January 2019

The Gardens Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January Days to Note... 03 Festival of Sleep Day 03 Fruitcake Toss Day 03 National Spaghetti Day 04 Trivia Day 05 National Bird Day 06 Cuddle Up Day 07 Old Rock Day 08 Bubble Bath Day 09 Play God Day 10 Bittersweet Chocolate Day 10 Peculiar People Day 12 National Pharmacist Day 13 Make Your Dream Come True Day 16 Appreciate a Dragon Day 17 Ditch New Years Resolutions Day 19 National Popcorn Day 24 Compliment Day 25 Opposite Day 28 Fun at Work Day 31 Backward Day		*New Year's Day* **1** 9:30 Muscle Fitness 10:00 Morning Snack 10:30 Music Therapy 11:00 Lunch 1:00 Watercolors 2:00 Word Game 2:30 Afternoon Snack 3:00 Volleyball 4:30 Dinner 5:00 Trivia Time 6:00 One on One	**2** 9:30 Moving to Music 10:00 Morning Snack 10:30 Sing Along 11:00 Lunch 1:00 American Bingo 2:30 Afternoon Snack 3:00 Scrabble 4:30 Dinner 5:00 Word Games 6:00 One on One	**Beauty Salon** **3** 9:30 Sit and Get Fit 10:00 Morning Snack 10:30 Music Therapy 11:00 Lunch 1:00 Horse Racing 2:00 Concert w/Alula 2:30 Afternoon Snack 3:00 Balloon Toss 4:30 Dinner 5:00 Table Talk 6:00 One on One	**4** 9:30 Chair Exercise 10:00 Morning Snack 10:30 Education Documentary 11:00 Lunch 1:00 Tour of Hollywood Hills 2:00 Afternoon Snack 2:30 Shabbat Service 3:00 Balloon Volleyball 4:30 Dinner 5:00 Pencil Coloring 6:00 One on One	**5** 9:30 Morning Exercise 10:00 Morning Snack 10:30 Parachute Game 11:00 Lunch 1:00 Memory Lane 2:00 Sing Along 2:30 Afternoon Snack 3:00 Saturday Movie 4:30 Dinner 5:00 Music Therapy 6:00 One on One
6 9:30 Moving to Music 10:00 Morning Snack 10:30 Sing-a-long 11:00 Lunch 1:00 Picture Bingo 2:00 Volleyball 2:30 Afternoon Snack 3:00 Table Games 4:30 Dinner 5:00 Pencil Coloring 6:00 One on One	**7** 9:30 American Bingo 10:00 Stretch & Strength w/Tuekeha 11:00 Lunch 1:00 Stimulation Therapy 2:00 Afternoon Bowling 2:30 Afternoon Snack 3:00 Parachute 4:30 Dinner 5:00 Arts & Crafts 6:00 One on One	**8** 9:30 Muscle Fitness 10:00 Morning Snack 10:30 Music Therapy 11:00 Lunch 1:00 Watercolors 2:00 Word Game 2:30 Afternoon Snack 3:00 Volleyball 4:30 Dinner 5:00 Trivia Time 6:00 One on One	**9** 9:30 Moving to Music 10:00 Morning Snack 10:30 Sing Along 11:00 Lunch 1:00 American Bingo 2:30 Afternoon Snack 3:00 Scrabble 4:30 Dinner 5:00 Word Games 6:00 One on One	**10** 9:30 Sit and Get Fit 10:00 Morning Snack 10:30 Music Therapy 11:00 Lunch 1:00 Horse Racing 2:00 Concert w/Yakov 2:30 Afternoon Snack 3:00 Balloon Toss 4:30 Dinner 5:00 Table Talk 6:00 One on One	**11** 9:30 Chair Exercise 10:00 Morning Snack 10:30 Education Documentary 11:00 Lunch 1:00 Sunset Blvd Scenic Drive 2:00 Afternoon Snack 2:30 Shabbat Service 3:00 Balloon Volleyball 4:30 Dinner 5:00 Pencil Coloring 6:00 One on One	**12** 9:30 Morning Exercise 10:00 Morning Snack 10:30 Parachute Game 11:00 Lunch 1:00 Memory Lane 2:00 Sing Along 2:30 Afternoon Snack 3:00 Saturday Movie 4:30 Dinner 5:00 Music Therapy 6:00 One on One
13 9:30 Moving to Music 10:00 Morning Snack 10:30 Sing-a-long 11:00 Lunch 1:00 Picture Bingo 2:00 Volleyball 2:30 Afternoon Snack 3:00 Table Games 4:30 Dinner 5:00 Pencil Coloring 6:00 One on One	**14** 9:30 American Bingo 10:00 Stretch & Strength w/Tuekeha 11:00 Lunch 1:00 Stimulation Therapy 2:00 Afternoon Bowling 2:30 Afternoon Snack 3:00 Parachute 4:30 Dinner 5:00 Arts & Crafts 6:00 One on One	**15** 9:30 Muscle Fitness 10:00 Morning Snack 10:30 Music Therapy 11:00 Lunch 1:00 Watercolors 2:00 Word Game 2:30 Afternoon Snack 3:00 Volleyball 4:30 Dinner 5:00 Trivia Time 6:00 One on One	**16** 9:30 Moving to Music 10:00 Morning Snack 10:30 Sing Along 11:00 Lunch 1:00 American Bingo 2:30 Afternoon Snack 3:00 Scrabble 4:30 Dinner 5:00 Word Games 6:00 One on One	**Beauty Salon** **17** 9:30 Sit and Get Fit 10:00 Morning Snack 10:30 Music Therapy 11:00 Lunch 1:00 Horse Racing 2:00 Country Music w/Michael Quest 2:30 Afternoon Snack 3:00 Balloon Toss 4:30 Dinner 5:00 Table Talk 6:00 One on One	**18** 9:30 Chair Exercise 10:00 Morning Snack 10:30 Education Documentary 11:00 Lunch 1:00 Sunset Blvd Scenic Drive 2:00 Afternoon Snack 2:30 Shabbat Service 3:00 Balloon Volleyball 4:30 Dinner 5:00 Pencil Coloring 6:00 One on One	**19** 9:30 Morning Exercise 10:00 Morning Snack 10:30 Parachute Game 11:00 Lunch 1:00 Memory Lane 2:00 Sing Along 2:30 Afternoon Snack 3:00 Saturday Movie 4:30 Dinner 5:00 Music Therapy 6:00 One on One
Tu B'Shvat (begins at sundown) **20** 9:30 Moving to Music 10:00 Morning Snack 10:30 Sing-a-long 11:00 Lunch 1:00 Picture Bingo 2:00 Volleyball 2:30 Afternoon Snack 3:00 Table Games 4:30 Dinner 5:00 Pencil Coloring 6:00 One on One	*Martin Luther King Jr. Birthday (observed)* **21** 9:30 American Bingo 10:00 Stretch & Strength w/Tuekeha 11:00 Lunch 1:00 Stimulation Therapy 2:00 Afternoon Bowling 2:30 Afternoon Snack 3:00 Parachute 4:30 Dinner 5:00 Arts & Crafts 6:00 One on One	**22** 9:30 Muscle Fitness 10:00 Morning Snack 10:30 Music Therapy 11:00 Lunch 1:00 Watercolors 2:00 Word Game 2:30 Afternoon Snack 3:00 Volleyball 4:30 Dinner 5:00 Trivia Time 6:00 One on One	**23** 9:30 Moving to Music 10:00 Morning Snack 10:30 Sing Along 11:00 Lunch 1:00 American Bingo 2:30 Afternoon Snack 3:00 Scrabble 4:30 Dinner 5:00 Word Games 6:00 One on One	**24** 9:30 Sit and Get Fit 10:00 Morning Snack 10:30 Music Therapy 11:00 Lunch 1:00 Horse Racing 2:00 Karaoke w/Mario 2:30 Afternoon Snack 3:00 Balloon Toss 4:30 Dinner 5:00 Table Talk 6:00 One on One	**25** 9:30 Chair Exercise 10:00 Morning Snack 10:30 Education Documentary 11:00 Lunch 1:00 Sunset Blvd Scenic Drive 2:00 Afternoon Snack 2:30 Shabbat Service 3:00 Balloon Volleyball 4:30 Dinner 5:00 Pencil Coloring 6:00 One on One	**26** 9:30 Morning Exercise 10:00 Morning Snack 10:30 Parachute Game 11:00 Lunch 1:00 Memory Lane 2:00 Sing Along 2:30 Afternoon Snack 3:00 Saturday Movie 4:30 Dinner 5:00 Music Therapy 6:00 One on One
27 9:30 Moving to Music 10:00 Morning Snack 10:30 Sing-a-long 11:00 Lunch 1:00 Picture Bingo 2:00 Volleyball 2:30 Afternoon Snack 3:00 Table Games 4:30 Dinner 5:00 Pencil Coloring 6:00 One on One	**28** 9:30 American Bingo 10:00 Stretch & Strength 11:00 Lunch 1:00 Stimulation Therapy 2:00 Afternoon Bowling 2:30 Afternoon Snack 3:00 Parachute 4:30 Dinner 5:00 Arts & Crafts 6:00 One on One	**29** 9:30 Muscle Fitness 10:00 Morning Snack 10:30 Music Therapy 11:00 Lunch 1:00 Watercolors 2:00 Word Game 2:30 Afternoon Snack 3:00 Volleyball 4:30 Dinner 5:00 Trivia Time 6:00 One on One	**30** 9:30 Moving to Music 10:00 Morning Snack 10:30 Sing Along 11:00 Lunch 1:00 American Bingo 2:30 Afternoon Snack 3:00 Scrabble 4:30 Dinner 5:00 Word Games 6:00 One on One	**Beauty Salon** **31** 9:30 Sit and Get Fit 10:00 Morning Snack 10:30 Music Therapy 11:00 Lunch 1:00 Horse Racing 2:00 Birthday Concert downstairs w/Carlos Greco 2:30 Afternoon Snack 3:00 Balloon Toss 4:30 Dinner 5:00 Table Talk 6:00 One on One		

Month of January

Birthstone: Garnet (Constancy)
Flowers: Carnation (Alt. Snowdrop)
Colors: *Black and Dark Blue*

SNACKS

After every scheduled activity and at 8:00 p.m. for those who wish it

This calendar is subject to change.

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