




April 2019

Berkeley Oaks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open to the Public</p> <p>3rd-Pancakes for Parkinson's Lunch @ 12:00 p.m. 9th-Support Group w/At Home Care "Tips on having a conversation w/ Dementia patients" @ 3:00 p.m. 11th-BrainCore @ 10:00 a.m. 25th-Open House @ 3:00 p.m.</p>	<p>1</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Easter Collage 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>2</p> <p>9:00 Fitness Card Flash 9:30 Toss & Kickball 10:00 Spiritual Study w/Rev. Cheryl 10:30 Who Am I? 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Afternoon Tea & Newspaper 3:30 ABC Game 4:00 Reminiscing with soft music 6:00 Adult Coloring</p>	<p>3</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Make Easter Wreath 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Karaoke 3:30 Creative Expressions 4:00 Reminiscing with soft music 6:00 Movie</p>	<p>4</p> <p>9:00 Fitness Card Flash 9:30 Toss & Kickball 10:00 Snack & Chat 10:30 Wise Saying 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Hand massages w/scented lotions 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games</p>	<p>5</p> <p>9:00 Ball Bounce 9:30 Zumba w/Peggy 10:00 Snack & Chat 10:30 Make Easter Cards 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Mocktails 3:30 Prize Bingo 4:00 Reminiscing with soft music 6:00 Floor Games</p>	<p>6</p> <p>9:00 Fitness Card Flash 9:30 Bean Bag Toss 10:00 Snack & Chat 10:30 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 Television Time</p>
<p>7</p> <p>9:00 Fitness Card Flash 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Spiritual Sing (Youtube) 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 Television Time</p>	<p>8</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Paint Popsicle Bunny's 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>9</p> <p>9:00 Fitness Card Flash 9:30 Toss & Kickball 10:00 Snack & Chat 10:30 It's Addition 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Afternoon Tea & Newspaper 3:30 It's Never to Late 4:00 Reminiscing with soft music 6:00 Adult Coloring</p>	<p>10</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Find the hidden figures 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Pair Names 3:30 Creative Expressions 4:00 Reminiscing with soft music 6:00 Movie</p>	<p>11</p> <p>9:00 Fitness Card Flash 9:30 Toss & Kickball 10:00 Snack & Chat 10:30 Easter Coloring 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Hand massages w/scented lotions 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games</p>	<p>12</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 History about the White House 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 1:30 Music w/Jack Gorman 2:00 Snack & Chat 3:30 Let's Chat 4:00 Reminiscing with soft music 6:00 Floor Games</p>	<p>13</p> <p>9:00 Fitness Card Flash 9:30 Bean Bag Toss 10:00 Snack & Chat 10:30 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 Television Time</p>
<p>14</p> <p>9:00 Fitness Card Flash 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Spiritual Sing (Youtube) 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 Television Time</p>	<p>15</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Paint Picture Frames 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>16</p> <p>9:00 Fitness Card Flash 9:30 Toss & Kickball 10:00 Spiritual Study w/Rev. Cheryl 10:30 It's Subtraction 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Afternoon Tea & Newspaper 3:30 ABC Game 4:00 Reminiscing with soft music 6:00 Adult Coloring</p>	<p>17</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Color Easter Eggs 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Karaoke 3:30 Creative Expressions 4:00 Reminiscing with soft music 6:00 Movie</p>	<p>18</p> <p>9:00 Fitness Card Flash 9:30 Toss & Kickball 10:00 Snack & Chat 10:30 Make Cookies 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Hand massages w/scented lotions 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games</p>	<p>19</p> <p>9:00 Ball Bounce 9:30 Zumba w/Peggy 10:00 Snack & Chat 10:30 Easter Egg Hunt 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Munchies & Manicures 3:30 Let's Travel to Paris 4:00 Reminiscing with soft music 6:00 Floor Games</p>	<p>20</p> <p>9:00 Fitness Card Flash 9:30 Bean Bag Toss 10:00 Snack & Chat 10:30 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 Television Time</p>
<p>21</p> <p>9:00 Fitness Card Flash 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Spiritual Sing (Youtube) 11:30 Hand Washing 4 Lunch 12:00 Family Easter Dinner 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Music w/Dan Smith 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time</p>	<p>22</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Trivia 11:30 Hand Washing 4 Lunch 1:00 Music w/Singing for Seniors 2:00 Snack & Chat 2:30 Story Time 3:30 States & Capitals 4:00 Reminiscing with soft music 6:00 Floor Games</p>	<p>23</p> <p>9:00 Fitness Card Flash 9:30 Toss & Kickball 10:00 Snack & Chat 10:30 Name 10 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Afternoon Tea & Newspaper 3:30 Gardening 4:00 Reminiscing with soft music 6:00 Adult Coloring</p>	<p>24</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Painting w/Karen 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Make your own pizza 3:30 Creative Expressions 4:00 Reminiscing with soft music 6:00 Movie</p>	<p>25</p> <p>9:00 Fitness Card Flash 9:30 Toss & Kickball 10:00 Snack & Chat 10:30 Coloring 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Hand massages w/scented lotions 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games</p>	<p>26</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Hangman 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 3:30 Mocktails 3:30 Prize Bingo 4:00 Reminiscing with soft music 6:00 Floor Games</p>	<p>27</p> <p>9:00 Fitness Card Flash 9:30 Bean Bag Toss 10:00 Snack & Chat 10:30 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 Television Time</p>
<p>28</p> <p>9:00 Fitness Card Flash 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Spiritual Sing (Youtube) 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 Television Time</p>	<p>29</p> <p>9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 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>30</p> <p>9:00 Fitness Card Flash 9:30 Toss & Kickball 10:00 Snack & Chat 10:30 It's Subtraction 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 1:30 Music w/Jon Durfee 2:00 Snack & Chat 2:30 Afternoon Tea & Newspaper 3:30 ABC Game 4:00 Reminiscing with soft music 6:00 Adult Coloring</p>				<p>DIMENSIONS OF WELLNESS</p> <ul style="list-style-type: none"> Physical Spiritual Vocational Intellectual Purposeful Emotional Environmental Social Nutritional