

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 LR – Living Room NS – Nursing Station O – Outside LY – Library DR – Dining Room Activities in blue are food based Activities in pink are national days Activities in red are new/different	1 10:00 Cove Café (AR) 10:00 Catholic Communion (LY) 11:00 Nail Treatment (AR) 1:30 Trivia (AR) 3:00 Gardening Club (O) 4:15 Game Time (AR)	2 Ice Cream Sandwich Day 10:00 Cove Café (AR) 11:00 Bible Study with Ruth and Ana (AR) 1:30 Balloon Ball Exercise (AR) 3:00 Bingo (DR) 4:00 Music Performance (NS) George on Clarinet	3 Watermelon Day 10:00 Cove Café (AR) 11:00 Watermelon Seed Spitting Contest (AR) 1:30 Playing 5 Second Rule (AR) 3:00 Rainbow Riders Visit (AR) 4:00 Pet Visit with Todd the Dog (AR)	4 9:30 Hymns with Lois (NS) 10:00 Cove Café (AR) 11:00 Hand Lotion Massage (AR) 1:30 Bowling (AR) 3:00 Bingo (DR)	5 10:00 Cove Café (AR) 4:00 Afternoon Movie and Popcorn (NS)	
	6 2:30 Bingo (DR) 4:00 Church Service (DR) Blacksburg Christian Fellowship	7 Light House Day 10:00 Cove Café (AR) 11:00 Balloon Ball Exercise (AR) 1:30 Light House Craft (AR) 3:00 Bingo (DR)	8 10:00 Cove Café (AR) 10:00 Catholic Communion (LY) 11:00 Cooking with Anna (AR) 1:30 Nail Treatment (AR) 3:00 Gardening Club (O) 4:15 Game Time (AR)	9 10:00 Cove Café (AR) 11:00 Balloon Ball Exercise (AR) 1:30 Playing Cards (AR) 3:00 Chef Stage Center (DR) 4:00 Music Performance (NS) George on Clarinet	10 Relaxation Day 10:00 Cove Café (AR) 11:00 Spa Treatment (AR) 1:30 Adult Coloring Group (AR) 3:45 Bowling (AR) 4:00 Pet Visit with Todd the Dog (AR)	11 9:00 Sing a-long with David (NS) 10:00 Cove Café (AR) 11:00 Hand Lotion Massage (AR) 1:30 Exercise Group (AR) 3:00 Bingo (DR)	12 10:00 Cove Café (AR) 4:00 Afternoon Movie and Popcorn (NS)
	13 2:30 Bingo (DR) 4:00 Church Service (DR) Grace Covenant Presbyterian Church	14 10:00 Cove Café (AR) 11:00 Balloon Ball Exercise (AR) 1:30 Bean Bag Toss on the Patio (O) 3:00 Bingo (DR)	15 10:00 Cove Café (AR) 10:00 Catholic Communion (LY) 11:00 Cooking with Anna (AR) 1:30 Scenic Van Ride (O) 4:15 Game Time (AR)	16 10:00 Cove Café (AR) 10:30 Pet Visit with Knobby (AR) 11:00 Bible Study (AR) 1:30 Balloon Ball Exercise (AR) 3:00 Birthday Social (AR) 4:00 Music Performance (NS) George on Clarinet	17 10:00 Cove Café (AR) 11:00 Music with Robbie (NS) 1:30 Trivia (AR) 3:00 Playing Crocket (AR) 4:00 Pet Visit with Todd the Dog (AR)	18 Honeybee Day 10:00 Sing a-long with Kristi (AR) 10:00 Cove Café (AR) 11:00 Hand Lotion Massage (AR) 1:30 Honeybee Craft (AR) 3:00 Bingo (DR)	19 10:00 Cove Café (AR) 4:00 Afternoon Movie and Popcorn (NS)
	20 2:30 Bingo (DR) 4:00 Church Service (DR) Blacksburg Christian Fellowship	21 10:00 Cove Café (AR) 11:00 Activity Planning Meeting with Jordan (AR) 1:30 Balloon Ball Exercise (AR) 3:00 Bingo (DR)	22 10:00 Cove Café (AR) 10:00 Catholic Communion (LY) 11:00 Nail Treatment (AR) 1:30 Scenic Van Ride (O) 3:45 Bean Bag Toss (AR) 4:15 Game Time (AR)	23 10:00 Cove Café (AR) 11:00 Balloon Ball Exercise (AR) 1:30 Trivia (AR) 3:00 Bingo (DR) 4:00 Music Performance (NS) George on Clarinet	24 10:00 Cove Café (AR) 11:00 Hand Massage (AR) 1:30 Wheel of Fortune (AR) 3:00 Painting on Canvas (AR) 4:00 Musical Performance (DR) Sunny Side Band 4:00 Pet Visit with Todd (AR)	25 10:00 Cove Café (AR) 11:00 Resident Council with Patti (AR) 1:30 Exercise Group (AR) 3:00 Wine and Cheese Social (DR)	26 10:00 Cove Café (AR) 4:00 Afternoon Movie and Popcorn (NS)
	27 2:30 Bingo (DR) 4:00 Church Service (DR) Union Valley Pentecostal Church	28 10:00 Cove Café (AR) 11:00 Balloon Ball Exercise (AR) 1:30 Matching Game (AR) 3:00 Bingo (DR)	29 10:00 Cove Café (AR) 10:00 Catholic Communion (LY) 11:00 Nail Treatment (AR) 1:30 Gardening Club (O) 2:00 Recipe/Splash Review with Jen (DR) 4:15 Game Time (AR)	30 10:00 Cove Café (AR) 11:00 Balloon Ball Exercise (AR) 1:30 Playing Cards (AR) 3:00 Bingo (DR) 4:00 Music Performance (NS) George on Clarinet	31 10:00 Cove Café (AR) 11:00 Hand Lotion Massage (AR) 1:30 Fixing Homemade Trail Mix (AR) 3:00 Adult Coloring Group (AR) 4:00 Pet Visit with Todd (AR)		