & Linette 2:00 Up 2 You with Judy & Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole</p>	<p>19</p> <p>10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Bingo with Lisa 12:00 Lunch & Piano Serenade w/Ralp 1:00 Musical Jeopardy with Tommy 2:00 Up 2 You with Team OC or Musician B-days with Tommy 3:00 Refreshments & Fellowship 3:30 Brain Quest with Nicole</p>	<p>20</p> <p>Beauty Shop Open by Appointment</p> <p>10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Marbles with Missy or Cards with Michelle 12:00 Lunch 1:00 Music Therapy with Tommy or Yahtzee with Tricia 2:00 Up 2 You with Team OC or Songwriting with Tommy 3:00 Refreshments & Fellowship 3:30 Pictionary with Nicole</p>	<p>21</p> <p>10:00 Mental Aerobics with Tommy 10:30 Chair Fitness with Missy & Ashley 11:00 Walking Club with Lisa or Music r with Tommy 12:00 Lunch 1:00 Musical Bingo with Tommy Or Penny Ante with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Mind Joggers with Nicole</p>	<p>22</p> <p>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 Football with Lisa 12:00 Lunch & Happy March Birthdays 1:00 Table Tennis with Linette or Movie Matinee with Team OC 2:00 Up 2 You with Team OC 3:00 Refreshments & Fellowship 3:30 Trivia with Tricia</p>
<p>25</p> <p>10:00 Mental Aerobics with Tommy 10:30 Chair Aerobics with Tommy 11:00 Bowling with Missy or Music Therapy with Tommy 12:00 Lunch & Piano Serenade w/Suzu 1:00 Bingo with Tricia & Linette 2:00 Up 2 You with Judy & Team OC & Connie Lynn the Therapy Dog 3:00 Refreshments & Fellowship 3:30 Unscramble with Nicole</p>	<p>26</p> <p>10:00 Mental Aerobics with Ashley 10:30 Chair Aerobics with Ashley 11:00 Baseball with Lisa & Pat 12:00 Lunch & Piano Serenade w/Ralp 1:00 Music Therapy with Tommy or Walking Club with Linette 2:00 Up 2 You with Team OC or Vinyl Records with Tommy 3:00 Refreshments & Fellowship 3:30 Trivia with Nicole</p>	<p>27</p> <p>Beauty Shop Open by Appointment</p> <p>10:00 Mental Aerobics with Ashley 11:00 Tai Chi with Ryan or Dominos with Michelle 12:00 Lunch 1:00 Big Band with Tommy 2:00 Up 2 You with Team OC or Music Therapy with Tommy 3:00 Refreshments & Fellowship 3:30 Charades with Nicole</p>	<p>28</p> <p>10:00 Mental Aerobics with Tommy 10:30 Chair Fitness with Missy & Ashley 11:00 Watercolors with Lisa or Hymn Sing with Tommy 12:00 Lunch 1:00 Music Therapy with Tommy or Volleyballon with Linette 2:00 Up 2 You with Team OC & Aimee 3:00 Refreshments & Fellowship 3:30 Red the Therapy Dog</p>	<p>29</p> <p>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 Marbles with Lisa & Debbie 12:00 Lunch 1:00 LRC Dice with Linette or Movie Matinee with Team OC 2:00 Up 2 You with Team OC 3:00 Refreshments & Fellowship 3:30 Guess Who with Tricia</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