

OAKDALE REHABILITATION & SKILLED NURSING CENTER

2023

January

All programs, 1:1 activities and visits with family, friends & religious leaders are maintained with current DPH guidelines due to COVID 19 policy.

Activity programs' locations are announced daily: (R) Recreation Room (D) Dining Room (RR) Resident Rooms (LD) Laurel Dayroom (OD) Oak Dayroom

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Happy New Year! 2023</p> <p>8:00 Inspiration Network TV 42</p> <p>10:00 Chronicles & Fitness</p> <p>10:15 Tune into Spiritual Songs & Readings</p> <p>11:00 Rolling Dice Games</p> <p>2:00 Sunday Matinee Broadcast & Mini Manicures</p> <p>5:00 Hymns TV43</p>	<p>2 Boogie Day ~1941</p> <p>Good Morning OakdaleTV43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 Bookmobile & 1:1</p> <p>10:30 Crossword Puzzle</p> <p>2:00 "Boogie Woogie Bugle Boy." Party with Heather</p> <p>3:00 Retro Café</p> <p>6:00 Holy Rosary Resonate TV 43</p>	<p>3 Lord of the Rings Day</p> <p>Daily Mass TV 43</p> <p>9:45 Chronicles & Yogacize</p> <p>10:00 Positive Thinking</p> <p>10:30 Classical MusicTV43</p> <p>10:30 The Real Middle Earth ~ Lord Of The Rings Documentary TV43</p> <p>10:30 Ring Toss of the Hobbits</p> <p>2:00 Bingo</p> <p>3:30 "Blizzard" Ice Cream Shake</p> <p>6:00 Pamper your mittens Hand Massage</p>	<p>4 Mars Exploration Day</p> <p>Good Morning OakdaleTV43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 Mars MatineeTV43</p> <p>10:30 Nail Salon</p> <p>1:30 Jigsaw Puzzle Paradise</p> <p>2:00 Paint-A-Long</p> <p>2:00 Bethlehem Bible Church TV 43</p> <p>2:30 Knights of Oakdale Men's Program</p> <p>3:00 Café NASA</p> <p>5:00 Comedy Hour TV43</p>	<p>5 National Bird Day</p> <p>Daily Mass TV 43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 Bagel Bird Feeders</p> <p>2:00 BINGO!</p> <p>3:30 Cup of Conversation</p> <p>5:00 WALT DISNEY TV 43</p> <p>MOVIE NIGHT</p>	<p>6 Wheel of Fortune Day ~1975</p> <p>Morning Glory Hymns TV43</p> <p>9:45 Chronicles & Workout</p> <p>10:00 Ombudsman Hour</p> <p>10:30 Country Music TV 43</p> <p>10:30 Wheel of Fortune!!</p> <p>2:00 PO-KE-NO</p> <p>3:30 Fruit Fusion</p> <p>5 Oakdalian Mix & Mingle Shabbat Shalom TV43</p>	<p>7 Butterfly McQueen Day ~1911</p> <p>9:45 Chronicles & Fitness</p> <p>10:00 "Our Father..."</p> <p>10:30 GONE WITH THE WIND~ mining</p> <p>2:00 Bingo</p> <p>3:30 Cheers! Happy Hour</p> <p>6:00 Hearth Warming Sing-A-Long</p> <p>7:00 Dinner TheaterTV22</p> <p>Hallmark CHANNEL</p>
<p>8 Elvis Lives Day ~1935</p> <p>8:00 Inspiration Network TV 42</p> <p>10:00 Chronicles & Fitness</p> <p>10:30 Catholic Service & Communion</p> <p>11:00 Rolling Dice Games</p> <p>2:00 Sunday Matinee Broadcast & Mini Manicures</p> <p>6:00 Hymns TV 43</p>	<p>9 College National Championship Game</p> <p>Good Morning OakdaleTV43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 Crossword Puzzle</p> <p>10:30 Bookmobile & 1:1</p> <p>2:00 Football Fever! "Ball Pass"</p> <p>3:00 SoFi Stadium Café</p> <p>6:00 Holy Rosary Resonate TV 43</p>	<p>10 George Foreman Day ~ 1949</p> <p>Daily Mass TV 43</p> <p>9:45 Chronicles & Yogacize</p> <p>10:00 Positive Thinking</p> <p>10:30 Classical MusicTV43</p> <p>10:30 "The Rumble in the Jungle" TV43</p> <p>10:30 "Famous Boxers" Word Mining</p> <p>2:00 Bingo</p> <p>3:30 "Blizzard" Ice Cream Shake</p> <p>6:00 Pamper your mittens Hand Massage</p>	<p>11 Wacky Winter Wardrobe Wednesday</p> <p>Good Morning OakdaleTV43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 SIXDO FASHION SHOW TV43</p> <p>10:30 Nail Salon</p> <p>1:30 Jigsaw Puzzle Paradise</p> <p>2:00 Paint-A-Long</p> <p>2:30 Knights of Oakdale Men's Program</p> <p>3:00 Catwalk Café</p> <p>5:00 Comedy Hour TV43</p>	<p>12 National Hot Tea Day</p> <p>Daily Mass TV 43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 Tee Time Mini Golf</p> <p>1:30 Dining Committee</p> <p>2:00 BINGO!</p> <p>3:30 Cup of Conversation</p> <p>6:00 All's well with Michelle</p> <p>7:00 WALT DISNEY TV 43</p> <p>MOVIE NIGHT</p>	<p>13 Rubber Duckie Day</p> <p>Morning Glory Hymns TV43</p> <p>9:45 Chronicles & Workout</p> <p>10:00 Ombudsman Hour</p> <p>10:30 Country Music TV 43</p> <p>10:30 Lucky Ducky Duck Pond</p> <p>10:30 Oakdale Academy</p> <p>2:00 PO-KE-NO</p> <p>3:30 Fruit Fusion</p> <p>5 Oakdalian Mix & Mingle Shabbat Shalom TV43</p>	<p>14 Wintertime Memories Day</p> <p>9:45 Chronicles & Fitness</p> <p>10:00 "Our Father..."</p> <p>10:30 Dance of The Snowflakes with Michelle M</p> <p>10:30 Bookmobile & 1:1</p> <p>2:00 Bingo</p> <p>3:30 Cheers! Happy Hour</p> <p>6:00 Hearth Warming Sing-A-Long</p> <p>7:00 Dinner TheaterTV22</p> <p>Hallmark CHANNEL</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p>  <p>8:00 Inspiration Network TV 42</p> <p>10:00 Chronicles & Fitness</p> <p>10:15 Tune into Spiritual Songs & Readings</p> <p>11:00 Rolling Dice Games</p> <p>2:00 Sunday Matinee Broadcast & Mini Manicures</p> <p>5:00 Hymns TV43</p>	<p>16 MARTIN LUTHER KING, JR. DAY</p> <p>Good Morning OakdaleTV43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 Bookmobile & 1:1</p> <p>10:30 Crossword Puzzle</p> <p>2:00 "I Have a Dream" Celebration with Gary Landgren</p> <p>3:00 A "Peace" of Pie Café</p> <p>6:00 Holy Rosary Resonate TV 43</p>  	<p>17 Betty White Day ~1922</p> <p>Daily Mass TV 43</p> <p>9:45 Chronicles & Yogacize</p> <p>10:00 Positive Thinking</p> <p>10:30 Classical MusicTV43</p> <p>10:30 Golden Girls TV Show Marathon TV43</p> <p>10:30 "Mary Tyler Moore Show" ~ Mining</p> <p>2:00 Bingo</p> <p>3:30 "Blizzard" Ice Cream Shake</p> <p>6:00 Pamper your mittens Hand Massage</p>  	<p>18 Cardiology Day~1858</p> <p>Good Morning OakdaleTV43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 The Tatra Mountains - Wild at Heart TV43</p> <p>10:30 Nail Salon</p> <p>1:30 Jigsaw Puzzle Paradise</p> <p>2:00 Paint-A-Long</p> <p>2:30 Knights of Oakdale</p> <p>Men's Program</p> <p>3:00 HEART ROCKCAFÉ</p> <p>5:00 Comedy Hour TV43</p>  	<p>19 Aloha! Hawaii</p> <p>Daily Mass TV 43</p> <p>9:45 Chronicles & Waikiki Fitness</p> <p>10:30 Beach Ball Volleyball</p> <p>11:00 Coconut Mama Ring Toss</p> <p>12:00 Chef's Luau</p> <p>2:00 ALOHA BINGO</p> <p>3:30 Coconut Shakes</p> <p>6 Michelle's Flip Flop Toss</p> <p>7:00 WALT DISNEY TV 43</p> <p>MOVIE NIGHT</p>  	<p>20 Penguin Awareness Day</p> <p>Hymns TV43</p> <p>9:45 Chronicles & Workout</p> <p>10:00 Ombudsman Hour</p> <p>10:30 Country Music TV43</p> <p>10:30 Ice Fishing</p> <p>10:30 Oakdale Academy</p> <p>2:00 PO-KE-NO</p> <p>3:30 Fruit Fusion</p> <p>5 Oakdaliens Mix & Mingle</p> <p>Shabbat Shalom TV43</p>    	<p>21 Lollipop Day</p> <p>9:45 Chronicles & Fitness</p> <p>10:00 "Our Father..."</p> <p>10:30 "Come on Down!" Hostess Michelle M</p> <p>10:30 Bookmobile & 1:1</p> <p>2:00 Bingo</p> <p>3:30 Cheers! Happy Hour</p> <p>6:00 Hearth Warming Sing-A-Long</p> <p>7:00 Dinner TheaterTV22</p> <p>Hallmark CHANNEL</p>  
<p>22</p>  <p>Happy New Year</p> <p>The Year of the Rabbit</p> <p>8:00 Inspiration Network TV 42</p> <p>10:00 Chronicles & Fitness</p> <p>10:30 Catholic Service & Communion</p> <p>11:00 Rolling Dice Games</p> <p>2:00 Sunday Matinee Broadcast & Mini Manicures</p> <p>6:00 Hymns TV 43</p>	<p>23 National Pie Day</p> <p>Good Morning OakdaleTV43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 Bookmobile & 1:1</p> <p>10:30 Crossword Puzzle</p> <p>2:00 PO-KE-NO</p> <p>3:30 Pie Passion Café</p> <p>6:00 Holy Rosary Resonate TV 43</p>  	<p>24 Compliment Day</p> <p>Daily Mass TV 43</p> <p>9:45 Chronicles & Yogacize</p> <p>10:00 Positive Thinking</p> <p>10:30 Classical MusicTV43</p> <p>10:30 Back To The 50s & 60s TV43</p> <p>10:30 YOU ROCK! Rock & Roll Dice Game</p> <p>2:00 Bingo</p> <p>3:30 "Blizzard" Ice Cream Shake</p> <p>6:00 Pamper your mittens Hand Massage</p> 	<p>25 101 Dalmatians Day</p> <p>Good Morning OakdaleTV43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 101 Dalmatians TV43</p> <p>10:30 Nail Salon</p> <p>1:30 Resident Council</p> <p>1:30 Jigsaw Puzzle Paradise</p> <p>2:00 Paint-A-Long</p> <p>2:30 Knights of Oakdale</p> <p>Men's Program</p> <p>3:00 Café Cruella Deville</p> <p>5:00 Comedy Hour TV43</p>   	<p>26 Australia Day</p> <p>Daily Mass TV43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 "Waltzing Matilda" unofficial national anthem ~ Mining</p> <p>12:00 Lunch Bunch</p> <p>2:00 BINGO!</p> <p>3:30 Cup of Conversation</p> <p>6 Michelle's Flip Flop Toss</p> <p>7:00 WALT DISNEY TV 43</p> <p>MOVIE NIGHT</p>    	<p>27 Chocolate Cake Day</p> <p>Morning Hymns TV43</p> <p>9:45 Chronicles & Workout</p> <p>10:00 Ombudsman Hour</p> <p>10:30 Country Music TV 43</p> <p>10:30 CAKE Categories</p> <p>2:00 "Music Played with true Panache"</p> <p>Welcome Clyde Wheatley</p> <p>3:30 Strawberry Chocolate Cake Flair</p> <p>5 Oakdaliens Mix & Mingle</p> <p>Shabbat Shalom TV43</p>   	<p>28 Fun at Work Day</p> <p>9:45 Chronicles & Fitness</p> <p>10:00 "Our Father."</p> <p>10:30 Line Dance "Do The Hoedown" with Michelle M</p> <p>10:30 Bookmobile & 1:1</p> <p>2:00 Bingo</p> <p>3:30 Cheers! Happy Hour</p> <p>6:00 Hearth Warming Sing-A-Long</p> <p>7:00 Dinner TheaterTV22</p> <p>Hallmark CHANNEL</p>  
<p>29 Sleeping Beauty Anniversary</p> <p>8:00 Inspiration Network TV 42</p> <p>10:00 Chronicles & Fitness</p> <p>10:15 Tune into Spiritual Songs & Readings</p> <p>11:00 Rolling Dice Games</p> <p>2:00 Sunday Matinee Broadcast & Mini Manicures</p> <p>5:00 Hymns TV43</p> 	<p>30 FDR Day ~1882</p> <p>Good Morning OakdaleTV43</p> <p>9:45 Chronicles & Fitness</p> <p>10:30 Bookmobile & 1:1</p> <p>10:30 Crossword Puzzle</p> <p>2:00 Happy Birthday Party With Rob Marona</p> <p>3:00 Make a Wish! ~ Café</p> <p>6:00 Holy Rosary Resonate TV 43</p>   	<p>31 Coca-Cola Trademark Day</p> <p>Daily Mass TV 43</p> <p>9:45 Chronicles & Yogacize</p> <p>10:00 Positive Thinking</p> <p>10:30 Classical MusicTV43</p> <p>10:30 The Coca Cola History Documentary TV43</p> <p>10:30 Coca-Cola Ally</p> <p>2:00 Bingo</p> <p>3:30 Classic Coke Floats</p> <p>6:00 Pamper your mittens Hand Massage</p> 	<p>JANUARY 2023</p> <p>Hairdresser & Barber services are maintained with current DPH/CDC guidelines due to COVID 19 policy</p> <p>Barber Services: January</p> <p>All activities subject to change with or without notice to better meet the needs of the residents.</p> 	<p>Broadcasting Live!!</p> <p>Special Activity Programs</p> <p>LIVE STREAMING</p> <p>Channel 43</p> <p>9:00 AM – 7:00 PM</p> <p>PLAY</p>  	<p>SENSORY CONNECTION</p> <p>is scheduled on the calendar for additional social and sensory stimulation. These activities include: Trivia ~ Aroma Therapy, Rhythm Band ~ Puzzles ~ Art, Hand Massages ~ Physical Games ~ Reminiscing ~ Short Stories ~ Tactile Sensory & Sensory Cart Items ~ Music ~ Games. One on one visits, additional Fitness & Evening Games scheduled daily.</p>	<p>Special Days</p> <p>New Year's Day January 1</p> <p>Epiphany January 6</p> <p>Martin Luther King Jr. Day January 16</p> <p>Chinese New Year ~Year of the Rabbit~ January 22</p>   