



The Cove at the Kroontje Health Care Center All activities are 30 - 45 minutes in length

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			AR-Activity Room WDR-Willows Dining Room O-Outside WLY-Willows Library W-Willows	1 10:00-10:30 Cove Café (AR) 11:00-11:30 Adult Coloring (C) 1:00-1:30 Activity Cart (H) 1:30-2:00 Drumming Circle with Jennifer (W) 3:30-4:00 Sit and Be Fit (W)	2 9:15-9:45 Hymns with Lois (NS) 10:00-10:30 Cove Café (AR) 1:30-2:00 Arts and Crafts (C) 3:00-4:00 Bingo (WDR) 4:00-5:30 Afternoon Movie and Popcorn (AR)	3 10:00-10:30 Cove Café (AR) 10:30-11:00 Game Time (AR) 3:00-4:00-Bingo (WDR)
4 10:00-10:30 Cove Café (AR) 10:30-11:00 Trivia (AR) 3:00-3:30 Game Time (AR) 4:00-4:45 Church Service (DR) Blacksburg Christian Fellowship	5 10:00-11:00 Cove Café (AR) 11:00-11:30 You be the Judge Game (AR) 1:30-2:00 Game Time (AR) 3:00-4:00 Bingo (WDR)	6 10:00-10:30 Cove Café (AR) 11:00-11:30 Adult Coloring (AR) 1:30-2:00 Trivia (AR) 3:30-4:00 Sit and Be Fit Class (Willows)	7 10:00-10:30 Cove Café (AR) 11:00-11:30 Walking Club (O) 1:30-2:00 Nail Treatment (AR) 3:00-4:00 Bingo (WDR) 4:00-4:30 Music Performance (NS) George on Clarinet	8 10:00-10:30 Cove Café (AR) 11:00-11:30 Balloon Ball (AR) 1:00-1:30 Activity Cart (H) 1:30-2:00 Drumming Circle with Jennifer (W) 3:30-4:00 Sit and Be Fit Class (Willows)	9 10:00-10:30 Cove Café (AR) 1:30-2:00 Arts and Crafts (C) 3:00-4:00 Bingo (WDR) 4:00-5:30 Afternoon Movie and Popcorn (AR)	10 10:00-10:30 Cove Café (AR) 10:30-11:00 Game Time (AR) 3:00-4:00-Bingo (WDR)
11 10:00-10:30 Cove Café (AR) 10:30-11:00 Trivia (AR) 3:00-3:30 Game Time (AR) 4:00-4:45 Church Service (DR) Grace Covenant Presbyterian Church	12 10:00-11:00 Cove Café (AR) 11:00-11:30 Jumbo Crossword (AR) 1:30-2:00 Game Time (AR) 3:00-4:00 Bingo (WDR)	13 10:00-10:30 Cove Café (AR) 11:00-11:30 Adult Coloring (AR) 3:30-4:00 Sit and Be Fit Class (Willows)	14 10:00-10:30 Cove Café (AR) 11:00-11:30 Walking Club (O) 1:30-2:00 Nail Treatment (AR) 3:00-4:00 Bingo (WDR) 4:00-4:30 Music Performance (NS) George on Clarinet	15 10:00-10:30 Cove Café (AR) 11:00-11:30 Balloon Ball (AR) 1:00-1:30 Activity Cart (H) 1:30-2:00 Drum Circle (W) 3:30-4:00 Sit and Be Fit Class (Willows) 4:00-4:45 Communion (WLY)	16 10:00-10:30 Cove Café (AR) 1:30-2:00 Arts and Crafts (C) 3:00-4:00 Bingo (WDR) 4:00-5:30 Afternoon Movie and Popcorn (AR)	17 10:00-10:30 Cove Café (AR) 10:30-11:00 Game Time (AR) 3:00-4:00-Bingo (WDR)
18 10:00-10:30 Cove Café (AR) 10:30-11:00 Trivia (AR) 3:00-3:30 Game Time (AR) 4:00-4:45 Church Service (DR) Blacksburg Christian Fellowship	19 10:00-11:00 Cove Café (AR) 11:00-11:30 Balloon Ball (AR) 1:30-2:00 Game Time (AR) 3:00-4:00 Bingo (WDR)	20 10:00-10:30 Cove Café (AR) 11:00-11:30 Adult Coloring (AR) 3:30-4:00 Sit and Be Fit Class (Willows)	21 10:00-10:30 Cove Café (AR) 11:00-11:30 Walking Club (O) 11:30-1:30 Lunch Outing (O) 3:00-3:30 Birthday Social (W) 4:00-4:30 Music Performance (NS) George on Clarinet	22 10:00-10:30 Cove Café (AR) 11:00-11:30 Crafts (C) 1:00-1:30 Activity Cart (H) 1:30-2:00 Drum Circle (W) 3:30-4:00 Sit & Be Fit (W) 4:00-5:00 Sunny Side (WDR)	23 10:00-10:30 Cove Café (AR) 1:30-2:00 Nail Treatment (AR) 3:00-4:00 Bingo (WDR) 4:00-5:30 Afternoon Movie and Popcorn (AR)	24 10:00-10:30 Cove Café (AR) 10:30-11:00 Game Time (AR) 3:00-4:00-Bingo (WDR)
25 10:00-10:30 Cove Café (AR) 10:30-11:00 Trivia (AR) 3:00-3:30 Game Time (AR) 4:00-4:45 Church Service (DR) Union Valley Pentecostal Church	26 10:00-11:00 Cove Café (AR) 11:00-11:30 Jumbo Crossword (AR) 1:30-2:00 Game Time (AR) 3:00-4:00 Bingo (WDR)	27 10:00-10:30 Cove Café (AR) 11:00-11:30 Adult Coloring (AR) 1:30-3:00 Scenic Van Ride (O) 3:30-4:00 Sit and Be Fit Class (Willows)	28 10:00-10:30 Cove Café (AR) 11:00-11:30 Walking Club (O) 1:30-2:00 Nail Treatment (AR) 3:00-4:00 Bingo (WDR) 4:00-4:30 Music Performance (NS) George on Clarinet	29 10:00-10:30 Cove Café (AR) 11:00-11:30 Balloon Ball (AR) 1:00-1:30 Activity Cart (H) 3:30-4:00 Sit and Be Fit Class (Willows)	30 10:00-10:30 Cove Café (AR) 11:00-11:30 Resident Council (PR) 3:00-4:00 Wine and Cheese (WDR) 4:00-5:30 Afternoon Movie and Popcorn (S)	31 10:00-10:30 Cove Café (AR) 10:30-11:00 Game Time (AR) 3:00-4:00-Bingo (WDR)

