








January 2019

White Oaks at McHenry

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open to the Public Events 1/3 – Jim Sieg Entertains/2:30 pm 1/16 – Caregiver Support Group/5:30 pm 1/25 – Resident's Birthday Party/1:30 pm</p> <p>Resident Birthdays Judy M-Jan 20 Charlotte Z-Jan 22 John C-Jan 23</p> <p>*Monthly wellness checks with nursing is done the first week of the month.</p>		<p>1</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 11:00 New Year's Adult Coloring, <i>CF</i> 1:00 Movie, <i>FTA</i> 3:00 New Year's Word Search, <i>CF</i> 5:30 Board Games, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>2</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Chair Exercise, <i>DRB</i> 1:00 Snowmen Wreath Craft, <i>CF</i> 2:00 Board Games, <i>CF</i> 3:30 Men's Corner w/Ben, <i>GP</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>3</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Pet Therapy, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Scarf Exercise, <i>DRB</i> 1:00 Bible Study w/Stephanie, <i>MR</i> 2:30 Jim Sieg Entertains, <i>MR</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i> 7:30 Men's Night w/Vince, <i>GP</i></p>	<p>4</p> <p>9:00 Music & Magazines, <i>CF</i> 9:30 Resident Council, <i>FTA</i> 10:00 Manicures, <i>CF</i> 10:30 Piano by Byron, <i>CF</i> 1:00 Frost Bingo, <i>CF</i> 2:30 Friday @ The Movies, <i>FTA</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>5</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Daily Chronicles, <i>DRB</i> 10:30 Puzzles, <i>CF</i> 1:00 Movie, <i>FTA</i> 3:00 Word Search, <i>CF</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>
<p>6</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 TV Worship Service, <i>FTA</i> 10:30 Puzzles, <i>CF</i> 1:00 Bingo w/Debbie, <i>CF</i> 3:00 Word Search, <i>CF</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>7</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Flashcard Fitness, <i>DRB</i> 1:00 Splish Spash - The History of the Bath, <i>MR</i> 2:00 Board Games, <i>CF</i> 3:00 Word Search, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>8</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Exercise w/Bands, <i>DRB</i> 1:00 Junk Drawer Detective, <i>CF</i> 2:00 Board Games, <i>CF</i> 3:00 Word Search, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>9</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Chair Exercise, <i>DRB</i> 1:00 Make a Winter Centerpiece, <i>CF</i> 2:00 Board Games, <i>CF</i> 3:30 Men's Corner w/Ben, <i>GP</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>10</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Pet Therapy, <i>CF</i> 11:00 Puzzles, <i>CF</i> 1:00 Movie, <i>FTA</i> 3:00 Communion, <i>CF</i> 3:00 Word Search, <i>CF</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i> 7:30 Men's Night w/Vince, <i>GP</i></p>	<p>11</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Manicures, <i>CF</i> 10:30 Piano by Byron, <i>CF</i> 1:00 Frost Bingo, <i>CF</i> 2:30 Friday @ The Movies, <i>FTA</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>12</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Daily Chronicles, <i>DRB</i> 10:30 Puzzles, <i>CF</i> 1:00 Movie, <i>FTA</i> 3:00 Word Search, <i>CF</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>
<p>13</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 TV Worship Service, <i>FTA</i> 10:30 Puzzles, <i>CF</i> 1:00 Bingo w/Debbie, <i>CF</i> 3:00 Word Search, <i>CF</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>14</p> <p>9:30 Worship w/Heartland, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Flashcard Fitness, <i>DRB</i> 1:00 Star of the Month - Oprah Winfrey, <i>MR</i> 2:00 Board Games, <i>CF</i> 3:00 Word Search, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 5:30 Family Council, <i>FF</i> 6:00 TV Time, <i>FTA</i></p>	<p>15</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Exercise w/Bands, <i>DRB</i> 1:00 Giant Crossword, <i>CF</i> 2:00 Board Games, <i>CF</i> 3:00 Word Search, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>16</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Chair Exercise, <i>DRB</i> 1:00 Canvas Painting, <i>CF</i> 2:00 Board Games, <i>CF</i> 3:30 Men's Corner w/Ben, <i>GP</i> 5:30 Color Therapy, <i>CF</i> 5:30 Family Support Group, <i>SR</i> 6:00 TV Time, <i>FTA</i></p>	<p>17</p> <p>9:30 Music & Magazines, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Scarf Exercise, <i>DRB</i> 1:00 Random Trivia on the Big Screen, <i>MR</i> 3:00 Communion, <i>CF</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i> 7:30 Men's Night w/Vince, <i>GP</i></p>	<p>18</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Manicures, <i>CF</i> 10:30 Piano by Byron, <i>CF</i> 1:00 Frost Bingo, <i>CF</i> 2:30 Friday @ The Movies, <i>FTA</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>19</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Daily Chronicles, <i>DRB</i> 10:30 Puzzles, <i>CF</i> 1:00 Movie, <i>FTA</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>
<p>20</p> <p>9:00 Judy Mi. Birthday, <i>CF</i> 9:30 Music & Magazines, <i>CF</i> 10:00 TV Worship Service, <i>FTA</i> 10:30 Puzzles, <i>CF</i> 1:00 Movie, <i>FTA</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>21</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Flashcard Fitness, <i>DRB</i> 1:00 Martin Luther King Jr. Program, <i>CF</i> 2:00 Board Games, <i>CF</i> 3:00 Word Search, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>22</p> <p>9:00 Charlotte Z Birthday, <i>CF</i> 9:30 Music & Magazines, <i>CF</i> 10:00 Music Therapy w/Mary Ellen, <i>DRB</i> 11:00 Exercise w/Bands, <i>DRB</i> 1:30 The Price Is Right, <i>CF</i> 2:30 Board Games, <i>CF</i> 3:30 Word Search, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>23</p> <p>9:00 John C Birthday, <i>CF</i> 9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Chair Exercise, <i>DRB</i> 1:30 Craft w/Heartland, <i>CF</i> 2:30 Board Games, <i>CF</i> 3:30 Men's Corner w/Ben, <i>GP</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>24</p> <p>9:30 Music & Magazines, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Scarf Exercise, <i>DRB</i> 1:00 Bible Study w/Stephanie, <i>MR</i> 3:00 Communion, <i>CF</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i> 7:30 Men's Night w/Vince, <i>GP</i></p>	<p>25</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Manicures, <i>CF</i> 10:30 Piano by Byron, <i>CF</i> 1:30 Resident Birthday's w/Tom Stansfield, <i>DRB</i> 2:30 Friday @ The Movies, <i>FTA</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>26</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Daily Chronicles, <i>DRB</i> 10:30 Puzzles, <i>CF</i> 1:00 Movie, <i>FTA</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>
<p>27</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 TV Worship Service, <i>FTA</i> 10:30 Puzzles, <i>CF</i> 1:00 Bingo w/Richmond Burton NHS, <i>CF</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>28</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Flashcard Fitness, <i>DRB</i> 1:00 Remembering Campbell's Soup, <i>MR</i> 2:00 Board Games, <i>CF</i> 3:00 Word Search, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>29</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Exercise w/Bands, <i>DRB</i> 1:00 Bingo, <i>CF</i> 2:00 Board Games, <i>CF</i> 3:00 Word Search, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>30</p> <p>9:30 Music & Magazines, <i>CF</i> 10:00 Puzzles, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Chair Exercise, <i>DRB</i> 1:00 Cheerio Bird Feeders, <i>CF</i> 2:00 Board Games, <i>CF</i> 3:30 Men's Corner w/Ben, <i>GP</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i></p>	<p>31</p> <p>9:30 Music & Magazines, <i>CF</i> 10:30 Daily Chronicles, <i>DRB</i> 10:30 Daily Chronicles, <i>DRB</i> 11:00 Scarf Exercise, <i>DRB</i> 1:00 Jeopardy Trivia on the Big Screen, <i>MR</i> 3:00 Communion, <i>CF</i> 3:30 Board Games, <i>CF</i> 5:30 Color Therapy, <i>CF</i> 6:00 TV Time, <i>FTA</i> 7:30 Men's Night w/Vince, <i>GP</i></p>	<p>MEETING PLACES</p> <p><i>CF</i> - Cafe <i>FTA</i> - Front TV Area <i>DRB</i> - Dining Room B <i>GP</i> - Game Parlor <i>MR</i> - Meeting Room <i>FF</i> - Front Fireplace <i>SR</i> - Serenity Room</p>	<p>DIMENSIONS OF WELLNESS</p> <p>Physical  Spiritual  Social  Intellectual  Nutritional  Purposeful </p>

