

# LIFE ENRICHMENT CALENDAR

## January 2020

### SPECIAL HIGHLIGHTS

- Art Therapy: Tues. @ 10am & 11am, Wed. @ 10am & 11am
- Bridge Group: Mon. & Wed. @ 1:30pm
- Golf Group: Mon. @ 1:30pm & Thurs. @ 10am
- Meet Me at MoMA: Fri. @ 1:30
- Music Therapy: Wed. @ 11:00am, Thurs. @ 2:00 pm.
- Pet Therapy: Wed. @ 2:30- 3:30 pm

### SENIOR SCHOLARS

Specially curated topics from News Currents Senior and Ted Talks, plus guest speakers, including UNC-Charlotte professors and experts from Charlotte Mecklenburg Public Library, are part of the line-up for our expanded weekly Senior Scholars. T-W-Th

### HEALTH TOPIC

Genesis Health Topic & Description: This month Genesis will discuss what the New Year and rehabilitation therapy have in common.

### ICON & LOCATION KEY

- |                                  |                           |
|----------------------------------|---------------------------|
| <b>AR</b> = ART & CRAFT ROOM     | <b>PT</b> = PUTTING GREEN |
| <b>CP</b> = COVERED PORCH        | <b>PB</b> = BAR & LOUNGE  |
| <b>DR</b> = DINING & GAMING ROOM | <b>LB</b> = LIBRARY       |
| <b>TK</b> = THERAPY KITCHEN      | <b>LB</b> = LIBRARY       |
| <b>OD</b> = OUTDOORS             | <b>TH</b> = THEATRE       |
| <b>TR</b> = TRANQUILITY ROOM     | <b>LR</b> = LIVING ROOM   |
- COGNITIVE
  PHYSICAL
  PSYCHO-SOCIAL

ACTIVITIES ARE SUBJECT TO CHANGE

Each day at The Ivey is intentionally designed with the preferences, interests and needs of each of our members in mind. The schedule is predictable to help with memory retention, but content varies to keep it interesting and stimulating. Everyday living activities are incorporated throughout the day to feel like home.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Member Birthdays</b></p> <p>1/01 - Joe R. 1/02 - Gene B. 1/11 - Kaye G. 1/18 - Toni K. 1/26 - Ernie B. 1/31 - Gary H.</p>	<p><b>Staff Birthdays</b></p> <p>1/12 - Janet L.</p>	<p><b>1</b></p> <p>New Year's Day</p> <p>The Ivey will be <b>CLOSED</b></p>	<p><b>2</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p <b>Yoga</b> <b>DR</b> 02:30p-03:30p Café Ivey <b>TH</b> 04:00p-05:00p Karaoke <b>LR</b> 05:00p-05:30p Music Fun</p>	<p><b>3</b></p> <p><b>TH</b> 10:00a-11:00a <b>Genesis Exercise</b> <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p <b>Music w/ Christine</b> <b>TH</b> 02:30p-03:30p Karaoke <b>DR</b> 04:00p-05:00p Colored Pencil Art <b>LR</b> 05:00p-05:30p Fact or Fiction</p>
<p><b>6</b></p> <p><b>TH</b> 10:00a-11:00a <b>Yoga</b> <b>TH</b> 11:00a-11:45a Morning Musings <b>DR</b> 01:30p-02:30p <b>Music w/ John</b> <b>TH</b> 02:30p-03:30p 100 Words <b>LR</b> 04:00p-05:00p Name That Tune <b>LR</b> 05:00p-05:30p Finish the Line</p>	<p><b>7</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p Who Am I? <b>TH</b> 02:30p-03:30p Chair Dancing <b>LR</b> 04:00p-05:00p Name That Tune <b>LR</b> 05:00p-05:30p Music Fun</p>	<p><b>8</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>DR</b> 11:00a-11:45a <b>Music w/ Tom</b> <b>TH</b> 01:30p-02:30p <b>Art Appreciation</b> <b>DR</b> 02:30p-03:30p Art in Action <b>TH</b> 04:00p-05:00p Brain Teasers <b>LR</b> 05:00p-05:30p Would You Rather</p>	<p><b>9</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p <b>Yoga</b> <b>TH</b> 02:30p-03:30p Categories <b>TH</b> 04:00p-05:00p Word Cookies <b>LR</b> 05:00p-05:30p Music Fun</p>	<p><b>10</b></p> <p><b>TH</b> 10:00a-11:00a <b>Genesis Exercise</b> <b>TH</b> 11:00a-11:45a Morning Musings <b>DR</b> 01:30p-02:30p <b>Music w/ Roy</b> <b>TH</b> 02:30p-03:30p Crosswords <b>DR</b> 04:00p-05:00p Colored Pencil Art <b>LR</b> 05:00p-05:30p Reminiscing</p>
<p><b>13</b></p> <p><b>TH</b> 10:00a-11:00a <b>Yoga</b> <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p Categories <b>DR</b> 02:30p-03:30p Bingo <b>LR</b> 04:00p-05:00p Sing Along <b>LR</b> 05:00p-05:30p You Be the Judge</p>	<p><b>14</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p Hang Man <b>TH</b> 02:30p-03:30p Chair Dancing <b>LR</b> 04:00p-05:00p Name That Tune <b>LR</b> 05:00p-05:30p Trivia</p>	<p><b>15</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p <b>Sketch Class</b> <b>DR</b> 02:30p-03:30p Café Ivey <b>LR</b> 04:00p-05:00p Music Fun <b>LR</b> 05:00p-05:30p Would You Rather</p>	<p><b>16</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p <b>Travel w/ Willene</b> <b>DR</b> 02:30p-03:30p Art in Action <b>TH</b> 04:00p-05:00p Karaoke <b>LR</b> 05:00p-05:30p Music Fun</p>	<p><b>17</b></p> <p><b>TH</b> 10:00a-11:00a <b>Genesis Exercise</b> <b>DR</b> 11:00a-11:45a <b>Music w/ John</b> <b>TH</b> 01:30p-02:30p Balloon Volleyball <b>TH</b> 02:30p-03:30p Spiritual Time <b>DR</b> 04:00p-05:00p Colored Pencil Art <b>LR</b> 05:00p-05:30p Fact or Fiction</p>
<p><b>20</b></p> <p><b>TH</b> 10:00a-11:00a <b>Yoga</b> <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p 100 Words <b>DR</b> 02:30p-03:30p Bingo <b>LR</b> 04:00p-05:00p Sing Along <b>LR</b> 05:00p-05:30p Finish the Line</p>	<p><b>21</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>TH</b> 11:00a-11:45a <b>Genesis Health</b> <b>DR</b> 01:30p-02:30p <b>Music w/ John</b> <b>TH</b> 02:30p-03:30p Chair Dancing <b>LR</b> 04:00p-05:00p Name That Tune <b>LR</b> 05:00p-05:30p Trivia</p>	<p><b>22</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>DR</b> 11:00a-11:45a <b>Music w/ Tom</b> <b>TH</b> 01:30p-02:30p <b>Art Appreciation</b> <b>TH</b> 02:30p-03:30p Finish the Line <b>LR</b> 04:00p-05:00p Brain Teasers <b>LR</b> 05:00p-05:30p Would You Rather</p>	<p><b>23</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p <b>Yoga</b> <b>DR</b> 02:30p-03:30p Café Ivey <b>TH</b> 04:00p-05:00p Word Cookies <b>LR</b> 05:00p-05:30p Music Fun</p>	<p><b>24</b></p> <p><b>TH</b> 10:00a-11:00a <b>Genesis Exercise</b> <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p Musical Hang Man <b>DR</b> 02:30p-03:30p <b>Music w/ John</b> <b>DR</b> 04:00p-05:00p Colored Pencil Art <b>LR</b> 05:00p-05:30p Reminiscing</p>
<p><b>27</b></p> <p><b>TH</b> 10:00a-11:00a <b>Yoga</b> <b>DR</b> 11:00a-11:45a <b>Jazz w/ Nicci</b> <b>TH</b> 01:30p-02:30p Categories <b>DR</b> 02:30p-03:30p Bingo <b>LR</b> 04:00p-05:00p Sing Along <b>LR</b> 05:00p-05:30p You Be the Judge</p>	<p><b>28</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p Crosswords <b>TH</b> 02:30p-03:30p Chair Dancing <b>LR</b> 04:00p-05:00p Name That Tune <b>LR</b> 05:00p-05:30p Music Fun</p>	<p><b>29</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p <b>Sketch Class</b> <b>DR</b> 02:30p-03:30p <b>Music w/ Emily &amp; Christina</b> <b>TH</b> 04:00p-05:00p Mad Libs <b>LR</b> 05:00p-05:30p Would You Rather</p>	<p><b>30</b></p> <p><b>TH</b> 10:00a-11:00a Exercise <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p <b>Yoga</b> <b>DR</b> 02:30p-03:30p Art in Action <b>LR</b> 04:00p-05:00p Alphabetics <b>LR</b> 05:00p-05:30p Music Fun</p>	<p><b>31</b></p> <p><b>TH</b> 10:00a-11:00a <b>Genesis Exercise</b> <b>TH</b> 11:00a-11:45a Morning Musings <b>TH</b> 01:30p-02:30p Balloon Volleyball <b>DR</b> 02:30p-03:30p Roaring '20s Party <b>DR</b> 04:00p-05:00p Colored Pencil Art <b>LR</b> 05:00p-05:30p Fact or Fiction</p>