



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>C – Creative/Mental</b> <b>P – Physical</b> <b>PR – Productive</b> <b>S – Social</b> <b>SN – Sensory</b> <b>R – Reflective</b> <b>O - Outdoor</b> <b>1-Independent</b>	<b>1</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Discussion Group (S)</b> <b>1:30-2:00 Drumming Circle with Jennifer (P)</b> <b>3:30-4:00 Sit and Be Fit Class (P)</b>	<b>2</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Trivia (C)</b> <b>3:00-4:00 Bingo (S)</b> <b>4:00-5:30 Afternoon Movie (S)</b>	<b>3</b> <b>11:00-11:30 Willows Café (S)</b> <b>11:30-12:00 Trivia (C)</b> <b>1:30-2:00 Game Time (C)</b> <b>3:00-4:00 Bingo (S)</b>
<b>4</b> <b>11:00-11:30 Willows Café (S)</b> <b>11:30-12:00 Trivia (C)</b> <b>1:30-2:00 Adult Coloring (C)</b> <b>4:00-4:45 Church Service (AR)</b> <b>Blacksburg Christian Fellowship</b>	<b>5</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Jumbo Crossword (C)</b> <b>1:30-2:00 Game Time (C)</b> <b>3:00-4:00 Bingo (S)</b>	<b>6</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:15-11:45 Nail Treatment (SN)</b> <b>1:00-3:00 Games in the Library (C)</b> <b>3:30-4:00 Sit and Be Fit Class (P)</b>	<b>7</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Walking Club (O)</b> <b>1:00-1:30 Activity Cart (I)</b> <b>3:00-4:00 Bingo (S)</b> <b>4:30-5:00 Music Performance (LR)</b> <b>George on Clarinet</b>	<b>8</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Discussion Group (C)</b> <b>1:30-2:30 Men’s Club (S)</b> <b>3:30-4:00 Sit and Be Fit Class (P)</b>	<b>9</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Trivia (C)</b> <b>3:00-4:00 Bingo (S)</b> <b>4:00-5:30 Afternoon Movie (S)</b>	<b>10</b> <b>11:00-11:30 Willows Café (S)</b> <b>11:30-12:00 Trivia (C)</b> <b>1:30-2:00 Game Time (C)</b> <b>3:00-4:00 Bingo (S)</b>
<b>11</b> <b>11:00-11:30 Willows Café (S)</b> <b>11:30-12:00 Trivia (C)</b> <b>1:30-2:00 Adult Coloring (C)</b> <b>4:00-4:45 Church Service (AR)</b> <b>Grace Covenant Presbyterian Church</b>	<b>12</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 You be the Judge Game (C)</b> <b>1:30-2:00 Game Time (C)</b> <b>3:00-4:00 Bingo (S)</b>	<b>13</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:15-11:45 Nail Treatment (SN)</b> <b>1:00-3:00 Games (C)</b> <b>1:00-3:00 Scenic Van Ride (O)</b> <b>1:30-2:00 Hymns with Lois (R)</b> <b>3:30-4:00 Sit and Be Fit (P)</b>	<b>14</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Walking Club (O)</b> <b>1:00-1:30 Activity Cart (I)</b> <b>3:00-4:00 Bingo (S)</b> <b>4:30-5:00 Music Performance (LR)</b> <b>George on Clarinet (R)</b>	<b>15</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Painting on Canvas (C)</b> <b>1:30-2:00 Arts and Crafts (C)</b> <b>3:30-4:00 Sit and Be Fit Class (P)</b>	<b>16</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Trivia (C)</b> <b>3:00-4:00 Bingo (S)</b> <b>4:00-5:30 Afternoon Movie (S)</b>	<b>17</b> <b>11:00-11:30 Willows Café (S)</b> <b>11:30-12:00 Trivia (C)</b> <b>1:30-2:00 Game Time (C)</b> <b>3:00-4:00 Bingo (S)</b>
<b>18</b> <b>11:00-11:30 Willows Café (S)</b> <b>11:30-12:00 Trivia (C)</b> <b>1:30-2:00 Adult Coloring (C)</b> <b>4:00-4:45 Church Service (AR)</b> <b>Blacksburg Christian Fellowship</b>	<b>19</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Jumbo Crossword (C)</b> <b>1:30-2:00 Game Time (C)</b> <b>3:00-4:00 Bingo (S)</b>	<b>20</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:15-11:45 Nail Treatment (SN)</b> <b>1:00-3:00 Games in the Library (C)</b> <b>3:30-4:00 Sit and Be Fit (P)</b>	<b>21</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Walking Club (O)</b> <b>3:00-4:00 Bingo (S)</b> <b>4:30-5:00 Music Performance (LR)</b> <b>George on Clarinet</b>	<b>22</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Discussion Group (S)</b> <b>1:30-2:00 Painting on Canvas (C)</b> <b>3:30-4:00 Sit and Be Fit Class (P)</b>	<b>23</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Trivia (C)</b> <b>3:00-4:00 Bingo (S)</b> <b>4:00-5:30 Afternoon Movie (S)</b>	<b>24</b> <b>11:00-11:30 Willows Café (S)</b> <b>11:30-12:00 Trivia (C)</b> <b>1:30-2:00 Game Time (C)</b> <b>3:00-4:00 Bingo (S)</b>
<b>25</b> <b>11:00-11:30 Willows Café (S)</b> <b>11:30-12:00 Trivia (C)</b> <b>1:30-2:00 Adult Coloring (C)</b> <b>4:00-4:45 Church Service (AR)</b> <b>Union Valley Pentecostal Church</b>	<b>26</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Painting Ceramics (C)</b> <b>1:30-2:00 Game Time (C)</b> <b>3:00-4:00 Bingo (S)</b>	<b>27</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:15-11:45 Nail Treatment (SN)</b> <b>1:00-3:00 Games in the Library (C)</b> <b>1:30-2:30 Men’s Club (S)</b> <b>3:30-4:00 Sit and Be Fit (P)</b>	<b>28</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Walking Club (O)</b> <b>1:00-1:30 Activity Cart (I)</b> <b>3:00-4:00 Bingo (S)</b> <b>4:30-5:00 Music Performance (LR)</b> <b>George on Clarinet</b>	<b>29</b> <b>10:00-10:30 Willows Café (S)</b> <b>11:00-11:30 Arts and Crafts (C)</b> <b>1:30-2:00 Men’s Club (S)</b> <b>3:30-4:00 Sit and Be Fit Class (P)</b>	<b>30</b> <b>10:00-10:30 Willows Café (S)</b> <b>10:30-11:00 Resident Council (P)</b> <b>3:00-4:00 Wine and Cheese Social (S)</b> <b>4:00-5:30 Afternoon Movie and Popcorn (S)</b>	<b>31</b> <b>11:00-11:30 Willows Café (S)</b> <b>11:30-12:00 Trivia (C)</b> <b>1:30-2:00 Game Time (C)</b> <b>3:00-4:00 Bingo (S)</b>

