


# January 2025



## Timber Ridge Assisted Living in McKinleyville

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Individual Activities</b>	<b>Individual Activities</b>	<b>Individual Activities</b>	<b>Individual Activities</b>	<b>Individual Activities</b>	<b>Individual Activities</b>	<b>Individual Activities</b>
Puzzles in the Sunroom	Puzzles in the Sunroom	Puzzles in the Sunroom	Puzzles in the Sunroom	Puzzles in the Sunroom	Puzzles in the Sunroom	Puzzles in the Sunroom
Library-Read a Book	Library-Read a Book	Library-Read a Book	Library-Read a Book	Library-Read a Book	Library-Read a Book	Library-Read a Book
Board Busters in the Activity Room	Board Busters in the Activity Room	Board Busters in the Activity Room	Board Busters in the Activity Room	Board Busters in the Activity Room	Board Busters in the Activity Room	Board Busters in the Activity Room
	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>
	9:00 A.M. Balloonatics (Activity Room)	9:00 A.M. Tai Chi (Activity Room)	9:15 A.M. Exercises (Activity Room)	9:00 A.M. Tai Chi (Activity Room)	9:15 A.M. Exercises (Activity Room)	9:00 A.M. Balloonatics (Activity Room)
	9:00 A.M. to 10:00 A.M. General Store (Activity Room)	9:30 A.M. Back Massages (Fireside Room)	10:00 A.M. Book Buddies (Activity Room)	10:00 A.M.- 11:00 A.M. General Store (Activity Room)	10:00 A.M. Bingo (Activity Room)	10:00 A.M. Humboldt Ukulele Group (Activity Room)
	10:00 A.M. Bingo (Activity Room)	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>
	<b>Group Activities Afternoon</b>	1:00 P.M. Scrabble (Activity Room)	1:00 P.M. Can You Say Cheese Please Day! (Activity Room)	1:00 P.M. Piano with Diane (Activity Room)	12:30 P.M. Scenic Drive (Front Desk)	1:00 P.M. Bingo (Activity Room)
3:30 P.M. Worship Service with Pastor Chuck (Activity Room)	1:00 P.M. Big Screen Movie: Two Brothers (Activity Room)	3:00 P.M. Timber Ridge Boys (Activity Room)	3:00 P.M. Music with Mary (Activity Room)	2:00 P.M. Accordionaires (Activity Room)	3:00 P.M. Jazz Trio (Activity Room)	
<b>On This Day in History:</b> <b>1862</b> – The Battle of Mill Springs took place in Kentucky during the American Civil War. Union forces, led by Major General George H. Thomas	<b>On This Day in History:</b> <b>1981</b> – Iran released 52 American hostages who had been in captivity for 444 days. The release agreement was signed on January 19.	<b>On This Day in History:</b> <b>1937</b> – Count Basie and his orchestra recorded "One o' Clock Jump," that became Basie's signature tune	<b>On This Day in History:</b> <b>1970</b> – The first commercial Boeing 747 flight took place, with Pan American World Airways.	<b>On This Day in History:</b> <b>1971</b> – The record for coldest temperature ever in the U.S. was set in Prospect, Alaska. The temperature that day plummeted to -80° F	<b>On This Day in History:</b> <b>1965</b> – Sir Winston Churchill, the former British prime minister passed away at the age of 90.	<b>On This Day in History:</b> <b>1964</b> – Blue Ribbon Sports, the precursor to Nike, was founded by University of Oregon track coach Bill Bowerman and his former student, Phil Knight.

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## Timber Ridge Renaissance in McKinleyville

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<b>Individual Activities</b>	<b>Individual Activities</b>	<b>Individual Activities</b>	<b>Individual Activities</b>	<b>Individual Activities</b>	<b>Individual Activities</b>	<b>Individual Activities</b>
Puzzles	Puzzles	Puzzles	Puzzles	Puzzles	Puzzles	Puzzles
Doodle Art	Doodle Art	Doodle Art	Doodle Art	Doodle Art	Doodle Art	Doodle Art
Build A Blocks	Build A Blocks	Build A Blocks	Build A Blocks	Build A Blocks	Build A Blocks	Build A Blocks
Folding Basket	Folding Basket	Folding Basket	Folding Basket	Folding Basket	Folding Basket	Folding Basket
	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>
	8:45 P.M. Noodles	8:45 P.M. Balloonatics	8:45 P.M. Noodles	8:45 A.M. Balloonatics	8:45 A.M. Noodles	8:45 A.M. Balloonatics
	9:30 A.M. Watercolors with Sydney	10:00 A.M. Art with Sydney and Katie	10:00 A.M. 5 Card Draw	10:00 A.M. Guess Who?	10:00 A.M. Memory Magic	10:00 A.M. Color My World
	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>
	1:30 P.M. 30 Ball Bingo	1:00 P.M. January Snowman Craft!	1:00 P.M. Conversation Cards	1:00 P.M. Music with Kim	12:30 P.M. Scenic Drive	2:00 P.M. Cookie Baking with Kim
		3:00 P.M. Timber Ridge Boys (Activity Room)	3:00 P.M. Music with Mary (Activity Room)	3:00 P.M. Accordionaires (Activity Room)	3:00 P.M. Jazz Trio (Activity Room)	
<b>On This Day in History:</b> <b>1862</b> – The Battle of Mill Springs took place in Kentucky during the American Civil War. Union forces, led by Major General George H. Thomas	<b>On This Day in History:</b> <b>1981</b> – Iran released 52 American hostages who had been in captivity for 444 days. The release agreement was signed on January 19 and implemented the following day.	<b>On This Day in History:</b> <b>1937</b> – Count Basie and his orchestra recorded "One o' Clock Jump," a lively, swinging instrumental that became Basie's signature tune	<b>On This Day in History:</b> <b>1970</b> – The first commercial Boeing 747 flight took place, with Pan American World Airways flying from New York to London	<b>On This Day in History:</b> <b>1971</b> – The record for coldest temperature ever in the United States was set in Prospect Creek, Alaska. The temperature that day plummeted to -80° F	<b>On This Day in History:</b> <b>1965</b> – Sir Winston Churchill, the former British prime minister and leader during World War II, passed away at the age of 90.	<b>On This Day in History:</b> <b>1964</b> – Blue Ribbon Sports, the precursor to Nike, was founded by University of Oregon track coach Bill Bowerman and his former student, Phil Knight.



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Puzzles in the Sunroom	Puzzles in the Sunroom	Puzzles in the Sunroom	Puzzles in the Sunroom	Puzzles in the Sunroom	Puzzles in the Sunroom	Puzzles in the Sunroom
Library-Read a Book	Library-Read a Book	Library-Read a Book	Library-Read a Book	Library-Read a Book	Library-Read a Book	Library-Read a Book
Board Busters in the Activity Room	Board Busters in the Activity Room	Board Busters in the Activity Room	Board Busters in the Activity Room	Board Busters in the Activity Room	Board Busters in the Activity Room	Board Busters in the Activity Room
	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>
	9:30 A.M. Exercises (Activity Room)	9:30 A.M. Exercises (Activity Room)	9:30 A.M. Exercises (Activity Room)	9:30 A.M. Exercises (Activity Room)	9:30 A.M. Exercises (Activity Room)	9:30 A.M. Exercises (Activity Room)
	10:00 A.M. Bingo (Activity Room)	10:00 A.M. Bingo (Activity Room)	10:00 A.M. Bingo (Activity Room)	10:00 A.M. Back Massages (Activity Room)	10:00 A.M. Scenic Drive (Front Desk)	10:00 A.M. Bingo (Activity Room)
	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>
	1:00 P.M. Can You Say Cheese, Please! (Activity Room)	1:00 P.M. Reading with Peter (Activity Room)	12:30 P.M. to 1:00 P.M. General Store (Activity Room)	1:00 P.M. Big Screen Movie: Sully (Activity Room)	1:00 P.M. Reading with Peter (Activity Room)	1:00 P.M. to 1:30 P.M. General Store (Activity Room)
2:30 P.M. Scrabble (Activity Room)	3:00 P.M. Flower Arranging (Activity Room)	4:00 P.M. Bear River Casino (Front Desk)	<b>On This Day in History:</b> 1971 – The record for coldest temperature ever in the United States was set in Prospect Creek, Alaska. The temperature that day plummeted to -80° F	3:00 P.M. Sign Language (Fireside Room)	<b>On This Day in History:</b> 1964 – Blue Ribbon Sports, the precursor to Nike, was founded by University of Oregon track coach Bill Bowerman and his former student, Phil Knight.	
<b>On This Day in History:</b> 1862 – The Battle of Mill Springs took place in Kentucky during the American Civil War. Union forces, led by Major General George H. Thomas	<b>On This Day in History:</b> 1981 – Iran released 52 American hostages who had been in captivity for 444 days.	<b>On This Day in History:</b> 1937 – Count Basie and his orchestra recorded "One o' Clock Jump," a lively tune that became Basie's signature song.	<b>On This Day in History:</b> 1970 – The first commercial Boeing 747 flight took place, with Pan American World Airways flying from New York to London.	<b>On This Day in History:</b> 1965 – Sir Winston Churchill, the former British prime minister, passed away at the age of 90.		

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Puzzles	Puzzles	Puzzles	Puzzles	Puzzles	Puzzles	Puzzles
Doodle Art	Doodle Art	Doodle Art	Doodle Art	Doodle Art	Doodle Art	Doodle Art
Build A Blocks	Build A Blocks	Build A Blocks	Build A Blocks	Build A Blocks	Build A Blocks	Build A Blocks
Folding Basket	Folding Basket	Folding Basket	Folding Basket	Folding Basket	Folding Basket	Folding Basket
	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>	<b>Group Activities Morning</b>
	9:00 A.M. Exercises	9:00 A.M. Exercises	9:00 A.M. Exercises	9:00 A.M. Exercises	9:00 A.M. Exercises	9:00 A.M. Exercises
	10:00 A.M. Card Shark With Kim	11:00 A.M. Memory Magic	11:00 A.M. In the News	11:00 A.M. Five Card Draw	10:00 A.M. Scenic Drive	11:00 A.M. Color My World
	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>	<b>Group Activities Afternoon</b>
	12:30 P.M. Watercolors with Natalie	1:30 P.M. Music with Kim	12:30 P.M. Snowflake Art	2:00 P.M. Cookie Baking with Felicity-Monster Cookies	12:30 P.M. 30 Ball Bingo	2:00 P.M. Puzzle Me This?
	2:30 P.M. 30 Ball Bingo	2:30 P.M. Card Shark	2:30 P.M. Nails with Natalie		2:30 P.M. Snack & Chat	
						
<b>On This Day in History:</b> <b>1862</b> – The Battle of Mill Springs took place in Kentucky during the American Civil War. Union forces, led by Major General George H. Thomas	<b>On This Day in History:</b> <b>1981</b> – Iran released 52 American hostages who had been in captivity for 444 days.	<b>On This Day in History:</b> <b>1937</b> – Count Basie and his orchestra recorded “One o’ Clock Jump,” a lively, swinging instrumental that became Basie’s signature tune.	<b>On This Day in History:</b> <b>1970</b> – The first commercial Boeing 747 flight took place, with Pan American World Airways flying from New York to London.	<b>On This Day in History:</b> <b>1971</b> – The record for coldest temperature ever in the United States was set in Prospect Creek, Alaska. The temperature that day plummeted to -80° F.	<b>On This Day in History:</b> <b>1965</b> – Sir Winston Churchill, the former British prime minister and leader during World War II, passed away at the age of 90.	<b>On This Day in History:</b> <b>1964</b> – Blue Ribbon Sports, the precursor to Nike, was founded.

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HAPPY BIRTHDAY THIS WEEK TO: Melody Y.- January 20th