



Independent and Assisted Living January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Grammy Awards 10:00 Resident Led Walking Club 10:30 208 Residents - Devotions 11:00 208 Residents bingo 12:30 202 Residents - Devotions 1:00 202 - Bingo 3:00 Get sunshine	31 HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY	Happy Birthday: 1/4 - John H. 1/10 - Margo't A. 1/10 - Mary Lou B. 1/14 - Betty J. 1/22 - Shirley J. 1/26 - Candi E. 1/30 - Milo C.	*Calendar is subject to change* Contact Kari in Life Enrichment for questions. 319-533-0441	Transportation 319-540-3630 Offered: M, W, Th, F 8:30 a.m. to 4:00 p.m. Call 48 hours in advance	New Year's Day 10:00 202 Residents - Chair Stretches 10:00 202 - Grab and go Snack Bar 10:30 208 Residents - Chair Stretches 10:30 208 - Grab and Go Snack Bar 11:00 208 Residents - Devotions 12:00 202 Resident - Devotions 1:00 Bingo (all)	10:00 Resident Walking Club 10:30 208 Residents - Devotions 11:00 208 Residents bingo 12:30 202 Residents - Devotions 1:00 202 Resident - Book Club	
Alaska Day 10:00 Resident Led Walking Club 10:30 208 Residents - Devotions 11:00 208 Residents bingo 12:30 202 Residents - Devotions 1:00 202 - Bingo 3:00 Get sunshine	3 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 10:30 208 Residents - Live 2B Healthy 1:00 Memory Care - Happy Hour Cart 1:00 202 - Nails with Danae 1:45 208/MC - Nails with Danae 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 3:00 208 Residents - Margarita Monday	4 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Scenic Drive 10:00 Virtual Music Therapy 1:00 Resident Euchre Club 1:00 208 - Mandalas & Adult Coloring 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 208 Residents - Scenic Drive 3:00 202 Residents Happy Hour	5 Ephinay 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 10:30 208 Residents - Live 2B Healthy 1:00 Memory Care - Bingo 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 202 Residents - Book Club 4:15 208 Social Hour 5:00 MC - Aromatherapy	6 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 Music Therapy 1:00 Resident Euchre Club 1:00 Music Therapy 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 3:00 Memory Care Games 4:15 208 Residents - Chair Stretches 5:15 202 Residents - Farkle 6:00 Memory Care - Aromatherapy	7 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 1:00 202 Residents - Bingo 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 202 - Scenic Drive 3:00 208 Residents - Bingo 4:30 202 Residents - Chair Stretches 5:15 202 Residents - Game Night	8 Conneticut becomes a state 10:00 Resident Walking Club 10:30 208 Residents - Devotions 11:00 208 Residents bingo 12:30 202 Residents - Devotions 1:00 202 Resident - Book Club	
10:00 Resident Led Walking Club 10:30 208 Residents - Devotions 11:00 208 Residents bingo 12:30 202 Residents - Devotions 1:00 202 - Bingo 3:00 Get sunshine	10 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 10:30 208 Residents - Live 2B Healthy 1:00 Memory Care - Happy Hour Cart 1:00 202 - Nails with Danae 1:45 208/MC - Nails with Danae 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 3:00 208 Residents - Margarita Monday	11 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Scenic Drive 10:00 Virtual Music Therapy 1:00 Resident Euchre Club 1:00 208 & MC - Meditative Mandalas 1:00 208 - Mandalas & Adult Coloring 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 208 Residents - Scenic Drive 3:00 202 Residents Happy Hour	12 Foot Doctor Visits 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Scenic Drive 10:00 Virtual Music Therapy 1:00 Resident Euchre Club 1:00 208 & MC - Meditative Mandalas 1:00 208 - Mandalas & Adult Coloring 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 208 Residents - Scenic Drive 3:00 202 Residents Happy Hour	13 Wacky Winter Wardrobe Wednesday 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 10:30 208 Residents - Live 2B Healthy 1:00 Memory Care - Bingo 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 202 Residents - Book Club 4:15 208 Social Hour 5:00 MC - Aromatherapy	14 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 Music Therapy 1:00 Resident Euchre Club 1:00 Music Therapy 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 3:00 Memory Care Games 4:15 208 Residents - Chair Stretches 5:15 202 Residents - Farkle 6:00 Memory Care - Aromatherapy	15 Happy Birthday to the Super Bowl! 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 10:30 208 Residents - Live 2B Healthy 1:00 202 Residents - Bingo 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 202 - Scenic Drive 3:00 208 Residents - Bingo 4:30 202 Residents - Chair Stretches 5:15 202 Residents - Game Night	16 10:00 Resident Walking Club 10:30 208 Residents - Devotions 11:00 208 Residents bingo 12:30 202 Residents - Devotions 1:00 202 Resident - Book Club
Happy Birthday Betty White 10:00 Resident Led Walking Club 10:30 208 Residents - Devotions 11:00 208 Residents bingo 12:30 202 Residents - Devotions 1:00 202 - Bingo 3:00 Get sunshine	17 Martin Luther King Jr. Day 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 10:30 208 Residents - Live 2B Healthy 1:00 Memory Care - Happy Hour Cart 1:00 202 - Nails with Danae 1:45 208/MC - Nails with Danae 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 3:00 208 Residents - Margarita Monday	18 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Scenic Drive 10:00 Virtual Music Therapy 1:00 Resident Euchre Club 1:00 208 - Mandalas & Adult Coloring 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 208 Residents - Scenic Drive 3:00 202 Residents Happy Hour	19 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 10:30 208 Residents - Live 2B Healthy 1:00 Memory Care - Bingo 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 202 Residents - Book Club 4:15 208 Social Hour 5:00 MC - Aromatherapy	20 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 Music Therapy 1:00 Resident Euchre Club 1:00 Music Therapy 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 3:00 Memory Care Games 4:15 208 Residents - Chair Stretches 5:15 202 Residents - Farkle 6:00 Memory Care - Aromatherapy	21 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 10:30 208 Residents - Live 2B Healthy 1:00 202 Residents - Bingo 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 202 - Scenic Drive 3:00 208 Residents - Bingo 4:30 202 Residents - Chair Stretches 5:15 202 Residents - Game Night	22 Coldest Day in U.S. History 10:00 Resident Walking Club 10:30 208 Residents - Devotions 11:00 208 Residents bingo 12:30 202 Residents - Devotions 1:00 202 Resident - Book Club	
Activity Professionals Week 10:00 Resident Led Walking Club 10:30 208 Residents - Devotions 11:00 208 Residents bingo 12:30 202 Residents - Devotions 1:00 202 - Bingo 3:00 Get sunshine	24 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 10:30 208 Residents - Live 2B Healthy 1:00 Memory Care - Happy Hour Cart 1:00 202 - Nails with Danae 1:45 208/MC - Nails with Danae 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 3:00 208 Residents - Tea Party	25 Tea & Trivia Day 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Scenic Drive 10:00 Virtual Music Therapy 1:00 Resident Euchre Club 1:00 208 - Mandalas & Adult Coloring 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 208 Residents - Scenic Drive 3:00 202 - Tea Party	26 Tu B'Shevat Begins 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 10:30 208 Residents - Live 2B Healthy 1:00 Memory Care - Bingo 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 202 Residents - Book Club 4:15 208 Social Hour 5:00 MC - Aromatherapy	27 Full Moon - "Wolf" Moon 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 Music Therapy 1:00 Resident Euchre Club 1:00 Music Therapy 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 3:00 Memory Care Games 4:15 208 Residents - Chair Stretches 5:15 202 Residents - Farkle 6:00 Memory Care - Aromatherapy	28 Kansas Day 9:00 202 Residents - Devotions 9:30 208 Residents - Devotions 10:00 202 Residents - Live 2B Healthy 10:30 208 Residents - Live 2B Healthy 1:00 202 Residents - Bingo 2:00 202 - Grab and go Snack Bar 2:15 208 - Grab and Go Snack Bar 2:30 202 - Scenic Drive 3:00 208 Residents - Bingo 4:30 202 Residents - Chair Stretches 5:15 202 Residents - Game Night	29 10:00 Resident Walking Club 10:30 208 Residents - Devotions 11:00 208 Residents bingo 12:30 202 Residents - Devotions 1:00 202 Resident - Book Club	
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