
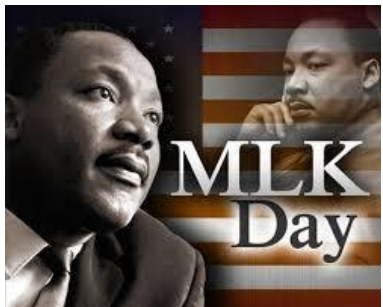


January 2019

Berkeley Oaks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open to the Public</p> <p>1st - Happy New Year @ 10:30 a.m. 15th-Seniors Seminar @ 2:00 p.m. 21st -Open House @ 10:00 a.m. "What S'more do you need?" 24th-Winter Paint Night @ 5:00 p.m.</p>		<p>1</p> <p>9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Happy New Year!-Open House 10:30 Music with Dan 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 New Year Around the World 3:30 It's Never too Late 4:00 Reminiscing with soft music 6:00 Adult Coloring</p>	<p>2</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 New Year's Resolutions 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Take Down Christmas Decorations 3:30 Floor Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>	<p>3</p> <p>9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Trivia 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Painting 4:00 Reminiscing with soft music 6:00 Brain Fitness Games</p>	<p>4</p> <p>9:00 Zumba with Peggy 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Make New Year's Cards 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand massage & manicures 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Evening Painting</p>	<p>5</p> <p>9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>
<p>6</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Upper Room Readings 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>	<p>7</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Crafts-2019 door wreaths 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games</p>	<p>8</p> <p>9:00 Exercise 9:30 Toss & Kickball 10:00 Bible Study with Rev. Cheryl 10:30 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Puzzles 3:30 It's Never too Late 4:00 Reminiscing with soft music 6:00 Adult Coloring</p>	<p>9</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Passport Updates 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Fun with Popcorn 3:30 Floor Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>	<p>10</p> <p>9:00 Exercise 9:30 Toss & Kickball 10:00 Cooking with Chef Arndray 10:30 Trivia 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Painting 4:00 Reminiscing with soft music 6:00 Brain Fitness Games</p>	<p>11</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Prize Bingo 11:30 Hand Washing 4 Lunch 1:00 Music with Jack 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Evening Painting</p>	<p>12</p> <p>9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>
<p>13</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Upper Room Readings 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>	<p>14</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Trivia 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games</p>	<p>15</p> <p>9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Seniors Seminar 2:00 Snack & Chat 2:30 Puzzles 3:30 It's Never too Late 4:00 Reminiscing with soft music 6:00 Adult Coloring</p>	<p>16</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Fun with Chex Mix 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 1:30 Music with Peggy 2:00 Snack & Chat 3:30 Floor Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>	<p>17</p> <p>9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Trivia 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Painting 4:00 Reminiscing with soft music 6:00 Brain Fitness Games</p>	<p>18</p> <p>9:00 Zumba with Peggy 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Jenga 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand massages & manicures 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Evening Painting</p>	<p>19</p> <p>9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>
<p>20</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Upper Room Readings 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>	<p>21</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:00 What S'more Do you Need? 10:30 MLK Trivia & Quotes 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games</p>	<p>22</p> <p>9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Bible Study 10:30 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Puzzles 3:30 It's Never too Late 4:00 Reminiscing with soft music 6:00 Adult Coloring</p>	<p>23</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Make snowmen with marshmallows 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Karaoke 3:30 Floor Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>	<p>24</p> <p>9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Painting with Karen 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Painting 4:00 Reminiscing with soft music 5:00 Winter Paint Night 6:00 Brain Fitness Games</p>	<p>25</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Number Bingo 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Evening Painting</p>	<p>26</p> <p>9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>
<p>27</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Upper Room Readings 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>	<p>28</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Trivia 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 1:30 Music with Roberto 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games</p>	<p>29</p> <p>9:00 Exercise 9:30 Travelogue-India 10:00 Experience a taste of India 10:30 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Puzzles 3:30 It's Never too Late 4:00 Reminiscing with soft music 6:00 Adult Coloring</p>	<p>30</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Fun with peanut butter 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Monthly Birthday Party 2:30 Sing Along 3:30 Floor Games 4:00 Reminiscing with soft music 6:00 Hallmark Movie</p>	<p>31</p> <p>9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Trivia 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Painting 4:00 Reminiscing with soft music 6:00 Brain Fitness Games</p>		<p>DIMENSIONS OF WELLNESS</p> <ul style="list-style-type: none"> Physical Spiritual Vocational Intellectual Purposeful Emotional Environmental Social Nutritional