

BLUE ROOM | JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Activity Domain Key Physical (P) Social (S) Cognitive (C) Creative (CR) Productive Sensory (SE) Outdoor (O) Nature (N) Reflective (R)</p>	 <p>Jim A 1.4 Steve A 1.4 Dick M 1.13 Dot 1.17 Tom C 1.17 Fidel 1.20 Nancy 1.27</p>		<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Billboard Song Throughout Time (S) 12:00 Good News Stories of the Week (S) 12:30 Lunch (S) 1:15 Category Wheel of Fortune (C) 1:45 Sit & Stretch Fitness (P) 2:00 Music Spotlight: Etta James (S) 2:30 Music & Puzzle Worksheets (C) 3:00 Afternoon Music and Snack Social (S) 3:30 Best of I love Lucy Clips (S) 4:00 Combined Balloon Volleyball (P) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 This Day in History (S) (C) 12:00 Chair Exercise (P) 12:30 Lunch (S) 1:15 The First Rockstar: Mozart w/ Dan (S) 1:45 Sit & Stretch Fitness (P) 2:00 Magical Places: Disney (S) 2:30 Junk Detective: Winter (C) 3:00 Afternoon Music and Snack Social (S) 3:30 Active Stations (S)(CR)(C) 4:00 Combined Horseshoes (P) 4:30 1:1 Activities (S) (C) (CR)</p>
<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Who Am I Guessing Game (S)(C) 12:00 Name That Famous Face (S) 12:30 Lunch (S) 1:15 Craft Project w Tiffany (CR) 1:15 Name The dog Breed w Janice (C) 1:30 Chair Yoga (P) 2:00 Alphabet Bean Bag Trivia (C) 2:30 Partner Up Puzzles (CR) 3:00 Afternoon Music and Snack Social (S) 3:30 Best Clips of Classic TV (S) 4:00 Combined Bowling (P) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Spotlight: Harlem Globetrotters (S) 12:00 Trick Shot Target Toss (P) 12:30 Lunch (S) 1:15 You Be the Judge w Jim (S) 2:00 Sit & Stretch Fitness (P) 2:15 Football Hall of Famers w Fidel (S) 3:00 Afternoon Music and Snack Social (S) 3:30 Bowling Tournament (P) 4:00 Combined Putt-Putt (P) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 Musical Memories w/ Roberta (SE) 11:00 Snack & Social (S) 11:30 This Day in History (S) 12:00 Chair Exercise (P) 12:30 Lunch (S) 1:15 Outdoor Walk & Photography (P)(O)(N) 1:15 What am I Guessing Game (C) 2:15 Chair Yoga (P) 2:30 Modern Jeopardy w John (C) 3:15 Afternoon Music and Snack Social (S) 3:30 Candy BINGO (S) 4:00 Combined Corn Hole (P) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Geography Quiz w Dave (C) 12:00 Photographic Memory Game (S) 12:30 Lunch (S) 1:15 Women's Discussion Group w Sarah (S) 1:15 Baseball Legends w Leo (S) 1:45 Sit & Stretch Fitness (P) 2:00 Hometown History: Virginia w Bill (S) 2:30 Local Fruit Tasting (SE) 3:00 Afternoon Music and Snack Social (S) 3:30 Active Stations (C)(S)(CR) 4:00 Greatest Hits of the Decades (S) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 History Headline Timeline w Bert (C) 12:00 Finish the Phrase (C) 12:30 Lunch (S) 1:15 Brain Teasers w Jimmy (C) 1:15 Where in the World Trivia (C) 2:00 Tai-Chi Fitness w Cynthia (P) 2:45 Feel Good Stories of the Week (S) 3:00 Afternoon Music and Snack Social (S) 3:30 Active Stations (SE)(C)(S) 4:00 AFV Clips (S) 4:30 1:1 Activities (S) (C) (CR)</p>
<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 Violin Tunes w Anthony (SE) 11:00 Snack & Social (S) 11:30 What Am I Guessing Quiz (C) 12:00 Winter Fashion Throughout Time (S) 12:30 Lunch (S) 1:15 Wheel of Fortune w Bettina (C) 2:00 Sit & Stretch Exercise (P) 2:15 Book-to-Movie Discussion w Mickey (S) 2:30 60's & 70's Hits w Brian (R) 3:00 Afternoon Music and Snack Social (S) 3:30 Funniest Animal Photos (C)(S) 4:00 Prize BINGO (S) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Spotlight: Kevin Costner (S) 12:00 Potluck Quiz (C) 12:30 Lunch (S) 1:15 Reading Club w Catherine (S) 1:15 Popular Radio Stories w Steve (S) 1:45 Chair Yoga (P) 2:00 Two Truths & One Lie History Trivia (C) 2:30 Jeopardy Game (C) 3:00 Afternoon Music and Snack Social (S) 3:30 Ripley's Believe it or Not Clips (S) 4:00 Combined Corn Hole (P) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Tai Chi w/ Caregivers (P) 11:00 Snack & Social (S) 11:30 Travelogue: Oxford England w Clare (S) 12:00 Cooking Demo: Oxford Pudding (SE) 12:30 Lunch (S) 1:15 Poetry Workshop w Tom (S) 1:45 Chair Yoga (P) 2:00 Tea Cards Craft & Tasting (CR)(SE) 3:00 Afternoon Music and Snack Social (S) 3:30 Active Stations (SE)(S)(C) 4:00 Name That President Visual Quiz (C) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Art Club w Tiffany (CR) 11:30 The Art of Mandalas (S) 12:00 Mandala Stones Craft (CR) 12:30 Lunch (S) 1:15 The Evolution of Music (S) 1:30 Chair Yoga (P) 2:00 Armchair Travel w Allen (S) 2:30 Coco, Music & Puzzles (C) 3:00 Afternoon Music and Snack Social (S) 3:30 Name That Tune (C) 4:00 Combined Noodle Hockey (P) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Close Up Architecture Quiz (C) 12:00 Snowflake Sun Catchers w Cora (CR) 12:30 Lunch (S) 1:15 Jeopardy Game (C) 1:45 Sit & Stretch (P) 2:00 Reminiscing: Movie Theaters w Chris (R) 3:00 Afternoon Music and Snack Social (S) 3:30 Name 10 (C) 4:00 Combined Parachute (P) 4:30 1:1 Activities (S) (C) (CR)</p>
<p>IMCC CLOSED</p> 	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C)(CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 MLK Spotlight w Gloria (S) 12:00 Inspirational Postcard Craft (CR) 12:30 Lunch (S) 1:15 Decades Memory Box (R) 1:45 Chair Yoga (P) 2:15 Echoes of Nature Animal Showcase (SE) 3:00 Afternoon Music & Snack Social (S) 3:30 Puzzle Worksheets (C) 4:00 Iconic Moments in Entertainment (S) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C)(CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Virtual Travel: Nova Scotia w Jean (S) 12:00 Nova Scotia Apple Tasting (SE) 12:30 Lunch (S) 1:15 Outdoor walk w Gary (O)(P)(N) 1:15 Life Mapping Craft (CR) 1:45 Chair Yoga (P) 2:00 Spotlight: Sherlock Holmes w Hank (S) 2:30 Mystery Solvers Game (C) 3:00 Afternoon Music & Snack Social (S) 3:30 Calming Coloring Pages & Sudoku(C)(CR) 4:00 Candy BINGO (S) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C)(CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Craft Project w Tiffany (CR) 11:30 Where in the World Quiz (C) 12:00 Name That Tune (S) 12:30 Lunch (S) 1:15 Women Discussion Group w Sarah (S) 1:15 Tennis Legends w Helen (S) 2:00 Table Tennis Tournament (P) 2:30 Active Stations & Music (SE) 3:00 Afternoon Music & Snack Social (S) 3:30 Funniest AFV Clips (S) 4:00 Combined Free Rice Trivia (C) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C)(CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Who Am I Trivia (C) 12:00 Musical Spotlight: Celine Dion (S) 12:30 Lunch (S) 1:15 Brain Teasers w Jimmy (C) 1:15 Family Feud Game w Bettye (C) 2:00 Tai-Chi Fitness w Cynthia (P) 2:45 Name 10 rapid Fire Trivia (C) 3:00 Afternoon Music & Snack Social (S) 3:30 BINGO (S) 4:00 Combined Parachute (P) 4:30 1:1 Activities (S) (C) (CR)</p>
<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Science Experiment w Paul (SE) 12:00 Putty Aroma Therapy (SE) 12:30 Lunch (S) 1:15 Woodworking w Tiffany (CR) 1:15 Artist Spotlight w Mickey (S) 1:45 Inspired Art Project (CR) 2:15 Sit & Stretch Exercise (P) 2:30 Duck & Moose Memory Exerciser (C) 3:00 Afternoon Music & Snack Social (S) 3:30 Partner Up Puzzles (C) 4:00 Combined Noodle Hockey (P) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Natural World Wonders w Leo (S) 12:00 Natural Aromatherapy Pinecones (N) 12:30 Lunch (S) 1:15 Reading Club w Catherine (S) 1:15 LEGO Day & Exploring its History (S) 1:45 LEGO building (C)(CR) 2:00 Sports Legends (S) 2:30 Target Golfing w Joe (P) 3:00 Afternoon Music & Snack Social (S) 3:30 Active Stations (S)(C)(SE) 4:00 Golden Era TV Clips (S) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C) (CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Travelogue: Guangzhou w Patty (S) 12:00 Chinese New Year Discussion (S) 12:30 Lunch (S) 1:15 Tea Blending Workshop w Brittany (SE) 1:15 You Be the Judge Game (S) 1:45 Sit & Stretch Fitness (P) 2:00 Lantern Decorating (CR) 3:00 Chinese New Year Snack Social (S) 4:00 BINGO (S) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C)(CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 TV Star Spotlight: Bea Arthur (S) 12:00 Best of Bea Author Clips (S) 12:30 Lunch (S) 1:15 Poetry Workshop: Winter (S) 1:45 Sit & Stretch Fitness (P) 2:00 Alphabet Quiz (C) 2:30 Drop Pin Travel (S) 3:00 Afternoon Music & Snack Social (S) 3:30 Best of Broadway Musicals (R) 4:00 Slapshot Hockey Practice (P) 4:30 1:1 Activities (S) (C) (CR)</p>	<p>7:30 Group Discussion (S) 8:00 Personalized Active Stations (C)(CR) 8:30 Table Talk Discussion (S) 9:00 Group Brain Games (C) 9:30 Music Selections (S) (SE) 10:00 This Day in History (S) (C) 10:30 Chair Exercise (P) 10:45 Brain Game (C) 11:00 Snack & Social (S) 11:30 Exciting Current Events w Dave (S) 12:00 Name that Movie Star (C) 12:30 Lunch (S) 1:15 Building Mini Eco Systems (SE) 1:15 Paper Beads Recycling Craft w Gail (CR) 1:45 Chair Yoga (P) 2:00 Categories Quiz (C) 2:30 Cookie Decorating w Micky (SE) 3:00 Afternoon Music & Snack Social (S) 3:30 Photo Recap: January (SE) 4:00 Armchair Travel (S) 4:30 1:1 Activities (S) (C) (CR)</p>