

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019

~Health Care North~
~Evergreen Park ~

9:00 AM
Wake-Up!
9:30 AM
Worship
10:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities
New Year's Day

1
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities

2
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
2:00PM
Country Drive
4:00-7:00
Evening Daily Living Activities

3
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities

4
9:00-10:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-2:30 PM
Daily Living Activities

6
9:00-10:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-2:30 PM
Daily Living Activities
2:30PM
Worship on the TV
4:15 PM
Prayer Time

7
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities

8
9:00 AM
Wake-Up!
9:30 AM
Worship
10:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities

9
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30
Taking Down of the
Christmas Trees
4:00-7:00
Evening Daily Living Activities

10
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
2:00PM
Country Drive
4:00-7:00
Evening Daily Living Activities

11
9:00-11:00 AM
Daily Living Activities
11:00-1:00
Pizza and Movie-Rotunda- Must
RSVP
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities

12
9:00-10:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-2:30 PM
Daily Living Activities

13
9:00-10:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-2:30 PM
Daily Living Activities
2:30PM
Worship on the TV
4:15 PM
Prayer Time

14
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities

15
9:00 AM
Wake-Up!
9:30 AM
Worship
10:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities

16
9:00-11:00 AM
Daily Living Activities
11:00-1:00
Men's lunch and Movie- Must
RSVP
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities

17
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
2:00PM
Country Drive
4:00-7:00
Evening Daily Living Activities

18
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
2:00 PM
"FROSTY" Bingo- Rotunda
4:00-7:00
Evening Daily Living Activities

19
9:00-10:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-2:30 PM
Daily Living Activities

20
9:00-10:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-2:30 PM
Daily Living Activities
2:30PM
Worship on the TV
4:15 PM
Prayer Time

21
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities
Martin Luther King Day
Tu B'Shevat

22
9:00 AM
Wake-Up!
9:30 AM
Worship
10:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
2:00 PM
Entertainer- ELVIS!!- Rotunda
4:00-7:00
Evening Daily Living Activities

23
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities

24
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
2:00PM
Country Drive
4:00-7:00
Evening Daily Living Activities

25
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
2:00PM
Monthly Birthday Party!- DR
4:00-7:00
Evening Daily Living Activities

26
9:00-10:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-2:30 PM
Daily Living Activities

27
9:00-10:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-2:30 PM
Daily Living Activities
2:30PM
Worship on the TV
4:15 PM
Prayer Time

28
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities
Australia Day (observed)

29
9:00 AM
Wake-Up!
9:30 AM
Worship
10:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities

30
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
1:30-3:30 PM
Daily Living Activities
4:00-7:00
Evening Daily Living Activities

31
9:00-11:00 AM
Daily Living Activities
12:30-1:00 PM
1:1's
2:00PM
Country Drive
4:00-7:00
Evening Daily Living Activities

*Willow Way (WW) Evergreen Park (EP)
Dining Room (DR) Enrichment Center (EC)
~Mail delivery is Monday-Saturday 3:30-4:30PM~
~Activities and Times are Subject to Change
~Country Drives and Outdoor Activities are
Weather Permitting~*

Morning Daily Living Activities

- **Warm Washcloths with Lavender Soap and Lavender Lotion (to be done every morning)**
- **10:00 Snacks (to be done daily)**
- Laundry Folding
- Set the Tables in the Kitchen Nook
- Polish Silverware (with vegetable oil)
- Sort Silverware
- Sort and Match Socks
- Water Plants
- Dust
- Read a Short Story
- Write a Letter and Put in Envelope (save for next day to open and read)
- Rummage Through Drawer, Purse, Wallet, or Jewelry Box
- Flower Arranging
- Music
- Lacing
- Sorting Items (buttons, etc.)
- Look at pictures

Afternoon Daily Living Activities

- **Warm Washcloths with Lavender Soap and Lavender Lotion (to be done daily)**
- **Bake Bread, Muffins, Cookies (use for snacks)**
- Make Pudding, Ice Cream, Apples in Crockpot (use for snacks)
- Paint, Adult Coloring, or Other Simple Craft
- Sit or Go for Walk Outside
- Music with Headphones
- Reminisce
- Laundry Folding
- Lacing
- Sorting Items (buttons, etc.)
- Dust
- Read a Short Story
- Write a Letter and Put in Envelope (save for next day to open and read)
- Rummage Through Drawer, Purse, Wallet, or Jewelry Box
- Look at pictures

Evening Wind Down

- **Warm Washcloths with Lavender Soap and Lavender Lotion (to be done every evening)**
- Music
- Nail Care
- Sit or Go for Walk Outside
- Read s Short Story
- Reminisce
- Rummage Through Drawer, Purse, Wallet, or Jewelry Box
- Laundry Folding
- Look at pictures

*The above activities have been chosen to provide quality sensory activities that appeal to the residents in their current stage of dementia, and allow them to be successful, as well as engaged daily. The goal is to enrich their lives with “Daily Living Activities” that they may be familiar with or have been accustomed to doing on their own when at home.