

January 2025 Memory Support Activities

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Resident Birthdays</p> <p>Worth H. 1/12 Paula A. 1/12 Patricia B. 1/27</p> <p>BIRTHDAYS THIS MONTH</p>	<p>January</p>	<p>New Year's Day</p> <p>10:00 ♡ Kathy's Cranium Crunch 10:45 ♣ Refresh & Refuel 2:30 🎬 Afternoon Cinema: New Years Eve (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 4:00 🎈 Balloon-Noodle w/CNA's 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 🎈 Patricia's Sole Mates (Walking Group) 2 10:00 ★ Bingo Fun with Centennial High School MC Club 10:45 ♣ Refresh & Refuel 11:00 🎵 Music Therapy 2:00 🎈 Active Afternoons 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 ★ Morning Affirmations 3 10:00 🎬 Resident of The Month Recognition 10:15 ♣ Crafty Corner (Waterless Snow Globes) 10:45 ♣ Refresh & Refuel 11:00 🎈 Exercise with Heidi 2:00 🎈 Grooving w/ Sherry Zak Morris 2:30 🎬 Afternoon Cinema: The Brave One (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>2:30 🎬 Saturday Matinee 4 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	
	<p>11:00 † Worship Service - Ch. 81 5 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 🎈 Patricia's Sole Mates (Walking Group) 6 10:00 🎈 Moving to Heal w/Julie 10:45 ♣ Refresh & Refuel 11:00 ♡ Brain Games 2:00 🎈 Active Afternoons 2:00 FUMC Dallas Worship Service [CH81] 2:30 🎬 Afternoon Cinema: Terms of Endearment (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 ♡ Campus News - Channel 81 7 9:30 🎈 Patricia's Sole Mates (Walking Group) 10:00 🎵 Music Therapy 10:45 ♣ Refresh & Refuel 11:00 🎵 Texas Winds Musical Morning Duo 2:00 🎈 Getting Fit w/Paul Eugene 2:30 🎬 Mani's w/Rickina 2:30 ♣ Mary's Crotchet Diva Club 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:45 † Devotions w/ Ministry Team 8 10:00 ♡ Kathy's Cranium Crunch 10:45 ♣ Refresh & Refuel 11:15 🎵 Choir Practice with Russ 2:30 🎬 Afternoon Cinema: The High and The Mighty (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 4:00 🎈 Balloon-Noodle w/CNA's 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 🎈 Patricia's Sole Mates (Walking Group) 9 10:00 ♡ Jeopardy Rejects 10:45 ♣ Refresh & Refuel 11:00 🎵 Music Therapy 2:00 🎈 Active Afternoons 2:30 ♣ Crafty Corner (Paper Flowers) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 ★ Morning Affirmations 10 10:00 🎬 Music by Lauriel Gabriel 10:45 ♣ Refresh & Refuel 11:00 🎈 Exercise with Heidi 2:00 🎈 Grooving w/ Sherry Zak Morris 2:30 🎬 Afternoon Cinema: Never Too late for Love (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>2:30 🎬 Saturday Matinee 11 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>
	<p>Happy Birthday Paula & Worth!!! 12 11:00 † Worship Service - Ch. 81 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 🎈 Patricia's Sole Mates (Walking Group) 13 10:00 🎈 Moving to Heal w/Julie 10:45 ♣ Refresh & Refuel 11:00 ♡ Brain Games 2:00 🎈 Active Afternoons 2:00 FUMC Dallas Worship Service [CH81] 2:30 🎬 Afternoon Cinema: Cast Away (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 ♡ Campus News - Channel 81 14 9:30 🎈 Patricia's Sole Mates (Walking Group) 10:00 🎵 Music Therapy 10:45 ♣ Refresh & Refuel 11:00 ♡ This Day in History 2:00 🎈 Getting Fit w/Paul Eugene 2:30 🎬 Let's Ski Down The Slope (ArmChair Travel to the Rockies) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:45 † Devotions w/ Ministry Team 15 10:00 ♡ Kathy's Cranium Crunch 10:45 ♣ Refresh & Refuel 11:15 🎵 Choir Practice with Russ 2:30 🎬 Afternoon Cinema: MouseHunt (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 4:00 🎈 Balloon-Noodle w/CNA's 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 🎈 Patricia's Sole Mates (Walking Group) 16 10:00 ♡ Word Games w/CNA's 10:45 ♣ Refresh & Refuel 11:00 🎵 Music Therapy 2:00 🎈 Active Afternoons 2:30 🎈 Kick Ball w/ Ibrahim 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 ★ Morning Affirmations 17 10:00 🎬 Bingo Fun w/CNA's 10:45 ♣ Refresh & Refuel 11:00 🎈 Exercise with Heidi 2:00 🎈 Grooving w/ Sherry Zak Morris 2:30 🎬 Afternoon Cinema: Mr.Mom (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>2:30 🎬 Saturday Matinee 18 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>
	<p>11:00 † Worship Service - Ch. 81 19 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>Martin Luther King, Jr. Day 20 9:30 🎈 Patricia's Sole Mates (Walking Group) 10:00 🎈 Moving to Heal w/Julie 10:45 ♣ Refresh & Refuel 11:00 ♡ Brain Games 2:00 🎈 Active Afternoons 2:00 FUMC Dallas Worship Service [CH81] 2:30 🎬 Afternoon Cinema: Fargo (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 ♡ Campus News - Channel 81 21 9:30 🎈 Patricia's Sole Mates (Walking Group) 10:00 🎵 Music Therapy 10:45 ♣ Refresh & Refuel 11:00 ♡ This Day in History 2:00 🎈 Getting Fit w/Paul Eugene 2:30 🎬 Mani's w/Rickina 2:30 ♣ Mary's Crotchet Diva Club 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:45 † Devotions w/ Ministry Team 22 10:00 ♡ Kathy's Cranium Crunch 10:45 ♣ Refresh & Refuel 11:15 🎵 Choir Practice with Russ 2:30 🎬 Afternoon Cinema: Me Before You (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 4:00 🎈 Balloon-Noodle w/CNA's 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 🎈 Patricia's Sole Mates (Walking Group) 23 10:00 ♡ You Be The Judge! 10:45 ♣ Refresh & Refuel 11:00 🎵 Music Therapy 2:00 🎈 Active Afternoons 2:30 ♣ Crafty Corner (Bookmarks) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 ★ Morning Affirmations 24 10:00 🎵 Jamming Friday w/ Mike Frankel 10:45 ♣ Refresh & Refuel 11:00 🎈 Exercise with Heidi 2:00 🎈 Grooving w/ Sherry Zak Morris 2:30 🎬 Afternoon Cinema: It Ends With Us (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>2:30 🎬 Saturday Matinee 25 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>
	<p>11:00 † Worship Service - Ch. 81 26 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>Happy Birthday Patricia!!! 27 9:30 🎈 Patricia's Sole Mates (Walking Group) 10:00 🎈 Moving to Heal w/Julie 10:45 ♣ Refresh & Refuel 11:00 ♡ Brain Games 2:00 🎈 Active Afternoons 2:00 FUMC Dallas Worship Service [CH81] 2:30 🎬 Afternoon Cinema: The Forge (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 ♡ Campus News - Channel 81 28 9:30 🎈 Patricia's Sole Mates (Walking Group) 10:00 🎵 Music Therapy 10:45 ♣ Refresh & Refuel 11:00 ♡ This Day in History 2:00 🎈 Getting Fit w/Paul Eugene 2:30 🎬 Let's Travel to China (Chinese New Year) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:45 † Devotions w/ Ministry Team 29 10:00 ♡ Kathy's Cranium Crunch 10:45 ♣ Refresh & Refuel 11:15 🎵 Choir Practice with Russ 2:30 🎬 Afternoon Cinema: While You Were Sleeping (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 4:00 🎈 Balloon-Noodle w/CNA's 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 🎈 Patricia's Sole Mates (Walking Group) 30 10:00 ♡ Wheel of Fortune! 10:45 ♣ Refresh & Refuel 11:00 🎵 Music Therapy 2:00 🎈 Active Afternoons 2:30 ♣ Crafty Corner (Japanese Cherry Blossoms) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<p>9:30 ★ Morning Affirmations 31 10:00 🎬 January Birthday Sentiments 10:45 ♣ Refresh & Refuel 11:00 🎈 Exercise with Heidi 2:00 🎈 Grooving w/ Sherry Zak Morris 2:30 🎬 Afternoon Cinema: Hope Floats (Theater) 3:00 🎵 Tunes & Melodies (Music Room) 6:00 ★ Outdoor Breeze w/ CNA's (if weather permits)</p>	<ul style="list-style-type: none"> 🧠 Creative 🎮 Games 💡 Intellectual 🎵 Music 🎈 Physical ★ Purposeful 🍴 Snack 👥 Social † Spiritual