











January 2023 - White Oaks at McHenry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30 Catholic Mass on TV, <i>FTA</i> 9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 On This Day: Ellis Island, <i>DRB</i> 12:00 Bears vs. Detroit, <i>FTA</i> 1:00 New Year's Day Matinee: The Sound of Music, <i>BTA</i> 6:00 Sunday Night Movie, <i>BTA</i></p>	<p>2</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 Rose Bowl Parade, <i>FTA</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Just for Laughs: Most Embarrassing Moments! <i>DRB</i> 1:30 Groovy Fruit Loop Bingo, <i>DR</i> 2:30 iN2L Games: Trivia, <i>GR</i> 6:00 Monday Night Movie, <i>BTA</i></p>	<p>3</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 January IQ, <i>DRB</i> 1:00 Outing: Boone Creek Scenic Drive, <i>FF</i> 3:30 Relax, Remember & Reminisce, <i>GR</i> 6:00 Classic Movie Night, <i>BTA</i></p>	<p>4</p> <p>9:30 Therapy Dog: Jazzy, <i>DRB</i> 10:00 Chair Exercise, <i>DRB</i> 10:30 What's in the News & Daily Chronicles, <i>DRB</i> 1:30 January Jeopardy, <i>GR</i> 2:30 Therapy Dog: Charlie, <i>GR</i> 6:00 Wednesday Night Musicals, <i>BTA</i></p>	<p>5</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 White Oaks Chorus, <i>GR</i> 1:30 Art for Everyone! Flower Power Bouquets, <i>GR</i> 2:30 Karaoke Sing-A-Long, <i>GR</i> 6:00 Sitcom Classics, <i>BTA</i></p>	<p>6</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Brain Games! 60' Fads, <i>DRB</i> 1:30 Friday Fun & Games: Concentration, <i>DR</i> 2:30 Name that 60s Tune, <i>GR</i> 6:00 Friday Funnies, <i>BTA</i></p>	<p>7</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Craft Club, <i>GR</i> 1:30 Groovy Fruit Loop Bingo, <i>DR</i> 2:30 Saturday Matinee: Viva Las Vegas, <i>BTA</i> 6:00 Hallmark Christmas Movies, <i>BTA</i></p>
<p>8</p> <p>9:30 Catholic Mass on TV, <i>FTA</i> 9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Biography: Elvis Presley, <i>DRB</i> 12:00 Bears vs. Minnesota, <i>FTA</i> 1:00 Alliance Bible Church Service, <i>DR</i> 1:30 Sunday Coffee Klatch, <i>DR</i> 2:30 Armchair Travels: Graceland, <i>GR</i> 6:00 Sunday Night Movie, <i>BTA</i></p>	<p>9</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Fun Facts: Broadway, <i>DRB</i> 1:30 Groovy Fruit Loop Bingo, <i>DR</i> 2:30 Wheel of Fortune, <i>GR</i> 6:00 Monday Night Movie, <i>BTA</i></p>	<p>10</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Brain Games! What Am I? <i>DRB</i> 1:30 Swinging 60s Social!, <i>DR</i> 3:30 Relax, Remember & Reminisce, <i>GR</i> 6:00 Classic Movie Night, <i>BTA</i></p>	<p>11</p> <p>9:30 Therapy Dog: Jazzy, <i>DRB</i> 10:00 Chair Exercise, <i>DRB</i> 10:30 Catholic Eucharist & Prayers, <i>GR</i> 10:30 What's in the News & Daily Chronicles, <i>DRB</i> 1:30 White Board Puzzles: Mixed Up Banking, <i>DRB</i> 2:30 Entertainer: Heather B. "Regards to Broadway", <i>DRB</i> 6:00 Wednesday Night Musicals, <i>BTA</i></p>	<p>12</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 White Oaks Chorus, <i>GR</i> 1:30 Art for Everyone! String Art, <i>GR</i> 2:30 Guess the 60s TV Show Theme Song, <i>GR</i> 6:00 Sitcom Classics, <i>BTA</i></p>	<p>13</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Brain Games! Who Am I? <i>DRB</i> 1:30 Friday Fun & Games: Category Puzzle, <i>DR</i> 2:30 Music Appreciation: Mozart, <i>GR</i> 6:00 Friday Funnies, <i>BTA</i></p>	<p>14</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Craft Club, <i>GR</i> 1:30 Groovy Fruit Loop Bingo, <i>DR</i> 2:30 Saturday Matinee: Hans Christian Anderson, <i>BTA</i> 6:00 Hallmark Christmas Movies, <i>BTA</i></p>
<p>15</p> <p>9:30 Catholic Mass on TV, <i>FTA</i> 9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 The Pentagon: Name Five Things, <i>DRB</i> 1:30 Sunday Coffee Klatch, <i>DR</i> 2:30 Armchair Travels: San Francisco, Then & Now, <i>GR</i> 6:00 Sunday Night Movie, <i>BTA</i></p>	<p>16</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 Non-Denominational Service with Chaplain Bruce, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Remembering Martin Luther King, <i>DRB</i> 1:30 Groovy Fruit Loop Bingo, <i>DR</i> 2:30 Family Feud!, <i>GR</i> 6:00 Monday Night Movie, <i>BTA</i></p>	<p>17</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Hilarious Headlines of the 60s, <i>DRB</i> 1:00 Outing: Culvers For Ice Cream, <i>FF</i> 3:30 Relax, Remember & Reminisce, <i>GR</i> 6:00 Classic Movie Night, <i>BTA</i></p>	<p>18</p> <p>9:30 Therapy Dog: Jazzy, <i>DRB</i> 10:00 Chair Exercise, <i>DRB</i> 10:30 What's in the News & Daily Chronicles, <i>DRB</i> 1:30 Afternoon Dance Party: The Twist, <i>GR</i> 2:30 Therapy Dog: Charlie, <i>GR</i> 6:00 Wednesday Night Musicals, <i>BTA</i></p>	<p>19</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 White Oaks Chorus, <i>GR</i> 1:30 Art for Everyone! Tie Dyed Sun Catchers, <i>GR</i> 2:30 1960s Trivia, <i>GR</i> 6:00 Sitcom Classics, <i>BTA</i></p>	<p>20</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Brain Games! "Strike" or "Spare", <i>DRB</i> 1:30 Friday Fun & Games: Pictionary, <i>DR</i> 2:30 Music Appreciation: Dolly Parton, <i>GR</i> 6:00 Friday Funnies, <i>BTA</i></p>	<p>21</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Craft Club, <i>GR</i> 1:30 Groovy Fruit Loop Bingo, <i>DR</i> 2:30 Saturday Matinee: 9 to 5, <i>BTA</i> 6:00 Hallmark Christmas Movies, <i>BTA</i></p>
<p>22</p> <p>9:30 Catholic Mass on TV, <i>FTA</i> 9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Fun Facts: Chinese New Year, <i>DRB</i> 1:30 Sunday Coffee Klatch, <i>DR</i> 2:30 Armchair Travels: China, <i>GR</i> 6:00 Sunday Night Movie, <i>BTA</i></p>	<p>23</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Fun Facts: Rock & Roll Hall of Fame, <i>DRB</i> 1:30 Happy Birthday Nancy, Joan & Rhea Social! <i>DR</i> 2:30 Groovy Fruit Loop Bingo, <i>DR</i> 6:00 Monday Night Movie, <i>BTA</i></p>	<p>24</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Brain Games! Finish the Phrase, <i>DRB</i> 1:00 Outing: Scenic Drive & Hot Chocolate, <i>FF</i> 3:30 Men's Club: Sports of the 60s, <i>GR</i> 6:00 Classic Movie Night, <i>BTA</i></p>	<p>25</p> <p>9:30 Therapy Dog: Jazzy, <i>DRB</i> 10:00 Chair Exercise, <i>DRB</i> 10:30 Catholic Eucharist & Prayers, <i>GR</i> 10:30 What's in the News & Daily Chronicles, <i>DRB</i> 1:30 January Random Trivia, <i>GR</i> 2:30 Therapy Dog: Charlie, <i>GR</i> 6:00 Wednesday Night Musicals, <i>BTA</i></p>	<p>26</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 White Oaks Chorus, <i>GR</i> 1:30 White Board Puzzles, <i>GR</i> 2:30 Entertainer: Randy Walker, Hits of the 60s, <i>DRB</i> 6:00 Sitcom Classics, <i>BTA</i></p>	<p>27</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Resident Council Meeting, <i>DRB</i> 1:30 Friday Fun & Games: Mixed Up Letters Puzzle, <i>DR</i> 2:30 Remembering Folk Songs of the 60s, <i>GR</i> 6:00 Friday Funnies, <i>BTA</i></p>	<p>28</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Craft Club, <i>GR</i> 1:30 Groovy Fruit Loop Bingo, <i>DR</i> 2:30 Saturday Matinee: Butch Cassidy & the Sundance Kid, <i>BTA</i> 6:00 Hallmark Christmas Movies, <i>BTA</i></p>
<p>29</p> <p>9:30 Catholic Mass on TV, <i>FTA</i> 9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Biography: W.C. Fields, <i>DRB</i> 1:30 Sunday Coffee Klatch, <i>DR</i> 2:30 Armchair Travels: Egypt, <i>GR</i> 6:00 Sunday Night Movie, <i>BTA</i></p>	<p>30</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Name That Beatles Tune, <i>DRB</i> 1:30 Groovy Fruit Loop Bingo, <i>DR</i> 2:30 iN2L Games: Trivia, <i>GR</i> 6:00 Monday Night Movie, <i>BTA</i></p>	<p>31</p> <p>9:30 Chair Exercise, <i>DRB</i> 10:00 What's in the News & Daily Chronicles, <i>DRB</i> 10:30 Brain Games! Name Ten Things, <i>DRB</i> 11:00 Outing: McDonald's for Lunch, <i>FF</i> 2:00 Manicures & Hand Massages, <i>GR</i> 3:30 Relax, Remember & Reminisce, <i>GR</i> 6:00 Classic Movie Night, <i>BTA</i></p>			<p>MEETING PLACES</p> <p><i>FTA</i> - Front TV Area <i>DRB</i> - Dining Room B <i>BTA</i> - Back TV Area <i>DR</i> - Dining Room <i>GR</i> - The Gathering Room <i>FF</i> - Front Fireplace</p> 	<p>DIMENSIONS OF WELLNESS</p> <p>Physical  Spiritual  Vocational  Intellectual  Emotional  Environmental  Social </p> <p>Wellness checks are conducted the 1st-5th of every month by nursing.</p> 