

January 2020 The Hughes Center Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Birthday Party will be held on the 27th at 3:00 p.m. in the Atrium</p>			<p>(1) 10:15-11:00 Devotion/Exercise Ball /New Year's Day Parade 2:15 Snack Time/ Jigsaw Puzzle 3:00 New Year's Word Search Puzzle/ Item Locator/ Cross Off The Word/Art Therapy 4:00 Chair Exercises (DVD)/ Lets Walk/ Trivia 6:30 Music Therapy and Relaxation</p> <p style="text-align: center;">Happy New Year</p>	<p>(2) 10:00 Devotion/Exercise 10:15 Cooking Show and Craft Demo with Sharon Bella 11:00 Pet Therapy with Bella 2:15 Snack Time/ Cocoa and Conversation/ Deal or No Deal Game Show 3:00 Hands and Nails Care 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 4:30 Kindness Club 6:30 TV Westerns</p> <p style="text-align: center;">National Chocolate Covered Cherry Day</p>	<p>(3) 9:45 Devotion/Exercise 10:00 The Quilting Club (Lindsey Leggett, Kindred Hospice) 2:15 Snack Time/ January's Word Search Puzzle 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(4) 10:00-11:30 Devotion/ Exercise/Unit Games (Trivia and Table Games) 11:30 Lets Walk 1:00 TV Sports /Rest and Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns</p>
<p>(5) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(6) 10:00 Devotion 10:15 Balloon Volleyball/Music Therapy 2:15 Snack Time/ Reading Club/Discussion 3:00 Wine and Cheese Social 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(7) 10:15 Devotion/Exercise/ Dear Abby/ January's Monthly Gazette 11:00 Hymns with Nancy and Friends(Vickie Hightower, Sitters LLC) 2:15 Snack Time/ Paint By Number 3:00 Worship Service/Book of Genesis Chapter 34</p>	<p>(8) 9:45 Devotion/Exercise 10:00 Master's Gardener Program 10:30 Banana and Peanut Butter Sandwich Social/ Elvis's Hit Songs(Bridget Rochelle, Home Instead Senior Care) 2:15 Snack Time/ Winter's Art Therapy 3:00 Elvis Word Search Puzzle, Facts about Elvis's Life,</p>	<p>(9) 10:00 Devotion/Exercise 10:15 Snowman Craft 2:15 Snack Time/ January's Easy Does It Trivia 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(10) 10:00 Devotion/Exercise 10:15 Spiritual Movie and Popcorn 2:15 Snack Time/Words Related to January/TV Oldies Hour 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(11) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Reminiscence Activity 4:00 Stretching Exercises 6:30 TV Westerns</p>

		Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns	and Cross Off The Words 4:00 Chair Exercises (DVD)/ Lets Walk/ Trivia 6:30 Music Therapy and Relaxation			
(12) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games/Art Therapy 4:00 Aerobic Exercises 6:00 TV News	(13) 10:00 Devotion 10:15 Winter's Picture Painting 2:00 Cooking with Cathi 3:00 Winter's Art Therapy/ Reading 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation	(14) 10:15 Devotion/ Exercise Ball/ Bingo 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters LLC) 2:00 Snack Time/Hand Massage Therapy 3:00 Gaither's Musical (DVD) 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns	(15) 10:00 Devotion/Exercise 10:15 Hat's Art and Craft 2:15 Snack Time/ 24 Pieces Jigsaw Puzzle 3:00 Parachute/ Kickball/Ball Toss 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation National Hat's Day National Strawberry Ice Cream Day	(16) Destination Stations 10:15 Devotion/Exercise/ Accidental Art (Reading)/ Fill In the Winter Story/ Spelling Winter Cognitive Stimulation Activities/Lets Go Walking 2:00 Snack Time/ Cocoa and Conversation/ TV Westerns 3:00 Hands and Nails Care (Kathy Brinier, Compassus Hospice and Palliative Care) 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns	(17) 10:00 Devotion 10:15 Jazzy Party (Blast from the Past) 2:15 Snack Time/Frost Categories 3:00 Relaxing Foot Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns	(18) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns
(19) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News	(20) 10:00 Devotion 10:15 Chair Exercise (DVD) Atrium 2:00 Garden Party with Mrs. Sue Berry 3:00 Balloon Volleyball and Music Therapy 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation	(21) 10:15 Devotion/ Exercise/ ABC Alphabet Game 11:00 Hymns with Nancy and Friends 2:15 Snack Time/ Paint By Number 3:00 Worship Service/Book of Genesis Chapter 35 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia	(22) 10:00 Devotion 10:15 Fun Fitness with Terry 2:15 Snack Time/Winter's Art Therapy 3:00 Bible Jingo on the Hall 4:00 Chair Exercises (DVD)/Lets Walk 6:30 Music Therapy and Relaxation	(23) 10:00 Devotion/Exercise 10:15 Winter's Fashion Show 2:15 Snack Time/ Deal Or No Deal Game Show 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns	(24) 10:00 Devotion 10:15 Fifties Music/ Root Beer Float Day 2:15 Snack Time/ TV Oldies Hour/Sock Hop Item Locator 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation	(25) 10-11:30 Devotion / Cognitive- Trivia and Table Games 1:00 TV Sports/ Rest & Relaxation 2:00 Reminiscence Activity 3:00 Bible Jingo 4:00 Stretching Exercises 6:30 TV Westerns

		6:30 TV Westerns International Hug Day			50's Day	
(26) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News	(27) 9:45 Devotion 10:00 Chaminade's Musical Performance 2:15 Snack Time/ Reading 3:00 January's Residents Birthday Party 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation	(28) 10:15 Devotion/ Exercise Ball/Winter 2 Word Search Puzzle/Starts with NEW Cognitive Stimulation Activities 11:00 Hymns with Nancy and Friends(Vickie Hightower, Sitters LLC) 2:15 Snack Time/ Hand Massage Therapy 3:00 Gaither's Musical (DVD) 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns	(29) 10:00 Devotion 10:15 Parachute/Kickball/ Ball Toss/Music Therapy 2:15 Snack Time/ Fruit Cake Baker Item Locator 3:00 Bingo 4:00 Chair Exercises (DVD)/Lets Walk 6:30 Music Therapy and Relaxation	(30) Destination Stations 10:15 Devotion/ Exercise/ (S)nowhere In sight/Cozy Up Item Locator/ Lets Go Walking 2:15 Snack Time/ Coca and Conversation 3:00 Hands and Nails Care (Kathy Brinier, Compassus Hospice and Palliative Care) 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns	(31) 10:00 Devotion/Exercise 10:15 Spiritual Movie and Popcorn 2:15 Snack Time/ REST AND RELAXATION 3:00 Relaxing Foot Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns	

**** Our schedule is flexible and subject to change. Therefore, activities may occasionally be different than those scheduled.