








January 2019

White Oaks at Huntley

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Check performed monthly Calendar may change due to resident preferences 	Events open to public Tandem with Noreen and Michael Jan. 11 from 2:00-3:30pm Resident Birthday Concert Jan. 28 From 2:00-3:30pm 	1 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Communion/Rosary, <i>HW</i> 10:30 Therapy with Cooper, <i>FL</i> 11:00 Big Word, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:30 Rhyming Ball, <i>AG</i> 4:00 Soundz of Time/Singers, <i>HW</i> 6:30 Bean Bag Toss, <i>AG</i>	2 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Sing-a-long, <i>AG</i> 11:00 Big Word, <i>BC</i> 12:30 Salon, <i>SA</i> 1:00 Our Time, <i>CW</i> 2:30 Make It & Take It, <i>AG</i> 3:30 Cup Stacking, <i>BC</i> 6:30 TV Classic, <i>AG</i>	3 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Therapy with Cooper, <i>FL</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:15 Community Sing-a-long, <i>HW</i> 3:30 Let's Laugh, <i>BC</i> 3:30 Manicures, <i>FL</i> 6:30 Wheel of Fortune Trivia, <i>FL</i>	4 9:00 Movement with Scarfs, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Let's Bake!, <i>AG</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:30 Parachute Game, <i>AG</i> 3:30 Reminiscing, <i>CW</i> 6:30 Movie-Comedy, <i>AG</i>	5 9:00 Morning Exercise, <i>AG</i> 9:30 News, <i>VL</i> 10:00 Therapy With Cooper, <i>AG</i> 10:30 Movie, <i>BC</i> 11:00 Boggle, <i>BC</i> 2:30 Rhyming Ball, <i>AG</i> 3:30 Junkyard Detectives, <i>BC</i> 4:00 Sing-a-long, <i>CW</i> 6:30 Fireplace Chat-Getting to Know You, <i>FL</i>
6 9:00 Morning Exercise, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Hymn Music n News, <i>BC</i> 10:30 Movie, <i>BC</i> 11:00 Boggle, <i>BC</i> 3:00 Lets Laugh!!!, <i>AG</i> 3:30 Trivia, <i>BC</i> 4:00 Short Stories, <i>CW</i> 6:30 Sunday Night at the Movies, <i>AG</i>	7 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Lutheran Service, <i>HW</i> 11:00 Boggle, <i>BC</i> 11:30 Lunch at Denny's, <i>OB</i> 1:00 Our Time, <i>CW</i> 2:30 High Rollers, <i>AG</i> 3:00 Poetry Reading, <i>AG</i> 6:30 Music Through the Ages, <i>AG</i>	8 9:00 Movement with Scarfs, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Communion/Rosary, <i>HW</i> 10:30 Therapy with Cooper, <i>FL</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:30 Rhyming Ball, <i>AG</i> 3:30 Jokes, jokes, jokes, <i>AG</i> 6:30 Bean Bag Toss, <i>AG</i>	9 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Sing-a-long, <i>AG</i> 11:00 Boggle, <i>BC</i> 12:30 Salon, <i>SA</i> 1:00 Our Time, <i>CW</i> 2:30 Make It & Take It, <i>AG</i> 3:30 Cup Stacking, <i>BC</i> 6:30 TV Classic, <i>AG</i>	10 9:00 Movement with Scarfs, <i>BC</i> 9:30 News, <i>VL</i> 9:30 Rosary, <i>CW</i> 10:30 Therapy with Cooper, <i>FL</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 3:30 Let's Laugh, <i>BC</i> 6:30 Jeopardy, <i>FL</i>	11 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Baking 101, <i>AG</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:00 Tandem w/Noreen & Michael, <i>BC</i> 3:30 Reminiscing, <i>CW</i> 6:30 Movie-Comedy, <i>AG</i>	12 9:00 Movement with Scarfs, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Therapy With Cooper, <i>AG</i> 10:30 Movie, <i>BC</i> 11:00 Boggle, <i>BC</i> 2:30 Rhyming Ball, <i>AG</i> 3:30 Junkyard Detectives, <i>BC</i> 4:00 Sing-a-long, <i>CW</i> 6:30 Fireplace Chat-Getting to Know You, <i>FL</i>
13 9:00 Balloon Fun, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Hymn Music n News, <i>BC</i> 10:30 Movie, <i>BC</i> 11:00 Boggle, <i>BC</i> 3:00 Lets Laugh!!!, <i>AG</i> 3:30 Color Therapy, <i>BC</i> 4:00 Short Stories, <i>CW</i> 6:30 Sunday Night at the Movies, <i>AG</i>	14 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Lutheran Service, <i>HW</i> 11:00 Boggle, <i>BC</i> 1:00 Sight Seeing trip, <i>OB</i> 2:30 High Rollers, <i>AG</i> 3:00 Poetry Reading, <i>AG</i> 3:30 Name That Animal, <i>FL</i> 6:30 Music Through the Ages, <i>AG</i>	15 9:00 Movement with Scarfs, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Communion/Rosary, <i>HW</i> 10:30 Therapy with Cooper, <i>FL</i> 11:00 Boggle, <i>BC</i> 1:00 Color Therapy, <i>CW</i> 2:30 Rhyming Ball, <i>AG</i> 3:30 Short Stories, <i>AG</i> 6:30 Bean Bag Toss, <i>AG</i>	16 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Sing-a-long, <i>AG</i> 11:00 Boggle, <i>BC</i> 12:30 Salon, <i>SA</i> 1:00 Our Time, <i>CW</i> 2:30 Make It & Take It, <i>AG</i> 3:30 Cup Stacking, <i>BC</i> 6:30 TV Classic, <i>AG</i>	17 9:00 Movement with Scarfs, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Therapy with Cooper, <i>FL</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:15 Community Sing-a-long, <i>HW</i> 3:30 Let's Laugh, <i>BC</i> 6:30 Jeopardy, <i>FL</i>	18 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Let's Bake!, <i>AG</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:30 Parachute Game, <i>AG</i> 3:30 Reminiscing, <i>CW</i> 6:30 Movie-Comedy, <i>AG</i>	19 9:00 Movement with Scarfs, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Therapy With Cooper, <i>AG</i> 11:00 Boggle, <i>BC</i> 2:00 Family Bingo (HW), <i>HW</i> 2:30 Rhyming Ball, <i>AG</i> 3:30 Junkyard Detectives, <i>BC</i> 6:30 Fireplace Chat-Getting to Know You, <i>FL</i>
20 9:00 Balloon Fun, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Hymn Music n News, <i>BC</i> 10:30 Movie, <i>BC</i> 11:00 Boggle, <i>BC</i> 3:00 Lets Laugh!!!, <i>AG</i> 3:30 Trivia, <i>BC</i> 4:00 Short Stories, <i>CW</i> 6:30 Sunday Night at the Movies, <i>AG</i>	21 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Lutheran Service, <i>HW</i> 11:00 Boggle, <i>BC</i> 11:30 Lunch at Brunch Cafe, <i>OB</i> 1:00 Our Time, <i>CW</i> 2:30 History-Our Presidents, <i>AG</i> 3:30 Name That Animal, <i>FL</i> 6:30 Music Through the Ages, <i>AG</i>	22 9:00 Movement with Scarfs, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Communion/Rosary, <i>HW</i> 10:30 Therapy with Cooper, <i>FL</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:30 Rhyming Ball, <i>AG</i> 3:30 Jokes, jokes, jokes, <i>AG</i> 6:30 Bean Bag Toss, <i>AG</i>	23 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Sing-a-long, <i>AG</i> 11:00 Boggle, <i>BC</i> 12:30 Salon, <i>SA</i> 1:00 Our Time, <i>CW</i> 2:30 Make It & Take It, <i>AG</i> 3:30 Cup Stacking, <i>BC</i> 6:30 TV Classic, <i>AG</i>	24 9:00 Movement with Scarfs, <i>BC</i> 9:30 Rosary Prayer, <i>CW</i> 10:30 Therapy with Cooper, <i>FL</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:15 Community Sing-a-long, <i>HW</i> 3:30 Manicures, <i>FL</i> 6:30 Hangman, <i>FL</i>	25 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Baking 101, <i>AG</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:30 Bocce Ball, <i>AG</i> 3:30 Reminiscing, <i>CW</i> 6:30 Movie-Comedy, <i>AG</i>	26 9:00 Movement with Scarfs, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Therapy With Cooper, <i>AG</i> 10:30 Movie, <i>BC</i> 11:00 Color Therapy, <i>BC</i> 2:30 Rhyming Ball, <i>AG</i> 3:30 Junkyard Detectives, <i>BC</i> 4:00 Sing-a-long, <i>CW</i> 6:30 Fireplace Chat-Getting to Know You, <i>FL</i>
27 9:00 Balloon Fun, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Hymn Music n News, <i>BC</i> 11:00 Boggle, <i>BC</i> 3:00 Lets Laugh!!!, <i>AG</i> 3:30 Trivia, <i>BC</i> 4:00 Short Stories, <i>CW</i> 6:30 Sunday Night at the Movies, <i>AG</i>	28 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Lutheran Service, <i>HW</i> 11:00 Boggle, <i>BC</i> 1:00 Sight Seeing Trip, <i>OB</i> 2:00 Resident Birthday Concert, <i>HW</i> 3:30 Name That Animal, <i>FL</i> 6:30 Music Through the Ages, <i>AG</i>	29 9:00 Movement with Scarfs, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Communion/Rosary, <i>HW</i> 10:30 Therapy with Cooper, <i>FL</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:30 Rhyming Ball, <i>AG</i> 3:30 Short Stories, <i>AG</i> 6:30 Bean Bag Toss, <i>AG</i>	30 9:00 Moving & Grooving, <i>BC</i> 9:30 News, <i>VL</i> 10:00 Sing-a-long, <i>AG</i> 11:00 Boggle, <i>BC</i> 12:30 Salon, <i>SA</i> 1:00 Our Time, <i>CW</i> 2:30 Make It & Take It, <i>AG</i> 3:30 Cup Stacking, <i>BC</i> 6:30 TV Classic, <i>AG</i>	31 9:00 Movement with Scarfs, <i>BC</i> 9:30 News, <i>VL</i> 10:30 Therapy with Cooper, <i>FL</i> 11:00 Boggle, <i>BC</i> 1:00 Our Time, <i>CW</i> 2:15 Community Sing-a-long, <i>HW</i> 3:30 Manicures, <i>FL</i> 6:30 Find the Letter, <i>FL</i>	MEETING PLACES <i>HW</i> - Heritage Woods <i>BC</i> - Birch Court <i>VL</i> - various locations <i>FL</i> - Fireplace Lounge <i>CW</i> - Cedar Way <i>AG</i> - Aspen Grove <i>SA</i> - Salon <i>OB</i> - Out of Building	DIMENSIONS OF WELLNESS Physical  Spiritual  Social  Intellectual  Nutritional  Purposeful 