

January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Daily Rhythm "About" Times: Morning 9:00 Vitality 9:30 Keeping it Sharp 10:00 Morning Refresher 10:30 Creative Cooking 11:30 Healthy Hands/Lunch Prep Early Afternoon: 1:00 Relax & Recharge	Late Afternoon: 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening: 6:00 Gathering of Friends 7:00 Nighttime Traditions *Note: Housekeeping can take place at any time throughout the day.	1 New Year's Day V Roll in the New Year K The Gift of Time CC New Year's Black Eyed Peas Relax & Recharge A Creative Storytelling Bingo M Songs of Texas GG Parachute Circle Healthy Hands	2 V Head to Toe Range of Motion K Life Story CC Winter Carrot Zucchini Bread Relax & Recharge A Wooden Bead Necklace M January Jingle GG Mini Muffin Match Up Healthy Hands GF Aqua Painting	3 I Devotions with Tommie K Rolling 31 Days CC Blizzard Cookies Relax & Recharge A My Artisan Journal GG Bingo M January Happy Hour GG Nerf Gun Target Shooting Healthy Hands	4 V Quick Qigong K Famous Pairs CC Sweet & Salty Peanut Butter Dip Relax & Recharge A Snowman Sensory Bottle M Name That Croon GG Throwing Horseshoes Healthy Hands GF Hangman
5 V Humming Your Way to Health K Writer's Circle CC Dr. Pepper Pudding Cake I Church Service with Kathy Relax & Recharge A Thirsty Coasters M Hymn Sing GG Name 10 Healthy Hands	6 Hope Church Exercise with Julie- Gem City CC Three Bean Salad Relax & Recharge O Sing-along Drive Around Town A Winter Bubble Trees M Glee Club GF Nail Spa GG Basketball	7 I Songs with James and Aileen V Amazing Grace Chair Yoga I Bible Stories w/ Pentecostal Group Relax & Recharge A Snowy Shaving Cream Paint M Legendary Ladies GG Grocery Game Healthy Hands GF Flower Arranging	8 V Roll in the New Year K The Gift of Time CC Elvis Presley's Peanut Butter Banana Sandwich Relax & Recharge M Bingo with Teri GG Songs of Texas GG Parachute Circle Healthy Hands	9 V Head to Toe Range of Motion K Life Story CC Broccoli Cheese Soup Relax & Recharge A Craft with Martha from the Library M January Jingle GG Mini Muffin Match Up Healthy Hands GF Aqua Painting	10 V Take the Stairs K Rolling 31 Days CC Chocolate Covered Cherry Bars Relax & Recharge A My Artisan Journal- Postcard GG Bingo M January Happy Hour GG Nerf Gun Target Shooting Healthy Hands	11 V Quick Qigong K Famous Pairs CC Snowman Oreos Relax & Recharge A Bob Ross Art M Name That Croon GG Throwing Horseshoes Healthy Hands GF Hangman
12 V Humming Your Way to Health K Writer's Circle S Sunday Brunch I Church Service with Kathy Relax & Recharge A Crystal Icicles M Hymn Sing GG Name 10 Healthy Hands	13 Hope Church Exercise with Julie- Gem City CC Cinnamon Bread Sticks Relax & Recharge A Dream Catchers O Sing-along Drive Around Town Veterans Day Heart Card M Glee Club GF Nail Spa	14 I Songs with James and Aileen V Amazing Grace Chair Yoga I Bible Stories w/ Pentecostal Group Relax & Recharge A Ribbon Wreath M Legendary Ladies GG Grocery Game Healthy Hands GF Flower Arranging	15 V Roll in the New Year K The Gift of Time CC Spinach Artichoke Dip Relax & Recharge M Dance Party with Jess GG Bingo GG Parachute Circle Healthy Hands GF LifeShare Games!	16 V Head to Toe Range of Motion K Life Story CC Pumpkin Spiced Apples Relax & Recharge A No Sew Fleece Blankets M January Jingle GG Mini Muffin Match Up Healthy Hands GF Aqua Painting	17 V Take the Stairs K Rolling 31 Days CC No Bake Peanut Butter Chex Bars Relax & Recharge A My Artisan Journal- Life Timeline GG Bingo with Jill M January Happy Hour GG Nerf Gun Target Shooting Healthy Hands	18 V Quick Qigong K Famous Pairs CC Cranberry Chocolate Oatmeal Balls Relax & Recharge A Kindness Flowers M Name That Croon GG Throwing Horseshoes Healthy Hands
19 V Humming Your Way to Health K Writer's Circle CC Peanut Butter Loaf I Church Service with Kathy Relax & Recharge A No Sew Lavender Scented Sachets M Hymn Sing GG Name 10	20 Martin Luther King Day Hope Church Exercise with Julie- Gem City CC Ambrosia Salad Relax & Recharge A DIY Shibori O Sing-along Drive Around Town M Glee Club GF Nail Spa GG Basketball	21 I Songs with James and Aileen V Amazing Grace Chair Yoga I Bible Stories w/ Pentecostal Group Relax & Recharge A Creative Storytelling I Catholic Communion M Legendary Ladies GG Grocery Game Healthy Hands	22 V Roll in the New Year K The Gift of Time CC Crockpot Chicken Noodle Soup Relax & Recharge A Winter Sugar Painting Bingo M Songs of Texas GG Parachute Circle Healthy Hands	23 V Head to Toe Range of Motion K Life Story CC Olive Red Pepper Cheddar Dip Relax & Recharge A DIY Fortune Fun M January Jingle GG Mini Muffin Match Up Healthy Hands GF Aqua Painting	24 V Take the Stairs K Rolling 31 Days CC Ultra-Goosey Peanut Butter Cookies Relax & Recharge A My Artisan Journal- Unique as a Snowflake GG Bingo M January Happy Hour	25 Chinese New Year V Quick Qigong K Famous Pairs CC Fortune Cookies Relax & Recharge A Winter Process Art M Name That Croon GG Throwing Horseshoes Healthy Hands GF Hangman
26 V Humming Your Way to Health K Writer's Circle CC Loaded Vegetarian Chili I Church Service with Kathy Relax & Recharge A Oil Pastel Winter Tree Art M Hymn Sing GG Name 10 Healthy Hands	27 Hope Church Exercise with Julie- Gem City CC No Bake Peanut Butter Blossom Relax & Recharge A My Artisan Box O Sing-along Drive Around Town M Glee Club GF Nail Spa GG Basketball	28 I Songs with James and Aileen V Amazing Grace Chair Yoga I Bible Stories w/ Pentecostal Group Relax & Recharge A My Artisan Box M Legendary Ladies GG Grocery Game Healthy Hands GF Flower Arranging	29 V Roll in the New Year K The Gift of Time CC Lemon Thumbprint Cookies Relax & Recharge A Newspaper Winter Landscape Bingo M Songs of Texas GG Parachute Circle Healthy Hands	30 V Head to Toe Range of Motion K Life Story CC Cranberry Cream Cheese Dip Relax & Recharge A Newspaper Winter Landscape M January Jingle GG Mini Muffin Match Up Healthy Hands GF Aqua Painting	31 V Take the Stairs K Rolling 31 Days CC Cracker Barrel Hash Brown Casserole Relax & Recharge A My Artisan Journal- Paint Without a Paintbrush GG Bingo with Tammy M January Happy Hour	Sunday Brunch: When: January 12th Time: 11:30 am-1:00pm * Please RSVP by January 8th Outing Reminder: Outings may be cancelled/changed due to poor weather conditions. Please contact a member of the Life Enrichment team for more details.