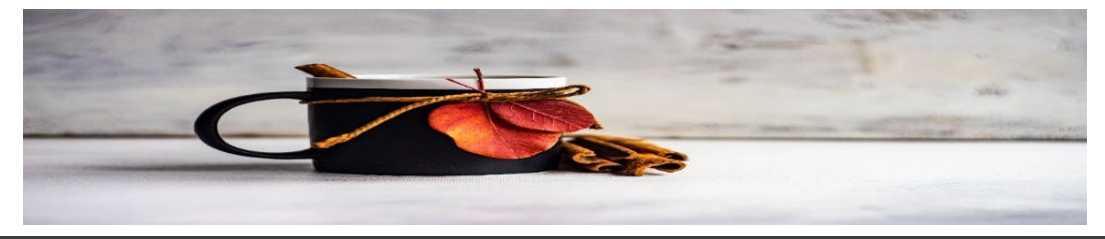




# Seneca Lake Terrace

January 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1 Mel B. Trianna H.</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Bean Bag Toss 11am Sensory-Craft 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Music & Stretch 4pm Reminiscing conversation	<b>2</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss 11am Sensory Activity 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Walk 4pm Ball Trivia 6pm News & Discussion	<b>3</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Bowling 11am Sensory Activity/Red Hatter's 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Ball Trivia 4pm Trivia 6pm News & Discussion	<b>4 Lisette H.</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss 11am Sensory Activity 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Walk 4pm Corn Hole 6pm News & Discussion	<b>5</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss 11am Sensory Activity 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Walk 4pm Trivia 6pm News & Discussion	<b>6</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss 11am Sensory Activity 1:30 Music & Stretching 2:00pm Ice Cream Social 2:30pm Music with Tom 4pm Walk 6pm News & Discussion	<b>7</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ball Trivia 11am Sensory Activity 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Walk-I spy 4pm Reminiscing with photo book
<b>8</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Church from TV 1:30 Music & Stretching 2pm Sensory Activity @ table 2:45pm Snack & Social (quiet) 3:30pm Ring Toss 4pm Reminiscing with conversation	<b>9</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Balloon Swat 11 am Chorus/Sensory Activity 1:30 Music & Stretching 2:45 Snack & Social (quite) 3:30 I Spy Walk 4pm Art 6pm News & Discussion	<b>10</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Bean Bag Toss 11am Sensory Activity-craft 2pm Music with Mark 2:45pm Snack & Social (quiet) 3:30pm Balloon swat 4pm Trivia 6pm News n& Discussion	<b>11 Carol B.</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ball Trivia 11am Sensory Activity-I Spy 2pm Pastor Mark 2:45pm Snack & Social (quiet) 3:30pm Walk 4pm Card Game 6pm News & Discussion	<b>12 Paul D.</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Bowling 11am Sensory Activity/Red Hatter's 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Ball Trivia 4pm I Spy 6pm News & Discussion	<b>13</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Balloon Swat 11am Sensory Activity-I spy 1:30pm Music & Dance 2pm Ice Cream Social 2:30pm Music with Tom 4pm Reminiscing with book 6pm News & Discussion	<b>14</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss 11am Sensory Activity 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Bowling 4pm Trivia
<b>15</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Church from TV 1:30 Music & Stretching 2pm Sensory Activity @ table 2:45pm Snack & Social (quiet) 3:30pm Walk- I spy 4pm Reminiscing with photos	<b>16</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss 11am Chorus/ Sensory Activity 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Bowling 4pm Trivia -sensory card 6pm News & Discussion	<b>17</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Bowling 11am Sensory Activity 2pm 2:45pm Snack & Social (quiet) 3:30pm Walk 4pm Reminiscing conversation 6pm News & Discussion	<b>18</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss 11am Sensory Activity 2pm Magic show 2:45pm Snack & Social (quiet) 3:30pm Bowling 4pm Art 6pm News & Discussion	<b>19</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ball Trivia 11am Resident Counsel 1:30pm Sensory Activity 2:45pm Snack & Social (quiet) 3:30pm Walk 4pm Card Game 6pm News & Discussion	<b>20</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss 11am Sensory Activity 1:30 Music & Stretching 2:00pm Ice Cream Social (quiet) 2:30pm Music with Tom 4pm Trivia 6pm News & Discussion	<b>21</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Bowling 11am Sensory Activity 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Walk 4pm Reminiscing with books
<b>22</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Church from TV 1:30 Music & Stretching 2pm Sensory Activity @ table 2:45pm Snack & Social (quiet) 3:30pm Walk- I spy 4pm Reminiscing with Conversation	<b>23</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Balloon Toss 11am Sensory 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Walk 6pm News & Discussion	<b>24 Belly Laugh Day</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss 11am Sensory Activity 1:30 UKE NUTS Entertainment 2:45pm Snack & Social (quiet) 3:30pm snowball fight 6pm News & Discussion	<b>25</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ball Trivia 11am Sensory Activity 1:30 Music & Stretching 2:00pm New Year's Tea Party 3:30pm Walk 6pm News & Discussion	<b>26</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Bowling for \$ 11am Sensory Activity-nail spa 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Snowball fight 6pm News & Discussion	<b>27</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss 11am Sensory Activity 1:30 Music & Stretching 2:00pm Ice Cream Social (quiet) 2:30pm Music with Tom 6pm News & Discussion	<b>28</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss 11am Sensory Activity-Make up/lotion 1:30 Music & Stretching 2:45pm Snack & Social (quiet) 3:30pm Dancing 4pm Trivia
<b>29</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Church from TV 1:30 Music & Stretching 2pm Sensory Activity @ table 2:45pm Snack & Social (quiet) 3:30pm Walk- I spy 4 pm Reminiscing with photo book	<b>30</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Ring Toss with music 11am Sensory Activity 1:30 Music & Stretching 2:45pm Snack 3:30pm walk 6pm news & discussion	<b>31</b> 9am Exercise 9:45am Snack & Social (quiet) 10:30am Snowball fight 11am Chorus/Sensory Activity 1:30 Music & Stretching 2:45pm Snack 3:30pm walk – snowball fight 6pm news & discussion		<b>3670 County Road 6 Geneva NY 14456</b>  <b>315-789-4162</b>	Activities are engaged with Wellness overseen with Life Enrichment Director, Jen Activates are subject to change. A white board is used daily to Identify Wellness Aide's, Meals', and changes.	

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