

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans GF - Gathering of Friends I - Inspirations K - Keeping it Sharp/Reminisce V - Vitality</p>	<p>Location Key: Circle Theater (CT) Frederick Meijer Bistro (FMB) Library (L) Resident Kitchen (RK) Founders Lounge (FL) Fitness Center (FC)</p>	<p>Tune into channel 2 for daily life enrichment programming!</p>			<p>1 New Year's Day</p> <p>V 10:30 Vitality (FC) GF 3:00 Happy Hour</p>	2
3	<p>4</p> <p>K 2:00 Cards with Friends (FMB)</p>	<p>5</p> <p>V 10:30 Vitality (FC)</p>	<p>6</p> <p>I 10:30 SoulFIT (FMB) K 2:00 Games with Friends (FMB)</p>	<p>7</p> <p>V 10:30 Vitality (FC) A 2:00 Crafter's Corner (Bistro)</p>	<p>8</p> <p>V 10:30 Vitality (FC) GF 3:00 Happy Hour</p>	9
10	<p>11</p> <p>K 2:00 Cards with Friends (FMB)</p>	<p>12</p> <p>V 10:30 Vitality (FC)</p>	<p>13</p> <p>I 10:30 SoulFIT (FMB) K 2:00 Games with Friends (FMB)</p>	<p>14</p> <p>V 10:30 Vitality (FC) A 2:00 Crafter's Corner (Bistro)</p>	<p>15</p> <p>V 10:30 Vitality (FC) GF 3:00 Happy Hour</p>	16
17	<p>18 Martin Luther King Day</p> <p>K 2:00 Cards with Friends (FMB)</p>	<p>19</p> <p>V 10:30 Vitality (FC)</p>	<p>20 Inauguration Day</p> <p>I 10:30 SoulFIT (FMB) K 2:00 Games with Friends (FMB)</p>	<p>21</p> <p>V 10:30 Vitality (FC) A 2:00 Crafter's Corner (Bistro)</p>	<p>22</p> <p>V 10:30 Vitality (FC) GF 3:00 Happy Hour</p>	23
24	<p>25</p> <p>K 2:00 Cards with Friends (FMB)</p>	<p>26</p> <p>V 10:30 Vitality (FC)</p>	<p>27</p> <p>I 10:30 SoulFIT (FMB) K 2:00 Games with Friends (FMB)</p>	<p>28</p> <p>V 10:30 Vitality (FC) A 2:00 Crafter's Corner (Bistro)</p>	<p>29</p> <p>V 10:30 Vitality (FC) GF 3:00 Happy Hour</p>	30
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Daily Rhythms
The Oaks at Byron Center Legacy Lane

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daily Rhythm About Times:</p> <p>Morning 9:00 Vitality 9:30 Keeping it Sharp/Reminisce 10:00 Morning Refresher 10:45 Creative Cooking 11:00 Healthy Hands/Lunch Prep</p>	<p>Late Afternoon 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep</p> <p>Evening 6:00 Gathering of Friends 7:00 Nighttime Traditions</p>	<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality</p>			<p>1 New Year's Day</p> <p>V Roll in the New Year K New Year Word Poem CC New Year's Black Eyed Peas Relax & Recharge A Creative Storytelling M January Happy Hour GG Nerf Gun Target Shooting Healthy Hands</p>	<p>2</p> <p>V Quick Qigong K Let the Soul Shine In CC Winter Carrot Zucchini Bread Relax & Recharge A Wooden Bead Necklace M Name That Croon GG Throwing Horseshoes Healthy Hands</p>
<p>3</p> <p>V 80s Flashback K Books of the New Testament CC Blizzard Cookies Relax & Recharge A Snowman Painting M Name That Glenn Miller Tune GG Word Works Healthy Hands</p>	<p>4</p> <p>V Mindfulness Matters K Memory Box CC Sweet and Salty Peanut Butter Dip Relax & Recharge A Snowman Sensory Bottle M Glee Club GG Basketball Healthy Hands</p>	<p>5</p> <p>V Drum Circle K Tell Me Something Good CC Dr. Pepper Pudding Cake Relax & Recharge A Thirsty Coasters M 1940's Style GG Roll the Dice & Break the Ice Healthy Hands</p>	<p>6</p> <p>V Balance K Can You Tie Knots? CC Three Bean Salad Relax & Recharge A Winter Bubble Trees M Movin' to the Music GG Parachute Circle Healthy Hands</p>	<p>7</p> <p>V What a Wonderful World Chair Yoga K Taste Test Thursdays CC Almond Cupcakes Relax & Recharge A Snowy Shaving Cream Paint M Maracan in the New Year GG Color Cube Sorting Healthy Hands</p>	<p>8</p> <p>V Roll in the New Year K Guess the Animal CC Elvis Presley's Grilled Peanut Butter/Banana Sandwich Relax & Recharge A Earth's Rotation Day Globes M January Happy Hour GG Nerf Gun Target Shooting</p>	<p>9</p> <p>V Quick Qigong K Let the Soul Shine In CC Broccoli Cheese Soup Relax & Recharge A No Sew Fleece Blankets M Name That Croon GG Throwing Horseshoes Healthy Hands</p>
<p>10</p> <p>V 80s Flashback K Books of the New Testament CC Chocolate Covered Cherry Bars Relax & Recharge A Pinecone Penguins M Name That Glenn Miller Tune GG Word Works Healthy Hands</p>	<p>11</p> <p>V Mindfulness Matters K Memory Box CC Snowman Oreos Relax & Recharge A Bob Ross Art M Glee Club GG Basketball Healthy Hands</p>	<p>12</p> <p>V Drum Circle K Tell Me Something Good CC Hot Chocolate Cookies Relax & Recharge A Crystal Icicles M 1940's Style GG Roll the Dice & Break the Ice Healthy Hands</p>	<p>13</p> <p>V Balance K Can You Tie Knots? CC Cinnamon Breadsticks Relax & Recharge A Dream Catchers M Movin' to the Music GG Parachute Circle Healthy Hands</p>	<p>14</p> <p>V What a Wonderful World Chair Yoga K Taste Test Thursdays CC Laura Bush's Texas Cookies Relax & Recharge A Ribbon Wreath M Maracan in the New Year GG Color Cube Sorting Healthy Hands</p>	<p>15</p> <p>V Roll in the New Year K Guess the Animal CC Spinach Artichoke Dip Relax & Recharge A To Be Collage M January Happy Hour GG Nerf Gun Target Shooting Healthy Hands</p>	<p>16</p> <p>V Quick Qigong K Let the Soul Shine In CC Slow Cooker Pumpkin Spiced Apples Relax & Recharge A No Sew Fleece Blankets M Name That Croon GG Throwing Horseshoes Healthy Hands</p>
<p>17</p> <p>V 80s Flashback K Books of the New Testament CC No Bake Peanut Butter Chex Bars Relax & Recharge A Life Timeline M Name That Glenn Miller Tune GG Word Works Healthy Hands</p>	<p>18 Martin Luther King Day</p> <p>V Mindfulness Matters K Memory Box CC Cranberry Chocolate Oatmeal Balls Relax & Recharge A Kindness Flowers M I Have A Dream GG Basketball Healthy Hands</p>	<p>19</p> <p>V Drum Circle K Tell Me Something Good CC Peanut Butter Loaf Relax & Recharge A No Sew Lavender Sachets M 1940's Style GG Roll the Dice & Break the Ice Healthy Hands</p>	<p>20 Inauguration Day</p> <p>V Balance K Can You Tie Knots? CC Ambrosia Salad Relax & Recharge A DIY Shibori M Movin' to the Music GG Parachute Circle Healthy Hands</p>	<p>21</p> <p>V What a Wonderful World Chair Yoga K Taste Test Thursdays CC Elvis Pudding Cake Relax & Recharge A Creative Storytelling M Maracan in the New Year GG Color Cube Sorting Healthy Hands</p>	<p>22</p> <p>V Roll in the New Year K Guess the Animal CC Crockpot Chicken Noodle Soup Relax & Recharge A Winter Sugar Painting M January Happy Hour GG Nerf Gun Target Shooting Healthy Hands</p>	<p>23</p> <p>V Quick Qigong K Let the Soul Shine In CC Olive Red Pepper Cheddar Dip Relax & Recharge A Fortune Fun M Name That Croon GG Throwing Horseshoes Healthy Hands</p>
<p>24</p> <p>V 80s Flashback K Books of the New Testament CC Ultra-Goopy Peanut Butter Cookies Relax & Recharge A Unique as a Snowflake M Name That Glenn Miller Tune GG Word Works Healthy Hands</p>	<p>25</p> <p>V Mindfulness Matters K Memory Box CC Fortune Cookies Relax & Recharge A Winter Process Art M Glee Club GG Basketball Healthy Hands</p>	<p>26</p> <p>V Drum Circle K Tell Me Something Good CC Loaded Vegetarian Chili Relax & Recharge A Oil Pastel Winter Tree Art M 1940's Style GG Roll the Dice & Break the Ice Healthy Hands</p>	<p>27</p> <p>V Balance K Can You Tie Knots? CC No Bake Peanut Butter Blossom Relax & Recharge A My Artisan Box-Day 1 M Movin' to the Music GG Parachute Circle Healthy Hands</p>	<p>28</p> <p>V What a Wonderful World Chair Yoga K Taste Test Thursdays CC Hot Chocolate Cupcakes Relax & Recharge A My Artisan Box-Day 2 M Maracan in the New Year GG Color Cube Sorting Healthy Hands</p>	<p>29</p> <p>V Roll in the New Year K Guess the Animal CC Lemon Thumbprint Cookies Relax & Recharge A Newspaper Winter Landscape-Day 1 M January Happy Hour GG Nerf Gun Target Shooting Healthy Hands</p>	<p>30</p> <p>V Quick Qigong K Let the Soul Shine In CC Cranberry Cream Cheese Dip Relax & Recharge A Newspaper Winter Landscape-Day 2 M Name That Croon GG Throwing Horseshoes Healthy Hands</p>
<p>31</p> <p>V 80s Flashback K Books of the New Testament CC Cracker Barrel Hash Brown Casserole Relax & Recharge A Paint Without a Paintbrush M Name That Glenn Miller Tune GG Word Works Healthy Hands</p>						