




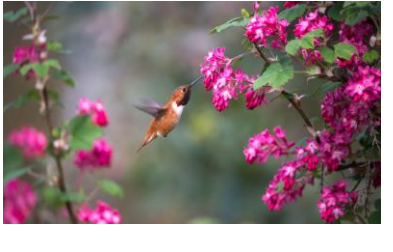





# March 2019

Berkeley Oaks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Open to the Public</b></p> <p>12<sup>th</sup>-Understaing Continuum Care 5:00-7:00 p.m.</p> <p>20<sup>th</sup> Parkinson's Support Group 5:00-7:00 p.m.</p> <p>22<sup>nd</sup>-Blood Drive - 10:00-2:00 p.m.</p> <p>26<sup>th</sup> Virtual Dementia Tour 10:00-3:00 p.m.</p>					<p><b>1</b></p> <p><b>Wellness Checks</b></p> <ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Bingo</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Manicures &amp; Hand Massages</li> <li>3:30 Brain Fitness</li> <li>4:00 Sing Along</li> <li>6:00 Floor Games</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Bean Bag Toss</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Outside Time</li> <li>11:00 Wise Sayings Fill in the Blank</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Floor Games</li> <li>3:30 Adult Coloring</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Our Daily Bread Readings</li> <li>11:00 Spiritual Sing (Youtube)</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Outside Time</li> <li>3:30 Table Games</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Crafts-Shamrock Wreath</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Clip Coupons</li> <li>3:30 Brain Fitness</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Floor Games</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Exercise</li> <li>9:30 Toss &amp; Kickball</li> <li>10:00 Spiritual Study w/Rev. Cheryl &amp; Snack</li> <li>10:30 Name 10</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>1:30 Mardi Gras Social w/Dan Smith</li> <li>2:30 Afternoon Tea &amp; Newspaper</li> <li>3:30 Sort Cards by suit</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Adult Coloring</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Make St. Patrick Day Cards</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Name Foods using the ABC's</li> <li>3:30 Creative Expressions</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Exercise</li> <li>9:30 Toss &amp; Kickball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 It's All About the US Presidents</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Outside Time</li> <li>3:30 Hand massages w/scented lotions</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Puzzles &amp; Table Games</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Sing Along Karaoke Friday</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Make St. Patty's Popsicle Hats</li> <li>3:30 Brain Fitness</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Floor Games</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Bean Bag Toss</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Outside Time</li> <li>11:00 Wise Sayings Fill in the Blank</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Floor Games</li> <li>3:30 Adult Coloring</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Our Daily Bread Readings</li> <li>11:00 Spiritual Sing (Youtube)</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Outside Time</li> <li>3:30 Table Games</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Make a Spring Collage</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Clip Coupons</li> <li>3:30 Play a Game</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Floor Games</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Exercise</li> <li>9:30 Toss &amp; Kickball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Oreo Balls Bonanza</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Afternoon Tea &amp; Newspaper</li> <li>3:30 Nursey Rhymes</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Adult Coloring</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Find the hidden object</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Sing Along</li> <li>3:30 Creative Expressions</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Exercise</li> <li>9:30 Toss &amp; Kickball</li> <li>10:00 Cooking with Chef Arndray</li> <li>10:30 It's Subtraction</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Outside Time</li> <li>3:30 Hand massages w/scented lotions</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Puzzles &amp; Table Games</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Fun with Cookie Dough</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Let's Travel to Ireland</li> <li>3:30 Irish Mocktails</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Floor Games</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Bean Bag Toss</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Number Bingo</li> <li>11:00 Wise Sayings Fill in the Blank</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Floor Games</li> <li>3:30 Adult Coloring</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 St. Patrick Day Trivia</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Our Daily Bread Readings</li> <li>11:00 Spiritual Sing (Youtube)</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Outside Time</li> <li>3:30 The History of St. Patrick's Day</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Sort Playing Cards</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>1:30 Music w/Jack Gorman</li> <li>2:30 Clip Coupons</li> <li>3:30 Brain Fitness</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Floor Games</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Exercise</li> <li>9:30 Toss &amp; Kickball</li> <li>10:00 Spiritual Study w/Rev. Cheryl &amp; Snack</li> <li>10:30 History of the White House</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Afternoon Tea &amp; Newspaper</li> <li>3:30 States &amp; Capitals</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Adult Coloring</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Name Foods using the ABC's</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Read a story</li> <li>3:30 Creative Expressions</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Exercise</li> <li>9:30 Toss &amp; Kickball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Music with Roberto</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Outside Time</li> <li>3:30 Hand massages w/scented lotions</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Puzzles &amp; Table Games</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Hangman</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Color the American Flag</li> <li>3:30 Brain Fitness</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Floor Games</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Bean Bag Toss</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Outside Time</li> <li>11:00 Wise Sayings Fill in the Blank</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Floor Games</li> <li>3:30 Adult Coloring</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Our Daily Bread Readings</li> <li>11:00 Spiritual Sing (Youtube)</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Adult Coloring &amp; Painting</li> <li>3:30 Table Games</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Paint Sun Catchers</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Clip Coupons</li> <li>3:30 Play a Game</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Floor Games</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Exercise</li> <li>9:30 Toss &amp; Kickball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Name 10</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Afternoon Tea &amp; Newspaper</li> <li>3:30 String Fruit Loops</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Adult Coloring</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Painting with Karen</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Move &amp; Dance</li> <li>3:30 Creative Expressions</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Exercise</li> <li>9:30 Toss &amp; Kickball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Mold Dough</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Outside Time</li> <li>3:30 Hand massages w/scented lotions</li> <li>4:00 Reminiscing with soft music</li> <li>5:00 Family Night Dinner &amp; Music w/Jack E.</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Prize Bingo</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Manicures &amp; Hand Massages</li> <li>3:30 Mocktail Friday</li> <li>4:00 Read a story</li> <li>6:00 Floor Games</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Bean Bag Toss</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Outside Time</li> <li>11:00 Wise Sayings Fill in the Blank</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Floor Games</li> <li>3:30 Adult Coloring</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>
<b>31</b>						<b>DIMENSIONS OF WELLNESS</b>
<ul style="list-style-type: none"> <li>9:00 Fitness Card Flash</li> <li>9:30 Balloon Volleyball</li> <li>10:00 Snack &amp; Chat</li> <li>10:30 Our Daily Bread Readings</li> <li>11:00 Spiritual Sing (Youtube)</li> <li>11:30 Hand Washing 4 Lunch</li> <li>1:00 Relaxing Time/One-on-One</li> <li>2:00 Snack &amp; Chat</li> <li>2:30 Adult Coloring &amp; Painting</li> <li>3:30 Table Games</li> <li>4:00 Reminiscing with soft music</li> <li>6:00 Television Time</li> </ul>						<ul style="list-style-type: none"> <li>Physical</li> <li>Spiritual</li> <li>Vocational</li> <li>Intellectual</li> <li>Purposeful</li> <li>Emotional</li> <li>Environmental</li> <li>Social</li> <li>Nutritional</li> </ul>