

**Spring Mill Health
Campus
Activities Calendar**

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
~Daily events are subject to change. Please check the Daily Chronicle for most up to date information.	Our Activity Cart visits each room every morning. Be sure to let us know your needs, and grab an in room activity.	1 New Year's Day 9:00 Activity Cart/Papers 10:00 Mind&Body Stretch (WC) 10:30 News and Talk: New Year's Resolutions (LB) 1:30 Classic TV Shows (WC) 2:00 BINGO (WC)	2 9:00 Activity Cart/Papers 10:00 Walking/Wheeling Club (FLR) 10:00 Mindful Moments (HC1) 10:30 Lunch/Take Out Residents' Choice (WC) 11:00 Mindful Moments (HC2) 1:45 Movie Matinee- Christopher Robin (WC)	3 9:00 Activity Cart/Papers 9:30 Mass (LB) 10:00 Mind&Body Stretch(WC) 10:30 Karaoke Sing Along (WC) 1:30 Bible Study (LB) 2:30 Crafts - Popsicle Snowflake(WC) 6:00 BINGO (WC)	4 9:00 Activity Cart/Papers 10:00 Chair Out (WC) 10:00 Mindful Moments (HC1) 10:30 Big Game with Harbor Lights 1:30 Fun & Games (WC) 3:30 Happy Hour with J.T. (WC)	5 9:00 Activity Cart/ Papers 10:00 Mind&Body Stretch (WC) 10:15 Famous Figures(WC) 10:30 Lexi - Therapy Dog 1:30 Wacky Weekend Trivia(WC) 2:00 BINGO
6 8:30 Activity Cart/Papers 10:00 Mind&Body Stretch (WC) 10:15 Let's Create! (WC) 1:30 Global Sight Seeing (WC) 2:00 BINGO	7 9:00 Activity Cart/Papers 9:00 Morning Work Out (WC) 10:00 Mindful Moments (HC1) 10:00 Shopping-Dollar Tree(FLR) 11:00 Mindful Moments (HC2) 1:30 UNO (WC) 3:00 Snack Social - Variety of Ice Cream (ICP)	8 9:00 Activity Cart/Papers 10:00 Fancy Fingers HC1/10, HC2/11, AL/1:30 10:00 Mind&Body Stretch (WC) 10:30 Discovery Library - Elvis' Birthday (LB) 1:30 Classic TV Shows (WC) 3:00 Name that Tune (WC) 6:00 BINGO (WC)	9 9:00 Activity Cart/Papers 10:00 Walking/Wheeling Club (FLR) 10:00 Mindful Moments (HC1) 10:30 Lunch Outing- Pappas 11:00 Mindful Moments (HC2) 1:45 Movie Matinee - Lincoln (WC) (2012)	10 9:00 Activity Cart/Papers 9:30 Mass (LB) 10:00 Mind&Body Stretch(WC) 10:30 News and Talk (WC) 1:30 Bible Study (LB) 2:30 Crafts - Sun Catcher for the Winter Blues(WC) 6:00 BINGO (WC)	11 9:00 Activity Cart/Papers 10:00 Chair Workout(WC) 10:00 Mindful Moments (HC1) 10:30 Let's Cook - No Bake Oatmeal Cookie 1:30 Fun & Games (WC) 3:30 Happy Hour with David Blixt (WC)	12 9:00 Activity Cart/ Papers 10:00 Mind&Body Stretch (WC) 10:15 Famous Figures(WC) 1:30 Wacky Weekend Trivia(WC) 7:50 BINGO
13 8:30 Activity Cart/Papers 10:00 Mind&Body Stretch (WC) 10:15 Let's Create! (WC) 1:30 Global Sight Seeing (WC) 2:00 BINGO	14 9:00 Activity Cart/Papers 9:00 Morning Work Out (WC) 10:00 Shopping- Walmart(FLR) 10:00 Mindful Moments (HC1) 11:00 Mindful Moments (HC2) 1:30 Bunco (WC) 3:00 Snack Social- Pastrami Pinwheels (ICP)	15 9:00 Activity Cart/Papers 10:00 Fancy Fingers HC1/10, HC2/11, AL/1:30 10:00 Mind&Body Stretch (WC) 10:30 Discovery Library - MLK's Birthday (LB) 1:30 Classic TV Shows (WC) 3:00 Name that Tune (WC) 6:00 BINGO (WC)	16 9:00 Activity Cart/Papers 10:00 Walking/Wheeling Club (FLR) 10:00 Mindful Moments (HC1) 10:30 Lunch Outing- Red Robin 11:00 Mindful Moments (HC2) 1:45 Movie Matinee- King: A Filmed Record, Montgomery to Memphis	17 9:00 Activity Cart/Papers 9:30 Mass (LB) 10:00 Mind&Body Stretch(WC) 10:30 Karaoke (WC) 1:30 Bible Study (LB) 2:30 Crafts Cards for Phil's Friends (WC) 6:00 BINGO (WC)	18 9:00 Activity Cart/Papers 10:00 Chair Workout (WC) 10:00 Mindful Moments (HC1) 10:30 Large Group Game - Water Bottle Ring Toss 1:30 Fun & Games (WC) 3:30 Happy Hour With Harley. (WC)	19 9:00 Activity Cart/ Papers 10:00 Mind&Body Stretch (WC) 10:15 Famous Figures(WC) 1:30 Wacky Weekend Trivia(WC) 2:00 BINGO
20 8:30 Activity Cart, Papers 10:00 Mind&Body Stretch (WC) 10:15 Let's Create! (WC) 1:30 Global Sight Seeing (WC) 2:00 BINGO	21 Martin Luther King Day 9:00 Activity Cart/Papers 9:00 Morning Work Out (WC) 10:00 Shopping Khols (FLR) 10:00 Mindful Moments - Martin Luther King(HC1) 11:00 Mindful Moments - Martin Luther King, Jr. (HC2) 1:30 UNO (WC) 3:00 Snack Social - Ice Cream	22 9:00 Activity Cart/Papers 10:00 Fancy Fingers HC1/10, HC2/11, AL/1:30 10:00 Mind&Body Stretch (WC) 10:30 Discovery Library Penguins (LB) 1:30 Classic TV Shows (WC) 3:20 MHS/Games 6:00 BINGO (WC)	23 9:00 Activity Cart/Papers 10:00 Walking/Wheeling Club (FLR) 10:00 Mindful Moments (HC1) 10:30 Lunch Outing- Crown Point Cafe 11:00 Mindful Moments (HC2) 1:45 Movie Matinee - Wonder (WC) Prime	24 9:00 Activity Cart/Papers 9:30 Mass (LB) 10:00 Mind&Body Stretch(WC) 10:30 News and Talk(LB) 1:30 Bible Study (LB) 2:30 Recognition of Activity Professionals and Maintenance Workers 6:00 BINGO (WC)	25 9:00 Activity Cart/Papers 10:00 Chair Workout(WC) 10:00 Mindful Moments (HC1) 10:30 Let's Cook - Gazpacho Soup 1:30 Fun & Games (WC) 3:30 Happy Hour with Donny W. (WC)	26 9:00 Activity Cart/ Papers 10:00 Mind&Body Stretch (WC) 10:15 Famous Figures(WC) 1:30 Wacky Weekend Trivia(WC) 2:00 BINGO
27 8:30 Activity Cart/Papers 10:00 Mind&Body Stretch (WC) 10:15 Let's Create! (WC) 1:30 Global Sight Seeing (WC) 2:00 BINGO	28 9:00 Activity Cart/Papers 9:00 Morning Work Out (WC) 10:00 Shopping - CVS/Fanny Mae (FLR) 10:00 Mindful Moments (HC1) 11:00 Mindful Moments (HC2) 1:30 Bunco (WC) 3:00 Snack Social - Blueberry Pancake Day (WC)	29 9:00 Activity Cart/Papers 10:00 Fancy Fingers HC1-10, HC2-11, AL-1:30 (WC) 10:00 Mind&Body Stretch (WC) 10:30 Discovery Library (LB) 1:30 Classic TV Shows (WC) 3:00 Resident Council (WC) 6:00 BINGO (WC)	30 9:00 Activity Cart/Papers 10:00 Mindful Moments (HC1) 10:00 Walking Club (FLR) 10:30 Lunch Outing - Bakers Square 11:00 Mindful Moments (HC2) 1:45 Movie Matinee - Unlikely Angel (WC) Prime	31 9:00 Activity Cart/Papers 9:30 Mass (LB) 10:00 Mind&Body Stretch(WC) 10:30 Karaoke Sing Along 1:30 Bible Study (LB) 2:30 Crafts Heart Basket (WC) 6:00 BINGO (WC)	Room Key HC1-Health Care 1 HC2-Health Care 2 WC- Wellness Center MC-Main Courtyard FLR-Front Living Room ICP-Ice Cream Parlor LB-Library	Please sign up for all outings in the trip binder located in the Wellness Center! Cost Listed.