

Wellbrooke of Avon  
Life Enrichment Activities- Legacy Lane

# 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>	All activities are subject to change please see the community lifeshare for any programming updates.				<p><b>1</b> <b>New Year's Day</b></p> <p><b>V</b> Roll in the New Year <b>K</b> New Year Word Poem <b>CC</b> New Year's Black Eyed Peas Relax &amp; Recharge <b>A</b> Creative Storytelling <b>M</b> January Happy Hour <b>GG</b> Nerf Gun Target Shooting Healthy Hands</p>	<p><b>2</b></p> <p><b>V</b> Quick Qigong <b>K</b> Let the Soul Shine In <b>CC</b> Winter Carrot Zucchini Bread Relax &amp; Recharge <b>A</b> Wooden Bead Necklace <b>M</b> Name That Croon <b>GG</b> Throwing Horseshoes Healthy Hands</p>
<p><b>3</b></p> <p><b>V</b> 80s Flashback <b>K</b> Books of the New Testament <b>CC</b> Blizzard Cookies Relax &amp; Recharge <b>A</b> Snowman Painting <b>M</b> Name That Glenn Miller Tune <b>GG</b> Word Works Healthy Hands</p>	<p><b>4</b></p> <p><b>V</b> Mindfulness Matters <b>K</b> Memory Box <b>CC</b> Sweet and Salty Peanut Butter Dip Relax &amp; Recharge <b>A</b> Snowman Sensory Bottle <b>M</b> Glee Club <b>GG</b> Basketball Healthy Hands</p>	<p><b>5</b></p> <p><b>V</b> Drum Circle <b>K</b> Tell Me Something Good <b>CC</b> Dr. Pepper Pudding Cake Relax &amp; Recharge <b>A</b> Thirsty Coasters <b>M</b> 1940's Style <b>GG</b> Roll the Dice &amp; Break the Ice Healthy Hands</p>	<p><b>6</b></p> <p><b>V</b> Balance <b>K</b> Can You Tie Knots? <b>CC</b> Three Bean Salad Relax &amp; Recharge <b>A</b> Winter Bubble Trees <b>M</b> Movin' to the Music <b>GG</b> Parachute Circle Healthy Hands</p>	<p><b>7</b></p> <p><b>V</b> What a Wonderful World Chair Yoga <b>K</b> Taste Test Thursdays <b>CC</b> Almond Cupcakes Relax &amp; Recharge <b>A</b> Snowy Shaving Cream Paint <b>M</b> Maracan in the New Year <b>GG</b> Color Cube Sorting Healthy Hands</p>	<p><b>8</b></p> <p><b>V</b> Roll in the New Year <b>K</b> Guess the Animal <b>CC</b> Elvis Presley's Grilled Peanut Butter/Banana Sandwich Relax &amp; Recharge <b>A</b> Earth's Rotation Day Globes <b>M</b> January Happy Hour <b>GG</b> Nerf Gun Target Shooting</p>	<p><b>9</b></p> <p><b>V</b> Quick Qigong <b>K</b> Let the Soul Shine In <b>CC</b> Broccoli Cheese Soup Relax &amp; Recharge <b>A</b> No Sew Fleece Blankets <b>M</b> Name That Croon <b>GG</b> Throwing Horseshoes Healthy Hands</p>
<p><b>10</b></p> <p><b>V</b> 80s Flashback <b>K</b> Books of the New Testament <b>CC</b> Chocolate Covered Cherry Bars Relax &amp; Recharge <b>A</b> Pinecone Penguins <b>M</b> Name That Glenn Miller Tune <b>GG</b> Word Works Healthy Hands</p>	<p><b>11</b></p> <p><b>V</b> Mindfulness Matters <b>K</b> Memory Box <b>CC</b> Snowman Oreos Relax &amp; Recharge <b>A</b> Bob Ross Art <b>M</b> Glee Club <b>GG</b> Basketball Healthy Hands</p>	<p><b>12</b></p> <p><b>V</b> Drum Circle <b>K</b> Tell Me Something Good <b>CC</b> Hot Chocolate Cookies Relax &amp; Recharge <b>A</b> Crystal Icicles <b>M</b> 1940's Style <b>GG</b> Roll the Dice &amp; Break the Ice Healthy Hands</p>	<p><b>13</b></p> <p><b>V</b> Balance <b>K</b> Can You Tie Knots? <b>CC</b> Cinnamon Breadsticks Relax &amp; Recharge <b>A</b> Dream Catchers <b>M</b> Movin' to the Music <b>GG</b> Parachute Circle Healthy Hands</p>	<p><b>14</b></p> <p><b>V</b> What a Wonderful World Chair Yoga <b>K</b> Taste Test Thursdays <b>CC</b> Laura Bush's Texas Cookies Relax &amp; Recharge <b>A</b> Ribbon Wreath <b>M</b> Maracan in the New Year <b>GG</b> Color Cube Sorting Healthy Hands</p>	<p><b>15</b></p> <p><b>V</b> Roll in the New Year <b>K</b> Guess the Animal <b>CC</b> Spinach Artichoke Dip Relax &amp; Recharge <b>A</b> To Be Collage <b>M</b> January Happy Hour <b>GG</b> Nerf Gun Target Shooting Healthy Hands</p>	<p><b>16</b></p> <p><b>V</b> Quick Qigong <b>K</b> Let the Soul Shine In <b>CC</b> Slow Cooker Pumpkin Spiced Apples Relax &amp; Recharge <b>A</b> No Sew Fleece Blankets <b>M</b> Name That Croon <b>GG</b> Throwing Horseshoes Healthy Hands</p>
<p><b>17</b></p> <p><b>V</b> 80s Flashback <b>K</b> Books of the New Testament <b>CC</b> No Bake Peanut Butter Chex Bars Relax &amp; Recharge <b>A</b> Life Timeline <b>M</b> Name That Glenn Miller Tune <b>GG</b> Word Works Healthy Hands</p>	<p><b>18</b> <b>Martin Luther King Day</b></p> <p><b>V</b> Mindfulness Matters <b>K</b> Memory Box <b>CC</b> Cranberry Chocolate Oatmeal Balls Relax &amp; Recharge <b>A</b> Kindness Flowers <b>M</b> I Have A Dream <b>GG</b> Basketball Healthy Hands</p>	<p><b>19</b></p> <p><b>V</b> Drum Circle <b>K</b> Tell Me Something Good <b>CC</b> Peanut Butter Loaf Relax &amp; Recharge <b>A</b> No Sew Lavender Sachets <b>M</b> 1940's Style <b>GG</b> Roll the Dice &amp; Break the Ice Healthy Hands</p>	<p><b>20</b> <b>Inauguration Day</b></p> <p><b>V</b> Balance <b>K</b> Can You Tie Knots? <b>CC</b> Ambrosia Salad Relax &amp; Recharge <b>A</b> DIY Shibori <b>M</b> Movin' to the Music <b>GG</b> Parachute Circle Healthy Hands</p>	<p><b>21</b></p> <p><b>V</b> What a Wonderful World Chair Yoga <b>K</b> Taste Test Thursdays <b>CC</b> Elvis Pudding Cake Relax &amp; Recharge <b>A</b> Creative Storytelling <b>M</b> Maracan in the New Year <b>GG</b> Color Cube Sorting Healthy Hands</p>	<p><b>22</b></p> <p><b>V</b> Roll in the New Year <b>K</b> Guess the Animal <b>CC</b> Crockpot Chicken Noodle Soup Relax &amp; Recharge <b>A</b> Winter Sugar Painting <b>M</b> January Happy Hour <b>GG</b> Nerf Gun Target Shooting Healthy Hands</p>	<p><b>23</b></p> <p><b>V</b> Quick Qigong <b>K</b> Let the Soul Shine In <b>CC</b> Olive Red Pepper Cheddar Dip Relax &amp; Recharge <b>A</b> Fortune Fun <b>M</b> Name That Croon <b>GG</b> Throwing Horseshoes Healthy Hands</p>
<p><b>24</b></p> <p><b>V</b> 80s Flashback <b>K</b> Books of the New Testament <b>CC</b> Ultra-Goosey Peanut Butter Cookies Relax &amp; Recharge <b>A</b> Unique as a Snowflake <b>M</b> Name That Glenn Miller Tune <b>GG</b> Word Works Healthy Hands</p>	<p><b>25</b></p> <p><b>V</b> Mindfulness Matters <b>K</b> Memory Box <b>CC</b> Fortune Cookies Relax &amp; Recharge <b>A</b> Winter Process Art <b>M</b> Glee Club <b>GG</b> Basketball Healthy Hands</p>	<p><b>26</b></p> <p><b>V</b> Drum Circle <b>K</b> Tell Me Something Good <b>CC</b> Loaded Vegetarian Chili Relax &amp; Recharge <b>A</b> Oil Pastel Winter Tree Art <b>M</b> 1940's Style <b>GG</b> Roll the Dice &amp; Break the Ice Healthy Hands</p>	<p><b>27</b></p> <p><b>V</b> Balance <b>K</b> Can You Tie Knots? <b>CC</b> No Bake Peanut Butter Blossom Relax &amp; Recharge <b>A</b> My Artisan Box-Day 1 <b>M</b> Movin' to the Music <b>GG</b> Parachute Circle Healthy Hands</p>	<p><b>28</b></p> <p><b>V</b> What a Wonderful World Chair Yoga <b>K</b> Taste Test Thursdays <b>CC</b> Hot Chocolate Cupcakes Relax &amp; Recharge <b>A</b> My Artisan Box-Day 2 <b>M</b> Maracan in the New Year <b>GG</b> Color Cube Sorting Healthy Hands</p>	<p><b>29</b></p> <p><b>V</b> Roll in the New Year <b>K</b> Guess the Animal <b>CC</b> Lemon Thumbprint Cookies Relax &amp; Recharge <b>A</b> Newspaper Winter Landscape-Day 1 <b>M</b> January Happy Hour <b>GG</b> Nerf Gun Target Shooting Healthy Hands</p>	<p><b>30</b></p> <p><b>V</b> Quick Qigong <b>K</b> Let the Soul Shine In <b>CC</b> Cranberry Cream Cheese Dip Relax &amp; Recharge <b>A</b> Newspaper Winter Landscape-Day 2 <b>M</b> Name That Croon <b>GG</b> Throwing Horseshoes Healthy Hands</p>
<p><b>31</b></p> <p><b>V</b> 80s Flashback <b>K</b> Books of the New Testament <b>CC</b> Cracker Barrel Hash Brown Casserole Relax &amp; Recharge <b>A</b> Paint Without a Paintbrush <b>M</b> Name That Glenn Miller Tune <b>GG</b> Word Works Healthy Hands</p>						