


# The Cove at the Kroontje Health Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AR-Activity Room DR-Dining Room LR-Living Room NS-Nursing Station O-Outside H-Hallway					1  10:00 Cove Café (AR) 3:00 Bingo (DR)
2 10:00 Cove Café (AR) 3:00 Game Time (AR) 4:00 Church Service Blacksburg Christian Fellowship (DR)	3 10:00 Cove Café 10:30 Balloon Ball (AR) 1:30 Arts and Crafts (AR) 3:00 Bingo (DR)	4 10:00 Cove Café (AR) 11:00 Ring Toss (AR) 1:00-1:30 Pet Visit with Alf (NS) 3:30-4:00 Sit and Be Fit Class (Willow's)	5 10:00 Cove Café (AR) 11:00-11:30 Walking Club (P) 1:30 Nail Treatment (AR) 3:00 Bingo (DR) 4:00 Musical Performance George on Clarinet (NS)	6 10:00 Cove Café (AR) 11:00 Bean Bag Toss (AR) 1:00 Activity Cart (H) 1:30 Hand Massage (AR) 3:30-4:00 Sit and Be Fit Class (Willow's) 4:00-4:45 Protestant Communion (AR)	7 9:15 Hymns with Lois (NS) 10:00 Cove Café (AR) 11:00 Game Time (AR) 1:30 Adult Coloring (AR) 3:00 Bingo (DR) 4:00 Afternoon Matinee and Popcorn (AR)	8  10:00 Cove Café (AR) 3:00 Bingo (DR)
9  10:00 Cove Café (AR) 3:00 Game Time (AR) 4:00 Church Service Grace Covenant Presbyterian Church (DR)	10 10:00 Cove Café (AR) 11:00 Trivia (AR) 1:30 Horseshoes (AR) 3:00 Bingo (DR)	11 10:00 Cove Café (AR) 11:00 3:30-4:00 Sit and Be Fit Class (Willow's)	12 10:00 Cove Café (AR) 11:00-11:30 Walking Club (P) 1:30 Nail Treatment (AR) 3:00 Birthday Social (Willow's) 4:00 Musical Performance George on Clarinet (NS)	13 10:00 Cove Café (AR) 11:00 Adult Coloring (AR) 1:00 Activity Cart (H) 1:30-2:30 Dementia Friends Training (C) 3:30-4:00 Sit and Be Fit Class (Willow's)	14 10:00 Cove Café (AR) 1:30 Fun Facts and Trivia (AR) 4:00 Afternoon Matinee and Popcorn (AR)	15  10:00 Cove Café (AR) 3:00 Bingo (DR)
16  10:00 Cove Café (AR) 3:00 Game Time (AR) 4:00 Church Service Blacksburg Christian Fellowship (DR)	17 10:00 Cove Café (AR) 11:00 Activity Planning Meeting (AR) 1:30 Horse Shoes (AR) 3:00 Bingo (DR)	18 10:00-10:30 Cove Café (AR) 1:00-1:30 Pet Visit with Alf (NS) 1:30-2:00 Drumming Circle with Jennifer (W) 3:30-4:00 Sit and Be Fit Class (Willow's)	19 10:00 Cove Café (AR) 11:00-11:30 Walking Club (P) 1:30 Nail Treatment (AR) 4:00 Musical Performance George on Clarinet (NS)	20 10:00 Cove Café (AR) 1:00 Activity Cart (H) 3:30-4:00 Sit and Be Fit Class (Willow's) 4:00-4:45 Protestant Communion (AR)	21 10:00 Cove Café (AR) 10:30 4:00 Afternoon Matinee and Popcorn (AR)	22  10:00 Cove Café (AR) 3:00 Bingo (DR)
23 10:00 Cove Café (AR) 3:00 Game Time (AR) 4:00 Church Service (DR)	24 10:00 Cove Café (AR) 11:00 Christmas Trivia (AR) 3:00 Bingo (DR)	25 10:00-10:30 Cove Café (AR) 11:00-11:30 1:00-1:30 Pet Visit with Alf (NS) 1:30-2:00 Drumming Circle with Jennifer (W) 3:30-4:00 Sit and Be Fit Class (Willow's)	26 10:00 Cove Café (AR) 11:00-11:30 Walking Club (P) 1:30 Nail Treatment (AR) 3:00 Bingo (DR) 4:00 Musical Performance George on Clarinet (NS)	27 10:00 Cove Café (AR) 11:00 Game Time (AR) 1:00 Activity Cart (H) 1:30 Ring Toss (P) 3:30-4:00 Sit and Be Fit Class (Willow's) 4:00-5:00 Sunny Side Band (WDR)	28 10:00 Cove Café (AR) 11:00 Resident Council (AR) 1:30 Adult Coloring (AR) 3:00 Wine and Cheese Social (DR) 4:00 Afternoon Matinee and Popcorn (AR) 5:00 Music with Mason (NS)	29  10:00 Cove Café (AR) 3:00 Bingo (DR)
30 10:00 Cove Café (AR) 3:00 Game Time (AR) 4:00 Church Service (DR)						