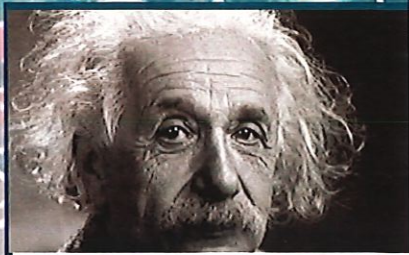


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2025</h1> <h2>The Oaks at Flower Mound</h2> <p>Director of Lifestyles / Kalista Gibson/ kgibson@theoaksatflowermound.com / 512-639-2153</p>			AD New Years Day 1 9:30 Morning Debrief & Donuts 10:30 Morning Exercise with Select Rehab 1:00 Game Club: Yahtzee 3:00 Bible Study 3:15 Outing: Moviehouse & Eatery - Mufasa: The Lion King 6:00 Bible Study w/ Pastor John	AD Hanukkah Ends 2 9:30 Morning Debrief & Donuts 10:30 Morning Exercise w/ Light Weights 11:00 Ted Talk: How to protect your health 1:30 Walking Club 2:00 Game Club: Bingo 3:00 Live Music with Cowboy Craig 5:00 Relax and Hydrate	9:00 Everyday News & Muffins in the Common Area 3 10:30 Morning Exercise w/ Alpha Omega Hospice (CC) 11:00 Create a 2025 Vision Board 1:00 Game Club: Rummicube 3:00 Happy Hour with Blesson from Homewell Care for Seniors 5:00 Ted Talk: How to be productive without burnout	9:30 Morning Debrief & Donuts 4 10:30 Music and Movement 1:30 Game Club: Bingo 3:30 Pianist Karen 5:00 Movie in the Common Area: Boneyard
AD NFL Sunday Football 5 9:00 Non Denominational Church Service 9:30 Morning Debrief & Donuts 10:30 Music and Movement 1:00 Tech Talk: Changing your Wallpaper 2:00 Game Club: Bingo 3:30 Sundae's on Sunday	9:30 Morning Debrief & Donuts 6 10:30 Seated Noodle Exercise 10:45 Catholic Communion 11:30 Lunch Outing: Chillis 1:15 Prayer Circle 2:00 Game Club: Bingo 3:30 Activity and Outing Meeting (AC) 5:00 Relax and Hydrate	9:30 Morning Debrief & Donuts 7 10:30 Chair Yoga 11:00 Game club: 42 2:00 Cookies and coloring 3:30 Game Club: Mexican Train 5:00 Movie in the Common Area: Aisha	9:30 News & Donuts w/ Merit Hospice 8 10:30 Morning Exercise with Select Rehab 1:00 Game Club: Yahtzee 1:00 Shopping Outing: Walmart 3:30 Ted Talk: 3 reasons to take risks like a teenager 6:00 Bible Study w/ Pastor John	9:30 Morning Debrief & Donuts 9 10:30 Seated Noodle Exercise 1:30 Walking Club 2:00 Game Club: Bingo 4:00 NEW! Writing Club 5:00 Relax and Hydrate	9:30 Morning Debrief & Donuts 10 10:30 Morning Exercise w/ Alpha Omega Hospice (CC) 11:00 Craft Activity: DIY Lanterns 1:00 Game Club: Rummicube 3:00 Happy Hour with Marty Prue 5:00 Wind Down: Drinks in the Common Area	9:30 Morning Debrief & Donuts 11 10:30 Music and Movement 1:30 Game Club: Bingo 3:00 Men's Poker 3:30 Men's Lodge: Sports 5:00 Movie in the Common Area: The Ark and the Darkness
AD NFL Sunday Football 12 9:00 Non Denominational Church Service 9:30 Morning Debrief & Donuts 10:30 Music and Movement 1:00 Tech Talk: Recognizing Scams 2:00 Game Club: Bingo 3:30 Sundae's on Sunday	9:00 Everyday News & Coffee in the Common Area 13 10:30 Resistance Bands (AC) 10:45 Catholic Communion 11:30 Lunch Outing: Mattito's 1:15 Prayer Circle 2:00 Game Club: Bingo 5:00 Relax and Hydrate	9:00 Everyday News with Coffee in the Common Area 14 10:30 Morning Exercise 11:30 Wellness Clinic (F) 1:30 Peacock Parlor Party 3:30 Game Club: Mexican Train 5:00 Movie in the Common Area: Float	9:30 Morning Debrief & Donuts 15 10:30 Morning Exercise with Select Rehab 1:00 Game Club: Yahtzee 1:00 Shopping Outing to Home Goods & TJ Maxx 3:00 Bible Study 3:30 Grub Club: Monthly Food and Beverage Meetings 6:00 Bible Study w/ Pastor John	9:30 Morning Debrief & Donuts 16 10:30 Resistance Bands (AC) 11:00 Walking Club 1:00 Activity: Pop Up Jewelry Store w/ Arcy Hospice 2:00 Game Club: Bingo 5:00 Relax and Hydrate	9:30 Morning Debrief & Donuts 17 10:30 Morning Exercise w/ Alpha Omega Hospice (CC) 11:00 Chef Cole's Cooking Class 1:00 Game Club: Rummicube 3:00 Happy Hour: Jerry Ashton sings the classics 5:00 Ted Talk: How a "Hi Level" Mindset Helps You Realize Your Potential	9:30 Morning Debrief & Donuts 18 10:30 Music and Movement 1:30 Game Club: Bingo 3:00 Men's Poker 3:30 Pianist Karen 5:00 Movie in the Common Area: Roll With It
AD NFL Sunday Football 19 9:00 Non Denominational Church Service 9:30 Morning Debrief & Donuts 10:30 Music and Movement 1:00 Tech Talk: Create New Contacts 2:00 Game Club: Bingo 3:30 Sundae's on Sunday	AD Martin Luther King Day 20 9:30 News & Donuts w/ Merit Hospice 10:30 Seated Noodle Exercise 10:45 Catholic Communion 11:30 Lunch Outing: Cotton Patch 1:15 Prayer Circle 2:00 Game Club: Bingo 5:00 Relax and Hydrate	9:30 Morning Debrief & Donuts 21 10:00 Chair Yoga 10:30 Health Classroom w/ Angels Care Home Health 11:00 Game Club: UNO 2:00 Resident Council Meeting 3:30 Game Club: Mexican Train 5:00 Movie in the Common Area: Bad Faith	9:30 Morning Debrief & Donuts 22 10:30 Morning Exercise with Select Rehab 1:00 Game Club: Yahtzee 1:00 Shopping Outing: Khols 4:00 NEW! Bloom Buddies 6:00 Bible Study w/ Pastor John	AD National Pie Day 23 9:30 Morning Debrief & Donuts 10:30 Seated Noodle Exercise 1:30 Walking Club 2:00 Game Club: Bingo 2:00 New Resident Orientation 3:30 Pielicious Bites in the Peacock Parlor 5:00 Relax and Hydrate	9:30 Morning Debrief & Donuts 24 10:30 Morning Exercise w/ Alpha Omega Hospice (CC) 11:00 Penny Pitching 1:00 Game Club: Rummicube 3:00 Happy Hour with John Griffin 5:00 TV Show: Family Feud	9:30 Morning Debrief & Donuts 25 10:30 Music and Movement 1:30 Game Club: Bingo 2:30 Men's Poker 3:00 Memory Lane Music 5:00 Movie in the Common Area: Damaged
AD NFL Sunday Football 26 9:00 Non Denominational Church Service 9:30 Morning Debrief & Donuts 10:30 Music and Movement 1:00 Tech Talk: Create a Photo Album 2:00 Game Club: Bingo 3:30 Sundae's on Sunday	9:00 Paper and Pastries in the Common Area 27 10:30 Resistance Bands (AC) 10:45 Catholic Communion 11:30 Lunch Outing: Olive Garden 1:15 Prayer Circle 2:00 Game Club: Bingo 3:00 Town Hall 5:00 Relax and Hydrate	9:30 Morning Debrief & Donuts 28 10:30 Morning Exercise w/ Light Weights 1:30 Mini Canvas Painting 3:30 Game Club: Mexican Train 5:00 Movie in the Common Area: Before I Change My Mind	9:30 Morning Debrief & Donuts 29 10:30 Morning Exercise with Select Rehab 1:00 Game Club: Yahtzee 1:00 Shopping Outing: Target 3:00 Bible Study 6:00 Bible Study w/ Pastor John	9:30 Morning Debrief & Donuts 30 10:30 Resistance Bands (AC) 1:30 Walking Club 2:00 Game Club: Bingo 3:30 Ted Talk: Break the bad news bubble 5:00 Relax and Hydrate	9:30 Morning Debrief & Donuts 31 10:30 Morning Exercise w/ Alpha Omega Hospice (CC) 11:00 Ted Talk: How your childhood toys tell your life story 1:00 Game Club: Rummicube 2:00 January Birthday Party at Happy Hour with Divine Shanna & Brightstar Care! 4:00 Coloring and Crafts	



Quote

A person who never made a mistake never tried anything new.

-Albert Einstein

Announcements

- 1/01/2025 New Years Day
- 1/02/2025 Hanukkah ends
- 1/13/2025 Peacock Parlor Party
- 1/20/2025 Martin Luther King Day
- 1/21/2025 Health Classroom
- 1/23/2025 New Resident Orientation
- 1/31/2025 December Birthday Party

Happy Birthday!

- 1/05/2025 John Moss
- 1/09/2025 Gail Brown
- 1/12/2025 Sylvia Spindel
- 1/13/025 Fritz Eder
- 1/17/2025 Antoinette Tejeda
- 1/25/2025 Betty Mobbs
- 1/27/2025 Patsy Latham