

PALM BAY MEMORY CARE

JANUARY 2022

350 MALABAR RD SW PALM BAY, FL 32907 PH: 321 574 6290 WEBSITE: palmbaymemorycare.com FACEBOOK: Palm Bay Memory Care

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|---|---|
| <p>2</p> <p>9:30 Sunday Stretches 10:00 IN2L Church Service 1:00 Patio Chat 2:00 Ice Cream Social 3:00 Parachute Fun 4:00 Courtyard Walk 6:00 Sunday Night Movie</p> | <p>3</p> <p>10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 11:00 Daily Chronicles 2:00 Trivia 3:00 IN2L Travel 4:00 Puzzles</p> | <p>4</p> <p>NATIONAL SPAGHETTI DAY</p> <p>10:00 EnerG Yoga & Stretching 10:30 Coffee Cart 12:00 SPAGHETTI LUNCHEON 2:00 Bingo 3:00 Music & Memory 4:00 Therapeutic Coloring</p> | <p>5</p> <p>9:30 Devotions 10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 11:00 Daily Chronicles 1:30 ART WITH JESSICA 3:00 Sing A Long</p> | <p>6</p> <p>10:00 EnerG Everyday Movement 10:30 Juice Cart 11:00 Corn Hole 2:00 Music & Memory Gr #1 2:00 Music, Memory Gr #2 3:00 Bowling 4:00 Patio Chat</p> | <p>7</p> <p>10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 11:00 Daily Chronicles 2:00 Word Games 3:00 IN2L Coordination Games 4:00 Ball in the Basket</p> | <p>1/8</p> <p>9:30 Devotions 10:00 Whole Body Workout 11:00 Daily Chronicles 1:00 Hand Massage 2:00 Bingo 3:00 Arts & Craft 4:30 Patio Chat</p> |
| <p>9</p> <p>9:30 Sunday Stretches 10:00 IN2L Church Service 1:00 Patio Chat 2:00 Ice Cream Social 3:00 Parachute Fun 4:00 Courtyard Walk 6:00 Sunday Night Movie</p> | <p>10</p> <p>10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 *12:00 OUT TO LUNCH BUNCH 2:00 Trivia 3:00 IN2L Travel 4:00 Puzzles</p> | <p>11</p> <p>10:00 EnerG Yoga & Stretching 10:30 Coffee Cart 1:00 Walking Club 2:00 Bingo 3:00 Music & Memory 4:00 Therapeutic Coloring</p> | <p>12</p> <p>10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 11:00 Daily Chronicles 2:00 BERNA & WES PERFORM LIVE 3:00 Relax & Unwind</p> | <p>13</p> <p>10:00 EnerG Everyday Movement 10:30 Juice Cart 11:00 Corn Hole 2:00 Music & Memory Gr #1 2:00 Music, Memory Gr #2 3:00 Bowling 4:00 Patio Chat</p> | <p>14</p> <p>DRESS UP YOUR PET DAY</p> <p>10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 11:00 Daily Chronicles 2:00 DRESS UP YOUR PET PARADE</p> | <p>15</p> <p>9:30 Devotions 10:00 Whole Body Workout 11:00 Daily Chronicles 1:00 Hand Massage 2:00 Bingo 3:00 Arts & Craft 4:00 Patio Chat</p> |
| <p>16</p> <p>9:30 Sunday Stretches 10:00 IN2L Church Service 1:00 Patio Chat 2:00 Ice Cream Social 3:00 Parachute Fun 4:00 Courtyard Walk 6:00 Sunday Night Movie</p> | <p>17</p> <p>10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 11:00 Daily Chronicles 2:00 INDOOR S'MORE SOCIAL WITH JILL 4:00 Puzzles</p> | <p>18</p> <p>10:00 EnerG Yoga & Stretching 10:30 Coffee Cart 1:00 Walking Club 2:00 Bingo 3:00 Music & Memory 4:00 Therapeutic Coloring</p> | <p>19</p> <p>9:30 Devotions 10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 2:00 Crafty Club 3:30 Relax & Unwind</p> | <p>20</p> <p>10:00 EnerG Everyday Movement 10:30 Juice Cart 10:30 HEARTS OF GOLD VISITS (Dog Therapy) 2:00 Music & Memory Gr #1 2:00 Music, Memory Gr #2 4:00 Courtyard Walk</p> | <p>21</p> <p>10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 11:00 Daily Chronicles 2:00 JEFF SPENCER CONCERT 3:00 IN2L Coordination Games 4:00 Ball in the Basket</p> | <p>22</p> <p>9:30 Devotions 10:00 Whole Body Workout 11:00 Daily Chronicles 1:00 Hand Massage 2:00 Bingo 3:00 Arts & Craft 4:30 Patio Chat</p> |
| <p>23</p> <p>9:30 Sunday Stretches 10:00 IN2L Church Service 1:00 Patio Chat 2:00 Ice Cream Social 3:00 Parachute Fun 4:00 Courtyard Walk 6:00 Sunday Night Movie</p> | <p>24</p> <p>10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 11:00 Daily Chronicles 2:00 Trivia 3:00 IN2L Travel 4:00 Patio Chat</p> | <p>25</p> <p>10:00 EnerG Yoga & Stretching 10:30 Coffee Cart 1:00 Walking Club 2:00 Bingo 3:00 Music & Memory 4:00 Therapeutic Coloring</p> | <p>26</p> <p>10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 11:00 Daily Chronicles 2:00 FOOD DEMO WITH CHEF RANDY 3:00 Relax & Unwind</p> | <p>27</p> <p>CHOCOLATE CAKE DAY</p> <p>10:00 EnerG Everyday Movement 10:00 Juice Cart 11:00 Shoot the Hoops/baskets 2:00 CHOCOLATE CAKE SOCIAL 3:00 Music & Memory Gr #1 3:00 Music, Memory Gr #2 4:00 Patio Chat</p> | <p>28</p> <p>10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 11:00 Daily Chronicles 2:00 Word Games 3:00 IN2L Coordination Games 4:00 Ball in the Basket</p> | <p>29</p> <p>9:30 Devotions 10:00 Whole Body Workout 11:00 Daily Chronicles 1:00 Hand Massage 2:00 Bingo 3:00 Arts & Craft 4:30 Patio Chat</p> |
| <p>30</p> <p>9:30 Sunday Stretches 10:00 IN2L Church Service 1:00 Patio Chat 2:00 Ice Cream Social 3:00 Parachute Fun 4:00 Courtyard Walk 6:00 Sunday Night Movie</p> | <p>31</p> <p>10:00 Get In Shape w/ServCare Gr #1 10:00 EnerG Range of Motion Gr #2 11:00 Daily Chronicles 2:00 RESIDENT COUNCIL MEETING 3:00 Most Interesting Things</p> | | <p>WELCOME TO 2022</p> | | <p>*CALENDAR SUBJECT TO CHANGE PER RESIDENT INTEREST & CDC GUIDELINES & RECOMMENDATIONS</p> | <p>DAILY: 8:00 Breakfast 10:00 Hydration Cart 12:00 Lunch 2:00 Hydration/Snack Cart 5:00 Dinner 7:00 Hydration/Snack Cart</p> |

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