



January 2024 Rehab Activities													
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Be sure to check out all our live stream options on our in-house TV station-Channel 81! Detailed descriptions of offerings are located in your Lifestyle Guide.			Individual Pursuits: Puzzles and More available in the Activity Room1	Individual Pursuits: Puzzles and More available in the Activity Room2 9:30 🧩 Campus News [CH81] 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room3 10:00 🧩➡️ Group Exercise w/ Therapy 1:00 🎵 Music Therapy Room Visits [7th fl] 2:00 🧩 Body and Mind with Restorative Team [7th fl] 2:00 🎵 Music Therapy Room Visits [8th fl]	Individual Pursuits: Puzzles and More available in the Activity Room4 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room5 10:00 🧩➡️ Group Exercise w/ Therapy [8th fl] 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room6					
	Individual Pursuits: Puzzles and More available in the Activity Room7 11:00 🕊️ Worship Service live stream from The Point [CH81]	Individual Pursuits: Puzzles and More available in the Activity Room8 11:00 🏠 Welcome Visits 2:00 🧩 Visits 3:00 🎵 Music with Mike Frankel [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room9 9:30 🧩 Campus News [CH81] 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room10 10:00 🧩➡️ Group Exercise w/ Therapy 1:00 🎵 Music Therapy Room Visits [7th fl] 2:00 🧩 Body and Mind with Restorative Team [7th fl] 2:00 🎵 Music Therapy Room Visits [8th fl]	Individual Pursuits: Puzzles and More available in the Activity Room11 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room12 10:00 🧩➡️ Group Exercise w/ Therapy [8th fl] 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room13						
	Individual Pursuits: Puzzles and More available in the Activity Room14 11:00 🕊️ Worship Service live stream from The Point [CH81]	Individual Pursuits: Puzzles and More available in the Activity Room15 11:00 🏠 Welcome Visits 2:00 🧩 Visits	Individual Pursuits: Puzzles and More available in the Activity Room16 9:30 🧩 Campus News [CH81] 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room17 10:00 🧩➡️ Group Exercise w/ Therapy 1:00 🎵 Music Therapy Room Visits [7th fl] 2:00 🧩 Body and Mind with Restorative Team [7th fl] 2:00 🎵 Music Therapy Room Visits [8th fl]	Individual Pursuits: Puzzles and More available in the Activity Room18 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room19 10:00 🧩➡️ Group Exercise w/ Therapy [8th fl] 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room20						
	Life Enrichment is happy to provide the following upon request:  Reading Materials Word Games Art Supplies Puzzles Note Cards/Stationary Snacks Pastoral Support Referral CCY Lifestyle Guide for in house TV programming  Call: 469-828-3454	Individual Pursuits: Puzzles and More available in the Activity Room21 11:00 🕊️ Worship Service live stream from The Point [CH81]	Individual Pursuits: Puzzles and More available in the Activity Room22 11:00 🏠 Welcome Visits 2:00 🧩 Visits	Individual Pursuits: Puzzles and More available in the Activity Room23 9:30 🧩 Campus News [CH81] 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room24 10:00 🧩➡️ Group Exercise w/ Therapy 1:00 🎵 Music Therapy Room Visits [7th fl] 2:00 🧩 Body and Mind with Restorative Team [7th fl] 2:00 🎵 Music Therapy Room Visits [8th fl]	Individual Pursuits: Puzzles and More available in the Activity Room25 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room26 10:00 🧩➡️ Group Exercise w/ Therapy [8th fl] 11:00 🎵 Music with Mike Frankel [8th fl] 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room27					
Individual Pursuits: Puzzles and More available in the Activity Room28 11:00 🕊️ Worship Service live stream from The Point [CH81]		Individual Pursuits: Puzzles and More available in the Activity Room29 11:00 🏠 Welcome Visits 2:00 🧩 Visits	Individual Pursuits: Puzzles and More available in the Activity Room30 9:30 🧩 Campus News [CH81] 2:00 🧩 Body and Mind with Restorative Team [7th fl]	Individual Pursuits: Puzzles and More available in the Activity Room31 10:00 🧩➡️ Group Exercise w/ Therapy 1:00 🎵 Music Therapy Room Visits [7th fl] 2:00 🧩 Body and Mind with Restorative Team [7th fl] 2:00 🎵 Music Therapy Room Visits [8th fl]	Activities are subject to change. The most up to date activities will be found on your in-room electronic whiteboard.		<div>🧩 Intellectual</div> <div>🎵 Music</div> <div>➡️ Physical</div> <div>🏠 Purposeful</div> <div>🕊️ Spiritual</div>						
												“You must be the change you wish to see in the world.” — Mohandas Gandhi	