

# January 2021

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