











































































































































































































January 2024 - White Oaks at McHenry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 On This Day: Ellis Island, DRB  11:00 New Year's Day College Football, FTA  1:00 New Years Day Matinee: The Sound of Music, BTA  6:00 Monday Night Movie, BTA	2  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Food for Thought, DRB  1:30 National Cream Puff Day Social!, DR  2:30 Finish the Phrase, GR  6:00 Classic Movie Night, BTA	3  9:30 Therapy Dog: Archer, DRB  10:00 Chair Exercise, DRB  10:30 What's in the News & Daily Chronicles, DRB  1:30 Art for Everyone! Cardinal Art, GR  2:30 Chair Dancing into the New Year, GR  6:00 Wednesday Night Musicals, BTA	4  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 White Oaks Music Makers, GR  1:30 Make Bird Feeders, DR  2:30 Name Ten Things, GR  6:00 Sitcom Classics, BTA	5  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Did You Know?, DRB  1:30 Chat and Color, GR  2:30 Friday Documentary: Birds of the Winter North, GR  6:00 Friday Funnies, BTA	6  9:30 Saturday Sit and Stretch, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Brain Games!, DRB  1:30 Fruit Loop Bingo, DR  2:30 Saturday Matinee: Viva Las Vegas, BTA  6:00 Hallmark Movies, BTA
7  9:30 Catholic Mass on TV, FTA  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Make Me Laugh, DRB  12:00 Bears vs. Packers, FTA  1:30 Sunday Social, DR  2:30 Armchair Travels: Elvis from Hawaii, GR  6:00 Sunday Night Movie, BTA	8  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Biography: Elvis Presley, DRB  1:30 Open Art Time, GR  2:30 1940s Eating & Beauty, GR  6:00 Monday Night Movie, BTA	9  9:30 Chair Exercise, DRB  10:00 Alliance Bible Church Service, GR  10:30 What's in the News & Daily Chronicles, DRB  1:30 National Apricot Day Social!, DR  2:30 You Be The Judge, GR  6:00 Classic Movie Night, BTA	10  9:30 Therapy Dog: Archer, DRB  10:00 Chair Exercise, DRB  10:30 What's in the News & Daily Chronicles, DRB  1:30 Art for Everyone! 2024 Snowman Door Decor, GR  2:30 Chair Dancing into the New Year, GR  6:00 Wednesday Night Musicals, BTA	11  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 White Oaks Music Makers, GR  2:00 Brain Games: What Am I?, DRB  2:30 Entertainer: Heather B. "New Year's Rock & Roll Eve, DRB  6:00 Sitcom Classics, BTA	12  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Fun Fact of the Day, DRB  1:30 Chat and Color, GR  2:30 Friday Documentary: The Journey of Johnny Cash, GR  6:00 Friday Funnies, BTA	13  9:30 Saturday Sit and Stretch, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Brain Games!, DRB  1:30 Fruit Loop Bingo, DR  2:30 Saturday Matinee: The Parent Trap, BTA  6:00 Hallmark Movies, BTA
14  9:30 Catholic Mass on TV, FTA  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Spice of Life, DRB  1:30 Sunday Social, DR  2:30 Armchair Travels: Scandinavia, GR  6:00 Sunday Night Movie, BTA	15  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Martin Luther King Trivia, DRB  1:30 Open Art Time, GR  2:30 What's Up Today?, GR  6:00 Monday Night Movie, BTA	16  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Brain Games! Riddle Me This, DRB  1:30 National Fig Newton Day Social!, DR  2:30 Entertainer: Jane Allyson, DRB  6:00 Classic Movie Night, BTA	17  9:30 Therapy Dog: Archer, DRB  10:00 Chair Exercise, DRB  10:30 What's in the News & Daily Chronicles, DRB  1:30 Art for Everyone! Mosaic Snowflakes, GR  2:30 Chair Dancing into the New Year, GR  6:00 Wednesday Night Musicals, BTA	18  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 White Oaks Music Makers, GR  1:30 Happy Birthday Sam Social!, DRB  2:30 Fruit Loop Bingo, DR  6:00 Sitcom Classics, BTA	19  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Did You Know?, DRB  1:30 Chat and Color, GR  2:30 Friday Documentary: Dolly Parton, From Rags to Rhinestones, GR  6:00 Friday Funnies, BTA	20  9:30 Saturday Sit and Stretch, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Brain Games!, DRB  1:30 Happy Birthday Rhea Social!, DRB  2:30 Saturday Matinee: Nine to Five, BTA  6:00 Hallmark Movies, BTA
21  9:30 Catholic Mass on TV, FTA  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Fun Facts: Squirrels, DRB  1:30 Sunday Social, DR  2:30 Armchair Travels: Neil Diamond in Ireland, GR	22  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Biography: Neil Diamond, DRB  1:30 Open Art Time, GR  2:30 Winter Trivia, GR  6:00 Monday Night Movie, BTA	23  9:30 Chair Exercise, DRB  10:00 Alliance Bible Church Service, GR  10:30 What's in the News & Daily Chronicles, DRB  1:30 National Pie Day Social!, DR  2:30 Pie Trivia, GR  6:00 Classic Movie Night, BTA	24  9:30 Therapy Dog: Archer, DRB  10:00 Chair Exercise, DRB  10:30 Catholic Eucharist & Prayers, GR  10:30 What's in the News & Daily Chronicles, DRB  1:30 Art for Everyone! Snowy Tree Craft, GR  2:30 Chair Dancing into the New Year, GR  6:00 Wednesday Night Musicals, BTA	25  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 White Oaks Music Makers, GR  2:00 Who Am I?, DRB  2:30 Entertainer: Bonnie of the Piano, DRB  6:00 Sitcom Classics, BTA	26  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Resident Council Meeting, DRB  1:30 Chat and Color, GR  2:30 Friday Documentary: The Maria von Trapp Family, GR  6:00 Friday Funnies, BTA	27  9:30 Saturday Sit and Stretch, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Brain Games!, DRB  1:30 Fruit Loop Bingo, DR  2:30 Saturday Matinee: Butch Cassidy & the Sundance Kid, BTA  6:00 Hallmark Movies, BTA
28  9:30 Catholic Mass on TV, FTA  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Common Phrases, DRB  1:30 Sunday Social, DR  2:30 Armchair Travels: Caribbean, GR  6:00 Sunday Night Movie, BTA	29  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Ten Benefits of Puzzles, DRB  1:30 Open Art Time, GR  2:30 Webcam Fun!, GR  6:00 Monday Night Movie, BTA	30  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Brain Games! Name Three, DRB  1:30 Snowflake Tea Social!, DR  2:30 iN2L Games: Trivia, GR  6:00 Classic Movie Night, BTA	31  9:30 Therapy Dog: Archer, DRB  10:00 Chair Exercise, DRB  10:30 What's in the News & Daily Chronicles, DRB  1:30 Art for Everyone! Squeegie Art, GR  2:30 Chair Dancing into the New Year, GR  6:00 Wednesday Night Musicals, BTA	  	MEETING PLACES DRB - Dining Room B FTA - Front TV Area BTA - Back TV Area DR - Dining Room GR - The Gathering Room Activities are subject to change. If you would like to see an activity on the calendar, please see Doris or Deb.	DIMENSIONS OF WELLNESS  Physical  Spiritual  Vocational  Intellectual  Emotional  Environmental  Social Wellness checks are conducted the 1 st -5 th of every month by nursing.