

# January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>GG</b> - Group Games <b>K</b> - Keeping it Sharp/Reminisce <b>M</b> - Music to My Ears <b>V</b> - Vitality</p>	<p>If you have not completed your loved ones Life Story, please fill that out and return it to Life Enrichment or Legacy staff at your earliest convenience.</p>	<p>January BFF Approach to Dementia care is</p>	<p>Monthly Dementia Bill of Rights:</p>	<p>Daily Programming is available on our Broadcast Channel, Channel 2.</p>	<p><b>1</b> <b>New Year's Day</b></p> <p><b>V</b> 9:00 Roll in the New Year <b>K</b> 9:30 New Year Word Poem <b>CC</b> 10:45 New Year's Black Eyed Peas 12:45 Relax &amp; Recharge <b>A</b> 2:00 Creative Storytelling <b>M</b> 3:30 January Happy Hour <b>GG</b> 4:00 Nerf Gun Target Shooting 4:30 Healthy Hands</p>	<p><b>2</b></p> <p><b>V</b> 9:00 Quick Qigong <b>K</b> 9:30 Let the Soul Shine In <b>CC</b> 10:45 Winter Carrot Zucchini Bread 12:45 Relax &amp; Recharge <b>A</b> 2:00 Wooden Bead Necklace <b>M</b> 3:30 Name That Croon <b>GG</b> 4:00 Throwing Horseshoes 4:30 Healthy Hands</p>
<p><b>3</b></p> <p><b>V</b> 9:00 80s Flashback <b>K</b> 9:30 Books of the New Testament <b>CC</b> 10:45 Blizzard Cookies 12:45 Relax &amp; Recharge <b>A</b> 2:00 Snowman Painting <b>M</b> 3:30 Name That Glenn Miller Tune <b>GG</b> 4:00 Word Works 4:30 Healthy Hands</p>	<p><b>4</b></p> <p><b>V</b> 9:00 Mindfulness Matters <b>K</b> 9:30 Memory Box <b>CC</b> 10:45 Sweet and Salty Peanut Butter Dip 12:45 Relax &amp; Recharge <b>A</b> 2:00 Snowman Sensory Bottle <b>M</b> 3:30 Glee Club <b>GG</b> 4:00 Basketball</p>	<p><b>5</b></p> <p><b>V</b> 9:00 Drum Circle <b>K</b> 9:30 Tell Me Something Good <b>CC</b> 10:45 Dr. Pepper Pudding Cake 12:45 Relax &amp; Recharge <b>A</b> 2:00 Thirsty Coasters <b>M</b> 3:30 1940's Style <b>GG</b> 4:00 Roll the Dice &amp; Break the Ice 4:30 Healthy Hands</p>	<p><b>6</b></p> <p><b>V</b> 9:00 Balance <b>K</b> 9:30 Can You Tie Knots? <b>CC</b> 10:45 Three Bean Salad 12:45 Relax &amp; Recharge <b>A</b> 2:00 Winter Bubble Trees <b>M</b> 3:30 Movin' to the Music <b>GG</b> 4:00 Parachute Circle 4:30 Healthy Hands</p>	<p><b>7</b></p> <p><b>V</b> 9:00 What a Wonderful World Chair Yoga <b>K</b> 9:14 Taste Test Thursdays <b>CC</b> 10:45 Almond Cupcakes 12:45 Relax &amp; Recharge <b>A</b> 2:00 Snowy Shaving Cream Paint <b>M</b> 3:30 Maracan in the New Year <b>GG</b> 4:00 Color Cube Sorting</p>	<p><b>8</b></p> <p><b>V</b> 9:00 Roll in the New Year <b>K</b> 9:30 Guess the Animal <b>CC</b> 10:45 Elvis Presley's Grilled Peanut Butter/Banana Sandwich 12:45 Relax &amp; Recharge <b>A</b> 2:00 Earth's Rotation Day Globes <b>M</b> 3:30 January Happy Hour <b>GG</b> 4:00 Nerf Gun Target Shooting</p>	<p><b>9</b></p> <p><b>V</b> 9:00 Quick Qigong <b>K</b> 9:30 Let the Soul Shine In <b>CC</b> 10:45 Broccoli Cheese Soup 12:45 Relax &amp; Recharge <b>A</b> 2:00 No Sew Fleece Blankets <b>M</b> 3:30 Name That Croon <b>GG</b> 4:00 Throwing Horseshoes 4:30 Healthy Hands</p>
<p><b>10</b></p> <p><b>V</b> 9:00 80s Flashback <b>K</b> 9:30 Books of the New Testament <b>CC</b> 10:45 Chocolate Covered Cherry Bars 12:45 Relax &amp; Recharge <b>A</b> 2:00 Pinecone Penguins <b>M</b> 3:30 Name That Glenn Miller Tune <b>GG</b> 4:00 Word Works</p>	<p><b>11</b></p> <p><b>V</b> 9:00 Mindfulness Matters <b>K</b> 9:30 Memory Box <b>CC</b> 10:45 Snowman Oreos 12:45 Relax &amp; Recharge <b>A</b> 2:00 Bob Ross Art <b>M</b> 3:30 Glee Club <b>GG</b> 4:00 Basketball 4:30 Healthy Hands</p>	<p><b>12</b></p> <p><b>V</b> 9:00 Drum Circle <b>K</b> 9:30 Tell Me Something Good <b>CC</b> 10:45 Hot Chocolate Cookies 12:45 Relax &amp; Recharge <b>A</b> 2:00 Crystal Icicles <b>M</b> 3:30 1940's Style <b>GG</b> 4:00 Roll the Dice &amp; Break the Ice 4:30 Healthy Hands</p>	<p><b>13</b></p> <p><b>V</b> 9:00 Balance <b>K</b> 9:30 Can You Tie Knots? <b>CC</b> 10:45 Cinnamon Breadsticks 12:45 Relax &amp; Recharge <b>A</b> 2:00 Dream Catchers <b>M</b> 3:30 Movin' to the Music <b>GG</b> 4:00 Parachute Circle 4:30 Healthy Hands</p>	<p><b>14</b></p> <p><b>V</b> 9:00 What a Wonderful World Chair Yoga <b>K</b> 9:14 Taste Test Thursdays <b>CC</b> 10:45 Laura Bush's Texas Cookies 12:45 Relax &amp; Recharge <b>A</b> 2:00 Ribbon Wreath <b>M</b> 3:30 Maracan in the New Year <b>GG</b> 4:00 Color Cube Sorting</p>	<p><b>15</b></p> <p><b>V</b> 9:00 Roll in the New Year <b>K</b> 9:30 Guess the Animal <b>CC</b> 10:45 Spinach Artichoke Dip 12:45 Relax &amp; Recharge <b>A</b> 2:00 To Be Collage <b>M</b> 3:30 January Happy Hour <b>GG</b> 4:00 Nerf Gun Target Shooting 4:30 Healthy Hands</p>	<p><b>16</b></p> <p><b>V</b> 9:00 Quick Qigong <b>K</b> 9:30 Let the Soul Shine In <b>CC</b> 10:45 Slow Cooker Pumpkin Spiced Apples 12:45 Relax &amp; Recharge <b>A</b> 2:00 No Sew Fleece Blankets <b>M</b> 3:30 Name That Croon <b>GG</b> 4:00 Throwing Horseshoes</p>
<p><b>17</b></p> <p><b>V</b> 9:00 80s Flashback <b>K</b> 9:30 Books of the New Testament <b>CC</b> 10:45 No Bake Peanut Butter Chex Bars 12:45 Relax &amp; Recharge <b>A</b> 2:00 Life Timeline <b>M</b> 3:30 Name That Glenn Miller Tune <b>GG</b> 4:00 Word Works</p>	<p><b>18</b> <b>Martin Luther King Day</b></p> <p><b>V</b> 9:00 Mindfulness Matters <b>K</b> 9:30 Memory Box <b>CC</b> 10:45 Cranberry Chocolate Oatmeal Balls 12:45 Relax &amp; Recharge <b>A</b> 2:00 Kindness Flowers <b>M</b> 3:30 I Have A Dream <b>GG</b> 4:00 Basketball</p>	<p><b>19</b></p> <p><b>V</b> 9:00 Drum Circle <b>K</b> 9:30 Tell Me Something Good <b>CC</b> 10:45 Peanut Butter Loaf 12:45 Relax &amp; Recharge <b>A</b> 2:00 No Sew Lavender Sachets <b>M</b> 3:30 1940's Style <b>GG</b> 4:00 Roll the Dice &amp; Break the Ice 4:30 Healthy Hands</p>	<p><b>20</b> <b>Inauguration Day</b></p> <p><b>V</b> 9:00 Balance <b>K</b> 9:30 Can You Tie Knots? <b>CC</b> 10:45 Ambrosia Salad 12:45 Relax &amp; Recharge <b>A</b> 2:00 DIY Shibori <b>M</b> 3:30 Movin' to the Music <b>GG</b> 4:00 Parachute Circle 4:30 Healthy Hands</p>	<p><b>21</b></p> <p><b>V</b> 9:00 What a Wonderful World Chair Yoga <b>K</b> 9:14 Taste Test Thursdays <b>CC</b> 10:45 Elvis Pudding Cake 12:45 Relax &amp; Recharge <b>A</b> 2:00 Creative Storytelling <b>M</b> 3:30 Maracan in the New Year <b>GG</b> 4:00 Color Cube Sorting</p>	<p><b>22</b></p> <p><b>V</b> 9:00 Roll in the New Year <b>K</b> 9:30 Guess the Animal <b>CC</b> 10:45 Crockpot Chicken Noodle Soup 12:45 Relax &amp; Recharge <b>A</b> 2:00 Winter Sugar Painting <b>M</b> 3:30 January Happy Hour <b>GG</b> 4:00 Nerf Gun Target Shooting</p>	<p><b>23</b></p> <p><b>V</b> 9:00 Quick Qigong <b>K</b> 9:30 Let the Soul Shine In <b>CC</b> 10:45 Olive Red Pepper Cheddar Dip 12:45 Relax &amp; Recharge <b>A</b> 2:00 Fortune Fun <b>M</b> 3:30 Name That Croon <b>GG</b> 4:00 Throwing Horseshoes</p>
<p><b>24</b></p> <p><b>V</b> 9:00 80s Flashback <b>K</b> 9:30 Books of the New Testament <b>CC</b> 10:45 Ultra-Gooey Peanut Butter Cookies 12:45 Relax &amp; Recharge <b>A</b> 2:00 Unique as a Snowflake <b>M</b> 3:30 Name That Glenn Miller Tune <b>GG</b> 4:00 Word Works</p>	<p><b>25</b></p> <p><b>V</b> 9:00 Mindfulness Matters <b>K</b> 9:30 Memory Box <b>CC</b> 10:45 Fortune Cookies 12:45 Relax &amp; Recharge <b>A</b> 2:00 Winter Process Art <b>M</b> 3:30 Glee Club <b>GG</b> 4:00 Basketball 4:30 Healthy Hands</p>	<p><b>26</b></p> <p><b>V</b> 9:00 Drum Circle <b>K</b> 9:30 Tell Me Something Good <b>CC</b> 10:45 Loaded Vegetarian Chili 12:45 Relax &amp; Recharge <b>A</b> 2:00 Oil Pastel Winter Tree Art <b>M</b> 3:30 1940's Style <b>GG</b> 4:00 Roll the Dice &amp; Break the Ice 4:30 Healthy Hands</p>	<p><b>27</b></p> <p><b>V</b> 9:00 Balance <b>K</b> 9:30 Can You Tie Knots? <b>CC</b> 10:45 No Bake Peanut Butter Blossom 12:45 Relax &amp; Recharge <b>A</b> 2:00 My Artisan Box-Day 1 <b>M</b> 3:30 Movin' to the Music <b>GG</b> 4:00 Parachute Circle</p>	<p><b>28</b></p> <p><b>V</b> 9:00 What a Wonderful World Chair Yoga <b>K</b> 9:14 Taste Test Thursdays <b>CC</b> 10:45 Hot Chocolate Cupcakes 12:45 Relax &amp; Recharge <b>A</b> 2:00 My Artisan Box-Day 2 <b>M</b> 3:30 Maracan in the New Year <b>GG</b> 4:00 Color Cube Sorting</p>	<p><b>29</b></p> <p><b>V</b> 9:00 Roll in the New Year <b>K</b> 9:30 Guess the Animal <b>CC</b> 10:45 Lemon Thumbprint Cookies 12:45 Relax &amp; Recharge <b>A</b> 2:00 Newspaper Winter Landscape-Day 1 <b>M</b> 3:30 January Happy Hour <b>GG</b> 4:00 Nerf Gun Target Shooting</p>	<p><b>30</b></p> <p><b>V</b> 9:00 Quick Qigong <b>K</b> 9:30 Let the Soul Shine In <b>CC</b> 10:45 Cranberry Cream Cheese Dip 12:45 Relax &amp; Recharge <b>A</b> 2:00 Newspaper Winter Landscape-Day 2 <b>M</b> 3:30 Name That Croon <b>GG</b> 4:00 Throwing Horseshoes</p>
<p><b>31</b></p> <p><b>V</b> 9:00 80s Flashback <b>K</b> 9:30 Books of the New Testament <b>CC</b> 10:45 Cracker Barrel Hash Brown Casserole 12:45 Relax &amp; Recharge <b>A</b> 2:00 Paint Without a Paintbrush <b>M</b> 3:30 Name That Glenn Miller Tune <b>GG</b> 4:00 Word Works</p>						