

# ORANGE GROUP | JANUARY 2020

<p><b>Happy Birthday!</b></p>  <p><b>Preston (1/2)</b> <b>Kathie (1/10)</b> <b>Rene (1/11)</b> <b>Sutjiati (1/12)</b> <b>Thomas (1/20)</b> <b>Ben (1/28)</b></p>	 <p><b>Activity Domain Key</b> Physical (P) Social (S) Cognitive (C) Expressive (E) Sensory (SE) Spiritual (SP)</p>	<p><b>HAPPY NEW YEAR!</b></p> <p><b>IMCC IS CLOSED!</b></p> 	<p><b>1</b></p> <p>8:00 Morning Puzzle Group w/ Fred (C) 8:30 Matching Game (C) 9:00 Word Searching w/ Marilu (C) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 Noodle Range of Motion Exercise (P) 10:30 Great Race Game (S) (C) <b>10:45 Music Therapy w/ Peg (S) (SE)</b> 12:00 Georgia Photo Showcase w/ Fred (SE) (S) 12:30 Cooking Club: Slow Cooker Peach Cobbler (S) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 Spa Namaste Environment w/ Lillian (SE) (S) 2:45 Fashion Through the Decades w/ Mun Ja (S) 3:15 Hot Cocoa Social w/ Karen (SE) (S) 3:30 Afternoon Snack and Music Social (S) 4:00 Combined Composer's Club: George Gerschwin (C) <b>4:00 Walking Club (P)</b> 4:30 Balloon Toss (P)</p>	<p><b>2</b></p> <p>8:00 Puzzle Group (C) 8:30 Matching Games (C) 9:00 Social Circle (S) <b>10:00 Violin w/ Anthony (SE)</b> 11:00 Simple Stretching w/ Guli (P) 12:00 Classic Country Sing-Along w/ Richard (S) 12:30 Brain Fitness w/ Dan: Texas Fast Facts (S) (C) 1:30 Music and Memory (SE) 1:30 Salsa Beats &amp; Balloon Toss w/ Hilia (P) 2:00 Puzzle Solvers w/ Virginia (C) 2:15 Knock Down the Snowmen! (P) 2:30 Aromatherapy (SE) <b>3:00 Tai-Chi w/ Cynthia (P) (SP)</b> 3:30 Afternoon Snack and Music Social (S) 4:00 Corn Hole w/ Fay (P) <b>4:00 Walking Club (P)</b> 4:30 Combined Musical Hits w/ Mary Anna (SE)</p>
<p><b>6</b></p> <p>8:00 Puzzle Group (C) 8:30 Social Circle (S) 9:00 Current Events Club (C) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 Range of Motion Stretching (P) 10:30 Persian Beats Balloon Toss w/ Ben(P) 10:45 Roll &amp; Rhyme (C) 11:00 ElderSong Sing-Along (SE) (S) 12:00 Indonesia Photo Showcase w/ Sutjiati (S) (SE) 12:30 Reading Circle: Winter Poems (S) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 Snowflake Decorating w/ Fay (E) 2:30 Music Makers: Maracas and Shakers (SE) 3:00 Hummus History &amp; Tasting w/ Guli (S) (SE) 3:30 Snack and Music Social (SE) 4:00 Toss &amp; Talk: Winter Traditions (S) 4:30 Susie Q Sing-Along w/ Paul (SE) (S)</p>	<p><b>7</b></p> <p>8:30 Sensory Activities w/ Marilu (SE) 9:15 Expressive Cabinet Activities (E) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 Range of Motion Exercises (P) 10:30 Name Something (C) <b>11:00 Harp w/ Judith (SE)</b> 12:00 Art Expression: Pine Cone Painting (E) 12:30 Sensory Trivia: Match the Smell (SE) (C) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 Beach Sensory Session (SE) (S) 2:30 Bath Bomb Water Massages (SE) 3:00 Clothes Bin Basketball (P) 3:30 Afternoon Snack &amp; Music Social (S) <b>4:00 Walking Club (P)</b> 4:00 Combined Composer's Club w/ Carol: Judy Garland (C) 4:30 Wizard of Oz Musical Exploration (S)</p>	<p><b>8</b></p> <p>8:30 Adult Coloring Group (E) 9:15 Coffee &amp; Conversations w/ Ruth B (S) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 BeBalanced w/ Richard (P) 10:30 Parachute and Perry Como (P) 11:00 All About the Arctic Fox w/ Ben (S) (C) 12:00 Happy Birthday Elvis! Photo Showcase &amp; Greatest Hits Sing-Along (S) (C) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 Felt Coloring Art w/ Margarita (E) <b>2:30 Music w/ April (SE)</b> 3:30 Combined Afternoon Music Social (SE) 4:00 Combined Geography Group: Exploring the Eiffel Tower w/ Ed (S) (C) <b>4:00 Walking Club (P)</b> 4:30 French Accordion Music Exploration (SE)</p>	<p><b>9</b></p> <p>8:00 Morning Puzzle Group w/ Fred (C) 8:30 Matching Game (C) 9:00 Word Searching w/ Marilu (C) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 Noodle Range of Motion Exercise (P) 10:30 Hula Hoop Toss w/ Guli (P) <b>10:45 Music Therapy w/ Peg (S) (SE)</b> 12:00 Travel Photo Session: Bedford VA w/ Lucille (S) (SE) 12:30 Reading Circle: Chicken Soup for the Soul (S) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 State Fun Facts w/ Joy (S) 2:30 Brain Game: Bird Matching w/ Fred (C) 3:00 Sensory Exploration: Tea Tasting (SE) 3:30 Afternoon Snack and Music Social (S) 4:00 Combined Karaoke Hour (S) <b>4:00 Walking Club (P)</b> 4:30 70's Hit Singles w/ Connie (SE)</p>	<p><b>10</b></p> <p>8:00 Puzzle Group (C) 8:30 Matching Games (C) 9:00 Letter Unscrambling (C) <b>10:00 Dancing w/ Garrey (P)</b> 11:00 ElderSong Sing-Along w/ Lillian (S) 12:00 Garden Sensory Session (S) (SE) 12:30 Flower Arranging (E) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 Sensory Art : Kitchen Brush Wreaths (E) 2:30 Winter Vase Arrangements (E) <b>3:00 Tai-Chi w/ Cynthia (P) (SP)</b> 3:30 Afternoon Snack and Music Social (S) 3:45 Corn Hole w/ Fay (P) 4:00 Winter Songs Sing-Along (S) (C) <b>4:00 Walking Club (P)</b> 4:30 Combined Patriotic Sing-Along w/ Arnie (S) (C)</p>
<p><b>13</b></p> <p>8:00 Puzzle Group (C) 8:30 Social Circle (S) 9:00 Current Events Club (C) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 Music &amp; Movement w/ Hilia (P) 10:30 Active Game: Football Knockdown w/ Sutjiati (P) (S) 11:00 3 Letter Spelling Bee w/ Virginia (C) 12:00 Art Expressions: Cotton Ball Penguins (E) 12:30 Reading Circle: All About Penguins w/ Ben (S) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 Aquapaintings w/Jean (E) <b>2:00 PAL's Pet Therapy (SE)</b> 2:30 Ballet Exploration w/ Fred: Swan Lake (SE) (S) 3:00 Tea Social w/ Margarita (S) (SE) 3:30 Snack and Music Social (SE) 4:00 Music Exploration: Bamboo Flute w/ Mei (SE) 4:30 Combined Music Exploration: Edith Piaf w/ Guli (SE)</p>	<p><b>14</b></p> <p>8:30 Reading Circle (S) 9:15 Expressive Cabinet Activities (E) <b>10:00 Dancing w/ Garrey (P)</b> 11:15 Simple Stretching w/ Lucille (P) 12:00 Animal Care Montessori Session w/ Donald (SE) (S) 12:30 Color Sorting w/ Margarita (C) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 Brain Fitness: Fruit or Vegetable (C) 2:15 Craft Corner: Winter Mittens (E) 2:45 Kitchen Herbs &amp; Spices w/ Chrysta (SE) 3:15 Hot Cocoa Social w/ Jewell (SE) (S) 3:30 Afternoon Music Social (S) 4:00 Combined Composer's Club: Tony Bennett w/ Fred (S) (SE) <b>4:00 Walking Club (P)</b> 4:30 Top 60's Tracks w/ Nancy (SE)</p>	<p><b>15</b></p> <p>8:30 Adult Coloring Group (E) 9:15 Coffee &amp; Conversations w/ Ruth B (S) <b>10:00 Opera Improv w/ Fairouz (SE) (S)</b> 11:00 Letter Toss w/ Betty (C) 12:00 National Hat Day! Hat Decorating &amp; Social (S) (E) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 Spa Sensory Session (SE) (S) 2:45 Reminiscing w/ Donald: Swing Bands (SE) (S) 3:15 National Strawberry Ice Cream Day Social (SE) (S) 3:30 Afternoon Snack Social (S) 4:00 Music Makers: Holiday Hits (SE) (S) <b>4:00 Walking Club (P)</b> 4:30 Elvis Singalong w/ Ruth (SE)</p>	<p><b>16</b></p> <p>8:30 Cognitive Cabinet Activities w/ Marilu (C) 9:15 Coffee &amp; Conversations (S) 9:00 Current Events w/ Marilu (C) <i>Insight in Action</i> 9:45 Morning Greetings &amp; Patriotic Songs (S) 10:00 Chair Jazzercise w/ Lucille (P) 10:15 Toss &amp; Talk: Favorite Foods (S) 10:30 Finish the Elvis Lyric (C) <b>10:45 Music Therapy w/ Peg (S)</b> 12:00 Garden Sensory Session w/ Dan (SE) (S) 12:30 Hymnal Sing Along w/ Jewell (SP) 1:30 Music and Memory (SE) 1:30 Active Stations (SE) (C) 2:00 Winter Sensory Session (SE) (S) 2:30 Paper Snowflake Art (E) 3:00 Evergreen Winter Playdough w/ Mei (SE) 3:30 Music and Snack Social (SE) 4:00 Combined Geography Group: England (C) <b>4:00 Walking Club (P)</b> 4:30 Country Western Oldies w/ Arnie (SE)</p>	<p><b>17</b></p> <p>8:30 Coffee &amp; Conversations (S) 8:30 Walking Club (P) 9:15 Adult Coloring Group (E) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 Columbian Music &amp; Movement w/ Hilia (P) 10:30 Brain Game: Baking a Cake (C) <b>10:45 Music Therapy w/ Jessica (S)</b> 12:00 MLK Day Craft (E) 12:30 Martin Luther King Fast Facts (S) 1:30 Active Stations (C) (SE) (E) 1:30 Music and Memory (SE) 2:00 Picture Matching w/ Fay (C) 2:30 Chime Choir w/ Ben (S) (SE) <b>3:00 Tai-Chi w/ Cynthia (P) (SP)</b> 3:30 Snack and Music Social (S) 4:00 Reminiscing w/ Richard: Household Tools (S) <b>4:00 Walking Club (P)</b> 4:30 Combined Piano Sing-Along (SE)</p>
<p><b>20</b></p> <p><b>MLK DAY!</b></p> <p><b>IMCC IS CLOSED!</b></p> 	<p><b>21</b></p> <p>8:30 Reading Circle (S) 9:15 Expressive Cabinet Activities (E) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 Use Your Noodle Exercise w/ Chrysta (P) 10:30 Sing-Along w/ Lucille (SE) (S) 11:00 Active Game: Horseshoes (P) 12:00 Palace of Versailles Photo Showcase w/ Guli (S) 12:30 Learning Circle: French Food (S) (C) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 Spa Sensory Session w/ Betty (SE) 2:30 Aromatherapy (SE) (S) 2:45 Reading Circle: Lance Armstrong Bio w/ Dan (S) 3:15 Cooking Club: Strawberry Shortcake (SE) 3:30 Afternoon Music Social (S) 4:00 Combined Composer's Club: Bob Dylan w/ Rich H (C) <b>4:00 Walking Club (P)</b> 4:30 Susie Q Sing-Along (SE)</p>	<p><b>22</b></p> <p>8:30 Adult Coloring Group (E) 9:15 Coffee &amp; Conversations w/ Ruth B (S) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 Chair Jazzercise (P) 10:30 Hula Hoop Toss &amp; Talk (S) (C) 10:45 All About Polar Bears w/ Ben (S) (SE) 11:15 Brain Game: Polar Bear or Panda Bear (C) 12:00 Felt Book Making w/ Karen (E) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 Pet Therapy w/ Jean (S) (SE) <b>2:30 Guitar w/ Steve (SE)</b> 3:15 Finish the Lyric (C) 3:30 Combined Snack and Music Social (S) <b>4:00 Chair Dancing w/ Reenu (P)</b> 4:30 Combined Musical Appreciation: Rock &amp; Rollers w/ Wayne (SE)</p>	<p><b>23</b></p> <p>8:00 Sensory Cabinet Activities w/ Doris (SE) 8:30 Word Puzzling (C) 9:00 Current Events w/ Marilu (C) 10:00 Morning Greetings &amp; Musical Hits (S) 10:15 Range of Motion Movement w/ Lucille (P) 10:30 Great Race Game (S) (C) <b>10:45 Music Therapy w/ Peg (S)</b> 12:00 Craft Corner: Name Art (E) 12:30 Reading Circle w/ Lillian: Short Story (S) 1:30 Participant's Choice (SE) (C) 2:00 Travel Sensory Session: w/ Hilia (SE) (S) 2:30 Rock &amp; Roll Hall of Fame Sing-Along (SE) 3:00 Cooking Club: National Pie Day! Slow Cooker Apple Pie Crumble (SE) 3:30 Snack and Music Social (SE) 4:00 Combined Geography Group: Peru (C) <b>4:00 Walking Club (P)</b> 4:30 Fiddle Music &amp; Movement w/ Arnie (SE) (P)</p>	<p><b>24</b></p> <p>8:30 Sensory Activities (SE) 9:15 Expressive Cabinet Activities (E) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 Chair Exercise w/ Guli (P) 10:30 Balloon Toss &amp; Talk (P) (S) 10:45 Brain Fitness: Match the Color (C) 11:00 Music Exploration: Cultural Music w/ Sutjiati (S) (SE) 12:00 Art Expressions: Chinese New Year Art (E) 12:30 Reading Circle: Chinese Folklore (S) 1:30 Music and Memory (SE) 1:30 Active Stations (SE) (E) (C) 2:00 Jigsaw Solvers (C) 2:15 Chinese New Year Photo Showcase w/ Mei (SE) (S) 2:45 Pass the Balloon w/ Ben (P) <b>3:00 Tai Chi w/Cynthia (SP) (P)</b> 3:30 Snack and Music Social (SE) 4:00 Corn Hole w/ Fay (P) <b>4:00 Walking Club (P)</b> 4:30 Combined Composer's Club: Frank Sinatra Singalong w/ Carol (SE)</p>
<p><b>27</b></p> <p>8:00 Puzzle Group (C) 8:30 Word Searching (C) 9:00 Current Events Club (C) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 Mozart &amp; Movement (P) 10:30 Finish the Lyric (C) 10:45 Frank Sinatra Sing-Along (S) 11:15 Sensory Enhancement: Winter Scents Aromatherapy (S) (SE) 12:00 Marshmallow Day! Snowman Food Art (SE) 12:30 Reminiscing: Winter Memories w/ Lillian (S) 1:30 Music and Memory (SE) 1:30 Active Stations (SE) (E) (C) 2:00 50's Hits Ball Toss (P) <b>2:30 Music w/ Chyp &amp; Andrea (SE)</b> 3:30 Snack and Music Social (SE) 4:00 Balloon Badminton w/ Guli (P) 4:30 Piano Sing-Along (SE)</p>	<p><b>28</b></p> <p>8:30 Sensory Activities w/ Marilu (SE) 9:15 Expressive Cabinet Activities (E) <b>10:00 Music w/ Frank (S)</b> 11:00 Balloon Toss (P) 12:00 Artistic Expressions w/ Lucille: Winter Tree Stamp Art (E) 12:30 Music Exploration: South Africa Traditional Tunes w/ Chrysta (SE) 1:30 Music and Memory (SE) 1:30 Active Stations (SE) (E) (C) <b>2:00 Pet Visit w/ Brawny (SE)</b> 2:00 Building &amp; Sorting w/ Richard (C) 2:30 Russian Architecture w/ Dan (SE) (S) 3:00 Cooking Club: Fruit Parfaits w/ Betty (S) 3:30 Snack and Music Social (SE) 4:00 Combined Geography Group: Montana w/ Paul (C) <b>4:00 Walking Club (P)</b> 4:30 60's Hits w/ Carole (SE)</p>	<p><b>29</b></p> <p>8:30 Adult Coloring Group (E) 9:15 Coffee &amp; Conversations w/ Ruth B (S) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 BeBalanced w/ Richard (P) 10:30 Balloon Badminton (P) 10:45 Brain Game: Letter Toss (C) 11:00 ElderSong Sing-Along w/ Jean (S) (SE) 12:00 National Puzzle Day! Jigsaw Solvers w/ Margarita (C) 12:30 Table Bowling w/ Sutjiati (P) 1:30 Active Stations (C) (SE) (E) 2:00 Spa Namaste Environment (SE) (S) 2:45 Sleeping Beauty Story &amp; Photo Showcase (S) (SE) 3:15 Balloon Toss w/ Ben (P) 3:30 Afternoon Snack Social (S) <b>4:00 Combined Karaoke Hour w/ Reenu (S)</b> 4:30 Music Exploration: Jimi Hendrix (SE)</p>	<p><b>30</b></p> <p>8:00 Sensory Cabinet Activities w/ Doris (SE) 8:30 Word Puzzling (C) 9:00 Current Events w/ Marilu (C) 10:00 Morning Greetings &amp; Musical Hits (S) 10:15 Chair Zumba w/ Lucille (P) 10:30 Active Game: Balloon Hoop Pass (P) <b>10:45 Music Therapy w/ Peg (S)</b> 12:00 Exploring Puerto Rican Culture w/ Margarita (S) (SE) 12:30 Learning Circle: Common Spanish Phrases (C) 1:30 Participant's Choice (SE) (C) 2:00 The Beatles Greatest Hits w/ Fred (SE) 2:30 Garden Sensory Session (SE) (S) 3:00 Garden Tea Social w/ Joy (SE) (S) 3:30 Snack and Music Social (SE) 4:00 Combined Composer's Club: The Beatles (S) (SE) <b>4:00 Walking Club (P)</b> 4:30 Fiddle Music &amp; Movement w/ Arnie (SE) (P)</p>	<p><b>31</b></p> <p>8:30 Sensory Activities (SE) 9:15 Expressive Cabinet Activities (E) 10:00 Morning Greetings &amp; Patriotic Songs (S) 10:15 Chair Exercise (P) 10:30 Music Makers &amp; Shakers (SE) 10:45 Reading Circle: Hot Chocolate History (S) 11:00 Hot Chocolate Social (S) (SE) 12:00 Art Expressions : Tape Paint Art w/ Virginia (E) 12:30 Singer Spotlight : Ray Charles (SE) 1:30 Music and Memory (SE) 1:30 Active Stations (C) (SE) (E) 2:00 Mohammed Ali Bio Showcase w/ Sutjiati (S) 2:30 ElderSong Sing-Along w/ Jewell (SE) (S) <b>3:00 Tai Chi w/Cynthia (SP) (P)</b> 3:30 Snack and Music Social (SE) 4:00 Hula Hoop Toss w/ Mei (P) <b>4:00 Walking Club (P)</b> 4:30 Combined Composer's Club: Louis Armstrong w/ Paul B (SE)</p>