


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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Cove Café (AR) 10:00 Catholic Communion (LR) 1:00 Pet Visit with Alf (H) 1:30 New Year's Craft (C) 3:30 Sit and Be Fit Class (Willows)	2 10:00 Cove Café (AR) 11:00 Read A-Loud with Anna (AR) 1:30 Nail Treatment (AR) 3:00 Bingo (DR) 4:00 Musical Performance (NS) George on Clarinet	3 10:00 Cove Café (AR) 11:00 Adult Coloring (AR) 1:00 Activity Cart (H) 3:30 Sit and Be Fit Class (Willows) 4:00 Protestant Communion with Jim (AR)	4 9:15 Hymns with Lois (NS) 10:00 Cove Café (AR) 11:00 Trivia (AR) 2:00 Game Time (AR) 3:00 Bingo (DR)	5 10:00 Cove Café (AR) 3:00 Bingo (DR)
6 10:00 Cove Café (AR) 3:00 Game Time (AR) 4:00 Church Service (DR) Blacksburg Christian Fellowship	7 10:00 Cove Café (AR) 11:00 Adult Coloring (AR) 1:30 Horse Shoes (AR) 3:00 Bingo (DR)	8 Elvis' Birthday 10:00 Cove Café (S) 10:00 Catholic Communion (LR) 11:00 Elvis Trivia and Fun Facts (AR) 1:00 Pet Visit with Alf (H) 3:30 Sit and Be Fit Class (Willows)	9 10:00 Cove Café (AR) 11:00 Game Time (AR) 1:30 Nail Treatment (AR) 3:00 Bingo (DR) 4:00 Musical Performance (NS) George on Clarinet	10 10:00 Cove Café (AR) 11:00 Arts and Crafts (AR) 1:00 Activity Cart (H) 1:30 Wheel of Fortune (C) 3:30 Sit and Be Fit Class (Willows)	11 9:00 Sing a-long with David (NS) 10:00 Cove Café (AR) 11:00 Bowling (AR) 1:30 Read A-Loud with Anna (AR) 3:00 Bingo (DR)	12 10:00 Cove Café (AR) 2:00 Bingo (DR)
13 10:00 Cove Café (AR) 3:00 Game Time (AR) 4:00 Church Service (DR) Grace Covenant Presbyterian Church	14 10:00 Cove Café (AR) 11:00 Activity Planning Meeting (PR) 1:30 Game Time (AR) 3:00 Bingo (DR)	15 10:00 Cove Café (AR) 10:00 Catholic Communion (LR) 11:00 Ring Toss (P) 1:00 Pet Visit with Alf (H) 3:30 Sit and Be Fit Class (Willows)	16 10:00 Cove Café (AR) 11:00 Arts and Crafts (AR) 1:30 Nail Treatment (AR) 2:00 Chef Stage Center (DR) 3:00 Birthday Social (Willows) 4:00 George on Clarinet (NS)	17 10:00 Cove Café (AR) 10:30 Trivia (AR) 1:00 Activity Cart (H) 1:30 Wii Games (AR) 3:30 Sit and Be Fit Class (Willows) 4:00 Protestant Communion with Jim (AR)	18 Winnie the Pooh Day 10:00 Cove Café (AR) 10:30 Adult Coloring (AR) 1:30 Winnie the Pooh Craft (C) 3:00 Bingo (DR)	19 10:00 Cove Café (AR) 3:00 Bingo (DR)
20 10:00 Cove Café (AR) 3:00 Game Time (AR) 4:00 Church Service (DR) Blacksburg Christian Fellowship	21 10:00 Cove Café (AR) 11:00 Adult Coloring (AR) 1:45 Game Time (AR) 3:00 Bingo (DR)	22 Blondie Brownie Day 10:00 Cove Café (AR) 10:00 Catholic Communion (LR) 11:00 Baking Brownies (AR) 1:00 Pet Visit with Alf (H) 3:30 Sit and Be Fit Class (Willows)	23 10:00 Cove Café (AR) 11:00 Jumbo Crossword (AR) 1:30 Nail Treatment (AR) 3:00 Bingo (DR) 4:00 Musical Performance George on Clarinet (NS)	24 10:00 Cove Café (AR) 11:00 Fun Facts about the Squirrel (AR) 1:00 Activity Cart (H) 3:30 Sit and Be Fit Class (Willows) 4:00 Musical Performance Sunny Side Band (DR)	25 10:00 Cove Café (AR) 11:00 Resident Council (AR) 1:30 Arts and Crafts (AR) 3:00 Wine and Cheese Social (DR)	26 10:00 Cove Café (AR) 3:00 Bingo (DR)
27 10:00 Cove Café (AR) 3:00 Game Time (AR) 4:00 Church Service (DR) Union Valley Pentecostal Church	28 10:00 Cove Café (AR) 11:00 Arts and Crafts (AR) 1:30 Game Time (AR) 3:00 Bingo (DR)	29 10:00 Cove Café (AR) 10:00 Catholic Communion (LR) 1:00 Pet Visit with Alf (H) 3:30 Sit and Be Fit Class (Willows)	30 9:00 Breakfast and Coffee with Anna (AR) 11:00 Adult Coloring (AR) 1:30 Nail Treatment (AR) 3:00 Bingo (DR) 4:00 Musical Performance George on Clarinet (NS)	31 10:00 Cove Café (AR) 11:00 Trivia about the Zebra (AR) 1:00 Activity Cart (H) 1:30 Balloon Toss (AR) 3:30 Sit and Be Fit Class (Willows)	AR-Activity Room DR-Dining Room O-Outside NS-Nursing Station LR-Living Room H-Hallway	