If you would like to request an activity/service that is not on the calendar please let Amy know.

ALL Activities are subject to change without notice.

Wellness Checks with Nursing conducted the 1st thru the 7th

HAPPY NEW YEAR

JANUARY 2020

cedar Grove
Senior living in historic Parkersburg

Meeting Places

- RR Resident Rooms
- AR Activity Room
- NTR North TV Room
- S South
- N North
- OOF Out Of Facility

Happy Birthday

Annabelle F 1-19

Corena M 1-20

Peggie D 1-23

Betty H 1-27

Hydration Cart is offered 3 times a day at 4 am-5 am,9 am-10 am, and 6 pm-7 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open to Public 1-2-2020 Veteran's Social 10:30 am 1-7-2020 Elvis at 2:00 pm Every Saturday Open House 11 am-1 pm			**01** New Year's Day 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Exercise & Hydrate! AR 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 02:00–03:00p Trivia AR 03:30–04:30p Hymn Sing AR	**02** 10:00–10:30a Sensory-South S 10:30–11:30a Veterans Social AR 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 01:30–02:30p Bingo AR 03:00–03:30p Sensory Class NTR 07:00–08:00p Spiritual Music Hour AR	**03** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Fun Friday Games & Social AR 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 02:00–03:00p Catholic Mass AR 03:00–03:30p Sensory Class NTR	**04** 10:30–11:30a Crossword Puzzles RR 12:30–01:30p Quiet/Relaxation RR 06:00–07:00p Puzzle Mania AR
05 12:30–01:30p Quiet/Relaxation RR 03:00–04:00p Sunday Worship Service AR 07:00–09:30p Sunday Night Football NBC Channel 4 RR	**06** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Exercise & Hydrate! AR 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 01:30–02:30p Resident Council Meeting AR 02:00–02:30p Lets Talk about	**07** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 09:30–11:00a Nail Glamour AR 10:00–10:30a Sensory-South S 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 02:00–03:00p ELVIS "LIVE" AR 07:00–08:00p Spiritual Music Hour AR	**08** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Exercise & Hydrate! AR 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 02:00–03:00p Make Snowflakes out of hangers AR 03:30–04:30p Hymn Sing AR	**09** 09:30–11:00a General Store Shopping AR 10:00–10:30a Sensory-South S 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 01:30–02:30p Bingo AR 03:00–03:30p Sensory Class NTR	**10** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Fun Friday Games & Social AR 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 02:00–03:00p Karaoke AR 03:00–03:30p Sensory Class NTR	**11** 10:30–11:30a CNA Surprise Activity RR 12:30–01:30p Quiet/Relaxation RR 06:00–07:00p Puzzle Mania AR
12 12:30–01:30p Quiet/Relaxation RR 03:00–04:00p Sunday Worship Service AR 07:00–09:30p Sunday Night Football NBC Channel 4 RR	**13** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Exercise & Hydrate! AR 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 02:30–03:00p Help Plan Activity Calendar AR 03:00–03:30p Sensory Class NTR	**14** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 11:00–01:00p Cracker Barrel OOF 12:30–01:30p Quiet/Relaxation RR 01:00–03:00p Nail Glamour AR 03:00–03:30p Sensory Class NTR 07:00–08:00p Spiritual Music Hour AR	**15** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Exercise & Hydrate! AR 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 02:00–03:00p Make snowball shooters AR 03:30–04:30p Hymn Sing AR	**16** 09:30–11:00a General Store Shopping AR 10:00–10:30a Sensory-South S 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 01:30–02:30p Bingo AR 03:00–03:30p Sensory Class NTR	**17** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Fun Friday Games & Social AR 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 02:00–03:00p Snowball Fight N 03:00–03:30p Sensory Class NTR	**18** 10:30–11:30a Take and Make Craft RR 12:30–01:30p Quiet/Relaxation RR 06:00–07:00p Puzzle Mania AR
19 12:30–01:30p Quiet/Relaxation RR 03:00–04:00p Sunday Worship Service AR 07:00–09:30p Sunday Night Football NBC Channel 4 RR	Birthday of Martin Luther King, Jr. **20** 12:00–09:30p TIE DYE/NEON DAY RR 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Exercise & Hydrate! AR 01:30–02:30p Everything Cheese Cart "National	**21** 12:00–09:30p HAT DAY RR 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–11:00a Balloon Volleyball AR 10:00–10:30a Sensory-South S 10:30–11:00a Sensory-North N 01:00–03:00p Nail Glamour AR 03:00–03:30p Sensory Class NTR 07:00–08:00p Spiritual Music Hour AR	**22** 12:00–09:30p Sports Day RR 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Exercise & Hydrate! AR 10:30–11:00a Sensory-North N 02:00–03:00p Make snowman cookies AR 03:30–04:30p Hymn Sing AR	**23** 12:00–09:30p Throwback Thursday RR 09:30–11:00a General Store Shopping AR 10:00–10:30a Sensory-South S 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 01:30–02:30p Bingo AR 03:00–03:30p Sensory Class NTR	**24** 12:00–09:00p PJ DAY!! RR 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Fun Friday Games & Social AR 10:30–11:00a Sensory-North N 01:30–02:30p Board Games AR 03:00–03:30p Sensory Class NTR	**25** 10:00–11:00a Donuts and Coffee AR 12:30–01:30p Quiet/Relaxation RR 06:00–07:00p Puzzle Mania AR
26 12:30–01:30p Quiet/Relaxation RR 03:00–04:00p Sunday Worship Service AR 07:00–09:30p Sunday Night Football NBC Channel 4 RR	**27** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Exercise & Hydrate! AR 10:30–11:30a Mini Horse RR 10:30–11:00a Sensory-North N 11:00–12:00p Cookie Ministry RR 12:30–01:30p Quiet/Relaxation RR 01:30–02:30p Ladies Min. Games AR	**28** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–11:00a Balloon Volleyball AR 10:00–10:30a Sensory-South S 10:30–11:00a Sensory-North N 11:00–01:00p Cheryl's Diner OOF 01:00–03:00p Nail Glamour AR 03:00–03:30p Sensory Class NTR 07:00–08:00p Spiritual Music Hour AR	**29** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Exercise & Hydrate! AR 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 02:00–03:00p Jon Coss AR 03:30–04:30p Hymn Sing AR	**30** 09:30–11:00a General Store Shopping AR 10:00–10:30a Sensory-South S 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 01:30–02:30p Bingo AR 01:30–02:30p OWLS @ FoodBank OOF 03:00–03:30p Sensory Class NTR	**31** 08:30–09:00a Fitness South S 09:00–09:30a Fitness North N 10:00–10:30a Sensory-South S 10:30–11:30a Fun Friday Games & Social AR 10:30–11:00a Sensory-North N 12:30–01:30p Quiet/Relaxation RR 01:30–02:30p Hall to Hall Trivia RR 03:00–03:30p Sensory Class NTR	