



# Legacy Ridge

# January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>T-Zone is our nickname for Thrive Zone. T-Zone is a group activity that stimulates mind, body, and spirit. Our Activity Assistants will use their vast knowledge of the residents to select appropriate, stimulating daily T-Zone activities.</p> <p>Stimulation Stations are meaningful activity stations using the Montessori approach: <i>finding individual strengths, supporting those strengths, and building on those strengths.</i></p>				 <p>Happy Birthday to:</p> <p>Ruth C. Jan 10            Betty H. Jan 11            Dave K. Jan 12            Alyce U. Jan 13            Belinda H. Jan 17</p>		<p>1</p> <p>9:00 am Coffee Chat            10:00 am Group Exercise            10:30 am Stimulation Stations            11:00 am Lunch Set Up            11:30 am Lunch            12:30 pm One on One            1:00 pm T-Zone            2:00 pm Stimulation Stations            3:00 pm T-Zone            4:00 pm Dinner Set Up            4:30 pm Dinner            6:00 pm Entertainment</p>
<p>2</p> <p>9:00 am Coffee Chat            10:00 am Group Exercise            10:30 am Stimulation Stations            11:00 am Lunch Set Up            11:30 am Lunch            12:30 pm One on One            1:00 pm T-Zone            2:00 pm Stimulation Stations            3:00 pm T-Zone            4:00 pm Dinner Set Up            4:30 pm Dinner            6:00 pm Entertainment</p>	<p>3</p> <p>9:00 am Coffee Chat            10:00 am Group Exercise            10:30 am Stimulation Stations            11:00 am Lunch Set Up            11:30 am Lunch            12:30 pm One on One            1:00 pm T-Zone/MIM            2:00 pm Stimulation Stations            3:00 pm T-Zone            4:00 pm Dinner Set Up            4:30 pm Dinner            6:00 pm Entertainment</p>	<p>4</p> <p>9:00 am Coffee Chat            10:00 am Group Exercise            10:30 am Stimulation Stations            11:00 am Lunch Set Up            11:30 am Lunch            12:30 pm One on One            1:00 pm T-Zone            2:00 pm Stimulation Stations            3:00 pm T-Zone            4:00 pm Dinner Set Up            4:30 pm Dinner            6:00 pm Entertainment</p>	<p>5</p> <p>9:00 am Coffee Chat            10:00 am Group Exercise            10:30 am Stimulation Stations            11:00 am Lunch Set Up            11:30 am Lunch            12:30 pm One on One            1:00 pm T-Zone            2:00 pm Stimulation Stations            3:00 pm T-Zone            3:00 pm Root Beer Floats            4:00 pm Dinner Set Up            4:30 pm Dinner            6:00 pm Entertainment</p>	<p>6</p> <p>9:00 am Coffee Chat            10:00 am Group Exercise            10:30 am Stimulation Stations            11:00 am Lunch Set Up            11:30 am Lunch            12:30 pm One on One            2:00 pm Stimulation Stations            3:00 pm Movie            3:00 pm Happy Hour with Mindy Sterling—Bistro            4:00 pm Dinner Set Up            4:30 pm Dinner            6:00 pm Entertainment</p>	<p>7</p> <p>9:00 am Coffee Chat            10:00 am Group Exercise            10:30 am Stimulation Station            11:00 am Lunch Set Up            11:30 am Lunch            12:30 pm One on One            1:00 pm T-Zone            1:30 pm Joy Ride            2:00 pm Stimulation Stations            3:00 pm T-Zone            4:00 pm Dinner Set Up            4:30 pm Dinner            6:00 pm Entertainment</p>	<p>8</p> <p>9:00 am Coffee Chat            10:00 am Group Exercise            10:30 am Stimulation Stations            11:00 am Lunch Set Up            11:30 am Lunch            12:30 pm One on One            1:00 pm T-Zone            2:00 pm Stimulation Stations            3:00 pm T-Zone            4:00 pm Dinner Set Up            4:30 pm Dinner            6:00 pm Entertainment</p>

