






Transitions Calendar

January 2020

	<h1 style="text-align: center;">Transitions Calendar</h1> <h2 style="text-align: center;">January 2020</h2>			
 <p>Activity Domain Key Physical (P) Social (S) Cognitive (C) Expressive (E) Sensory (SE) Spiritual (SP)</p>	<p style="text-align: center;">Happy Birthday!</p>  <p style="text-align: center;">Kathie (1/10) Rene (1/11) Thomas (1/20)</p>	<p style="text-align: center;">1 Wednesday</p> <p style="text-align: center;">IMCC IS CLOSED</p> 	<p style="text-align: center;">2 Thursday</p> <p>10:00 Music with Peg (SE) 10:45 Chair Exercise with Bob (P) 11:00 Snack (S) 11:30 Art with Annette and Nellie: Let it Snow, Let it Snow, Let it Snow (E) 12:30 Lunch (S) 1:30 The Moments that Moved Us in 2019 (Part 1) w/ Peter (C) 2:00 Biographies of The Rat Pack and their Music with Stuart (C)(S)</p>	<p style="text-align: center;">3 Friday</p> <p>10:00 Music with Anthony (SE) 11:00 Snack (S) 11:30 All About Abraham Lincoln w/ Thomas (C) 12:15 Presidential Trivia w/ Mark D. (C) 12:30 Lunch (S) 1:15 Group Challenge: Putting the Past In Order w/ Bob B. (C) 2:00 Reminiscing on the Last Year and New Year Wishes w/ Howard (S) 2:30 Tai Chi w/Cynthia (S)(P)</p>
<p style="text-align: center;">6 Monday</p> <p>10:00 Coffee and Daily Chronicle (S) 10:30 Science (New Discoveries in SPACE) with Pam (C) 11:00 Snack (S) 11:30 All About Argentina w/ Casey (C) 12:00 Dance Exploration: Argentine Tango (SE) (S) 12:30 Lunch (S) 1:30 Music Through the Decades (Classical to Rock and Roll to Country to Disco) with Cal (SE) (C) 2:15 Art with Thomas (E)</p>	<p style="text-align: center;">7 Tuesday</p> <p>10:00 Coffee and Daily Chronicle (S) 10:30 The Beatles: Paul McCartney w/ Jack (C) 11:00 Snack (S) 11:30 Harp with Judith w/ Mark (SE) 12:00 Brain Fitness w/ Sharron: Forbidden Descriptions (C) 12:30 Lunch (S) 1:30 White Board Game Hangman with Rich (C) 2:00 Art with Nellie (E)</p>	<p style="text-align: center;">8 Wednesday</p> <p>10:00 Coffee & Daily Chronicle (S) 10:30 An Emotional Year on Jeopardy (Alex Trebec) (C) 11:00 Snack (S) 11:30 Art with Crista (E) 12:30 Lunch (S) 1:30 The Music and Biography of Eddie Money w/ Cal (C) 1:45 Friendship Support Group with Ellie (SP) 2:30 Music with April (S)</p>	<p style="text-align: center;">9 Thursday</p> <p>10:00 Music with Peg (SE) 10:45 Chair Exercise with Rene (P) 11:00 Snack (S) 11:30 Art with Sally and Rich (E) 12:30 Lunch (S) 1:30 The Moments that Moved Us in 2019 (Part 2) with Jack (C) 2:00 A Look Back at the Carol Burnett Show (C)</p>	<p style="text-align: center;">10 Friday</p> <p>10:00 Dancing w/ Garrey (P) 10:00 Small Group Discussion: The Grand Canyon w/ Chet (C) 11:00 Snack (S) 11:30 Photo Showcase w/ Bob B. (S) 12:30 Lunch (S) 1:30 Surprising Stories Discussion (S) 1:30 Spiritual Group w/ Bob (S) (SP) 2:00 Louisa May Alcott w/ Kathryn (C) 2:30 Tai Chi w/ Cynthia (P)(SP)</p>
<p style="text-align: center;">13 Monday</p> <p>10:00 Coffee and Daily Chronicle (S) 10:30 Science Social: The Body to include Vaccines, Probiotics, and Stem Cells w/ Roger (C) 11:00 Snack (S) 11:30 Animals That Make You Smile w/ Shirl & Susan (S) 12:00 Reminiscing w/ Chet: Apollo 11 (S) 12:30 Lunch (S) 1:30 Music Through the Decades: Easy Listening, Jazz and Disco w/ Rene (SE) 2:15 Art with Bob (E)</p>	<p style="text-align: center;">14 Tuesday</p> <p>10:00 Dancing with Garrey (P) 11:00 Snack (S) 11:30 The Beatles: (John Lennon) with Cal (C) 12:00 The Year "2019" in review: Ali Stoker wins a Tony Award w/ Mark (C) 12:30 Lunch (S) 1:30 Finish the Expression with Rich (S) 2:00 Art with John (E)</p>	<p style="text-align: center;">15 Wednesday</p> <p>10:00 Opera Improv w/ Fairouz (SE) (S) 11:00 Snack (S) 11:30 Brain Fitness w/ Cal: A to Z Foods (C) 12:00 Discuss & Recall: Friends (S) 12:30 Lunch (S) 1:30 Pick a Song from the Coconut (SE) 2:00 Art w/ Kathie (SE)</p>	<p style="text-align: center;">16 Thursday</p> <p>10:00 Music with Peg (SE) 10:45 Chair Exercise (P) 11:00 Snack (S) 11:30 Art Class with Elba (E) 12:30 Lunch (S) 1:30 Hometown Heroes (C) 2:00 The Moments that Moved Us in 2019 (Part 3) with Sharron (C) 2:30 Participants Choose a Favorite Song and Artist (E)(SE)</p>	<p style="text-align: center;">17 Friday</p> <p>10:00 Music w/ Jessica (S) 10:45 Daily Chronicle (S)(C) 11:00 Snack (S) 11:30 Celebrating the Life of Martin Luther King Jr. (C) 12:00 Exploring MLK's "I Have A Dream" Speech (C) 12:30 Lunch (S) 1:15 Famous Ski Destinations w/ Chet (C) 2:00 Remembering Winter Sports w/ Stuart (C)(S) 2:30 Tai Chi (P)(SP)</p>
<p style="text-align: center;">20 Monday</p> <p style="text-align: center;">IMCC IS CLOSED</p>  <p>Martin Luther King Jr. Jan. 15, 1929 – April 4, 1968</p>	<p style="text-align: center;">21 Tuesday</p> <p>10:00 Coffee and Daily Chronicle (S)(C) 10:30 The Beatles: George Harrison w/ Rich (C) 11:00 Snack (S) 11:30 Discussion Group: Amusement Parks w/ Rich (S) 12:00 Finish the Line (C) 12:30 Lunch (S) 1:30 Name Five with Peter (C) 2:00 Art with Sharron (E)</p>	<p style="text-align: center;">22 Wednesday</p> <p>10:00 Coffee & Daily Chronicle (S) 10:30 Movie Day "SLEEPLESS IN SEATTLE" (S) 11:00 Snack (S) 11:30 "Sleepless In Seattle" Cont. (S) 12:30 Lunch (S) 1:30 Biography of Tom Hanks and Meg Ryan (C) 2:30 Guitar with Steve (SE)</p> 	<p style="text-align: center;">23 Thursday</p> <p>9:45 Insight in Action 10:00 Music with Peg (SE) 10:45 Chair Exercise (P) 11:00 Snack (S) 11:30 Art Class with Sally (E) 12:30 Lunch (S) 1:30 Country Music with Bob and John (SE) 2:00 Looking Back at the Life of Sally Fields (C) 2:30 Guess the State (C)</p>	<p style="text-align: center;">24 Friday</p> <p>10:00 Daily Chronicle and Coffee (S)(C) 10:15 Celebrating the Chinese New Year (C)(SE) 11:00 Snack (S) 11:30 Art Exploration: Chinese Fans (E) 12:00 Chinese Tea Tasting (SE) (S) 12:30 Lunch (S) 1:30 Discussion Group w/ Mark: Technological Advances (S) 2:00 Conversation Starters (C) 2:30 Tai Chi (P)(SP)</p>
<p style="text-align: center;">27 Monday</p> <p>10:00 Coffee and Daily Chronicle (S) 10:30 Science Social: Transportation to include Jet Engines, Submarines, and Self-Driving Cars w/ Chet and Shirl (C) 11:00 Snack (S) 11:30 Art w/ Annette (E) 12:30 Lunch (S) 1:30 Geography Trivia w/ Pam (C) 2:30 Music w/ Chyp & Andrea (SE)</p>	<p style="text-align: center;">28 Tuesday</p> <p>10:00 Music with Frank (E) 11:00 Snack (S) 11:30 The Beatles: Ringo Starr (C) 12:00 The Year "2019" in Review: A Sacred Space is Ravaged by Flames – Notre Dame (C) 12:30 Lunch (S) 1:30 Word in a Word w/ Roger (C) 2:00 Art with Kathryn (E)</p>	<p style="text-align: center;">29 Wednesday</p> <p>10:00 Coffee and Daily Chronicle (S) 10:30 The Life of Steve Irwin "The Crocodile Hunter" and his family (C) 11:00 Snack (S) 11:30 All About Chopin w/ Cal & Gordon (C) 12:00 World Trivia (C) 12:30 Lunch (S) 1:30 Who and What is Able to Live in Antarctica w/ Shirl (C) 2:00 Art with Howard (E)</p>	<p style="text-align: center;">30 Thursday</p> <p>10:00 Music with Peg (SE) 10:45 Chair Exercise (P) 11:00 Snack (S) 11:30 Art Class with Annette and Kathryn (E) 12:30 Lunch (S) 1:30 Photographs "The Most Influential Images of All Time" (C) 2:00 First Ladies and Their Contributions to American Families (C) 2:30 Making a Support Net with Sharron (E)</p>	<p style="text-align: center;">31 Friday</p> <p>10:00 Daily Chronical and Coffee (S)(C) 10:15 Celebrating the Life of Jackie Robinson w/ Stuart (C)(S) 11:00 Snack (S) 11:30 The Civil War w/ Howard (C) 12:15 Military Trivia (C) 12:30 Lunch (S) 1:15 Celebrating Hot Chocolate Day w/ Kathie (C) 2:00 Hot Chocolate Social w/ Bob M. (S) 2:30 Tai Chi (P) (SP)</p>