

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019

Vitalia Strongsville Memory Care Cottages

9:00 Breakfast
 10:00 Scarf Dancing
 11:00 Music Appreciation
 12:00 Lunch Bunch
 2:00 Remember When?
 3:00 Walk Around the Block
 4:00 Helping Hands
 5:00 Dinner
 5:00 Rosebowl Game
 6:00 Happy Hour
New Year's Day

9:00 Breakfast
 10:00 News Review
 11:00 Catholic Mass (ALT)
 12:00 Lunch Bunch
 2:00 Afternoon Workout
 3:00 Sing A Long
 4:00 Birthday Bash (ALDR)
 5:00 Dinner
 6:00 Classic TV

9:00 Breakfast
 10:00 Manicures
 11:00 Walk
 12:00 Lunch Bunch
 2:00 Reminisce with Me
 3:00 Crafts
 4:00 Bingo
 5:00 Dinner

9:00 Breakfast
 10:00 Chair Exercise
 11:00 Meditation
 12:00 Lunch Bunch
 2:00 Easy Does It Trivia
 3:00 Happy Hour
 5:00 Dinner

9:00 Breakfast
 10:00 Walk & Talk
 11:00 Helping Hands
 12:00 Lunch Bunch
 2:00 News Review
 3:00 Snacks & Movies
 5:00 Dinner
 6:00 Clustering

9:00 Breakfast
 10:00 Chair Dancing
 11:00 Hydration Station
 12:00 Lunch Bunch
 2:00 Bingo
 4:00 Sunday News
 5:00 Dinner

9:00 Breakfast
 10:00 Gentle Stretching
 11:00 Relax & Refresh
 12:00 Lunch Bunch
 2:00 Cooking Club
 3:00 Walk & Talk
 5:00 Dinner
 6:00 Monday Movie
 8:00 National Championship Game

9:00 Breakfast
 10:00 Scarf Dancing
 11:00 Music Appreciation
 12:00 Lunch Bunch
 2:00 Remember When?
 3:00 Walk Around the Block
 4:00 Helping Hands
 5:00 Dinner
 6:00 Happy Hour

9:00 Breakfast
 10:00 News Review
 11:00 Communion (ALT)
 12:00 Lunch Bunch
 2:00 Scenic Drive
 4:00 Birthday Bash (ALDR)
 5:00 Dinner
 6:00 Classic TV

9:00 Breakfast
 10:00 Manicures
 11:00 Walk
 12:00 Lunch Bunch
 2:00 Reminisce with Me
 3:00 Crafts
 4:00 Bingo
 5:00 Dinner

9:00 Breakfast
 10:00 Chair Exercise
 11:00 Meditation
 12:00 Lunch Bunch
 2:00 Easy Does It Trivia
 3:00 Happy Hour
 5:00 Dinner

9:00 Breakfast
 10:00 Walk & Talk
 11:00 Helping Hands
 12:00 Lunch Bunch
 2:00 News Review
 3:00 Snacks & Movies
 5:00 Dinner
 6:00 Clustering

9:00 Breakfast
 10:00 Chair Dancing
 11:00 Hydration Station
 12:00 Lunch Bunch
 2:00 Bingo
 4:00 Sunday News
 5:00 Dinner

9:00 Breakfast
 10:00 Gentle Stretching
 11:00 Relax & Refresh
 12:00 Lunch Bunch
 2:00 Cooking Club
 3:00 Walk & Talk
 5:00 Dinner
 6:00 Monday Movie

9:00 Breakfast
 10:00 Scarf Dancing
 11:00 Music Appreciation
 12:00 Lunch Bunch
 2:00 Remember When?
 3:00 Walk Around the Block
 4:00 Helping Hands
 5:00 Dinner
 6:00 Happy Hour

9:00 Breakfast
 10:00 News Review
 11:00 Communion (ALT)
 12:00 Lunch Bunch
 2:00 Scenic Drive
 4:00 Sing A Long
 5:00 Dinner
 6:00 Classic TV

9:00 Breakfast
 10:00 Manicures
 11:00 Walk
 12:00 Lunch Bunch
 2:00 Reminisce with Me
 3:00 Crafts
 4:00 Bingo
 5:00 Dinner

9:00 Breakfast
 10:00 Chair Exercise
 11:00 Meditation
 12:00 Lunch Bunch
 2:00 Easy Does It Trivia
 3:00 Happy Hour
 5:00 Dinner
 6:00 Family Meeting

9:00 Breakfast
 10:00 Walk & Talk
 11:00 Helping Hands
 12:00 Lunch Bunch
 2:00 News Review
 3:00 Snacks & Movies
 5:00 Dinner
 6:00 Clustering

9:00 Breakfast
 10:00 Chair Dancing
 11:00 Hydration Station
 11:30-1:30 Sunday Brunch (ALDR)
 12:00 Lunch Bunch
 2:00 Bingo
 2:00 Christ Church Service (ALT)
 4:00 Sunday News
 5:00 Dinner

9:00 Breakfast
 10:00 Gentle Stretching
 11:00 Relax & Refresh
 12:00 Lunch Bunch
 2:00 Cooking Club
 3:00 Walk & Talk
 5:00 Dinner
 6:00 Monday Movie
Martin Luther King Day
 Tu B'Shevat

9:00 Breakfast
 10:00 Scarf Dancing
 11:00 Music Appreciation
 12:00 Lunch Bunch
 2:00 Remember When?
 3:00 Walk Around the Block
 4:00 Helping Hands
 5:00 Dinner
 6:00 Happy Hour

9:00 Breakfast
 10:00 News Review
 11:00 Communion (ALT)
 12:00 Lunch Bunch
 2:00 Scenic Drive
 4:00 Sing A Long
 5:00 Dinner
 6:00 Classic TV
 6:30 Dinner & A Show w/
 John Kowalski (ALDR)

9:00 Breakfast
 10:00 Manicures
 11:00 Walk
 12:00 Lunch Bunch
 2:00 Reminisce with Me
 3:00 Crafts
 4:00 Bingo
 5:00 Dinner

9:00 Breakfast
 10:00 Chair Exercise
 11:00 Meditation
 12:00 Lunch Bunch
 2:00 Easy Does It Trivia
 3:00 Happy Hour
 5:00 Dinner

9:00 Breakfast
 10:00 Walk & Talk
 11:00 Helping Hands
 12:00 Lunch Bunch
 2:00 News Review
 3:00 Snacks & Movies
 5:00 Dinner
 6:00 Clustering

9:00 Breakfast
 10:00 Chair Dancing
 11:00 Hydration Station
 12:00 Lunch Bunch
 2:00 Bingo
 4:00 Sunday News
 5:00 Dinner

9:00 Breakfast
 10:00 Gentle Stretching
 11:00 Relax & Refresh
 12:00 Lunch Bunch
 2:00 Cooking Club
 3:00 Walk & Talk
 5:00 Dinner
 6:00 Monday Movie
Australia Day (observed)

9:00 Breakfast
 10:00 Scarf Dancing
 11:00 Music Appreciation
 12:00 Lunch Bunch
 2:00 Remember When?
 3:00 Walk Around the Block
 4:00 Helping Hands
 5:00 Dinner
 6:00 Happy Hour

9:00 Breakfast
 10:00 News Review
 11:00 Communion (ALT)
 12:00 Lunch Bunch
 2:00 Scenic Drive
 4:00 Sing A Long
 5:00 Dinner
 6:00 Classic TV

9:00 Breakfast
 10:00 Manicures
 11:00 Walk
 12:00 Lunch Bunch
 2:00 Reminisce with Me
 3:00 Crafts
 4:00 Bingo
 5:00 Dinner

Please don't forget to RSVP to our family meeting on 1/18! We will be providing dinner and refreshments!

 Also, Sunday Brunch is the 3rd Sunday of every month! We would love to see you there!