

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activity Location Key: ALAR-Assisted Living Activity Rm. ILB-Independent Living Bistro T-Theater FC-Fitness Center HCRR-Health Center Rec. Rm. HCDR-Health Center Dining Rm.</p>	<p>CC - Community Connections GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments S - Signature Events V - Vitality</p>				<p>1 New Year's Day</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Yoga-FC K 2:30 Table Puzzles-ILB S 3:30 Happy Hour</p>	<p>2</p> <p>GF 9:30 Coffee Club-ILB K 10:30 Trivia Challenge-ILB CC 2:00 Service Project-ILB GF 3:00 Movie Matinee-T</p>
<p>3</p> <p>GF 9:30 Coffee Club-ILB I 10:30 Daily Bread Devotional-ILB GG 1:30 Bunco-ILB</p>	<p>4</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Exercise in Motion-FC GG 3:30 Yahtzee-ILB 5:00 Movie Night-Love Guaranteed on channel 2</p>	<p>5</p> <p>GF 9:30 Coffee Club-ILB L 10:30 Walking Club 1:30 Bridge 3:30 Music on channel 2</p>	<p>6</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Walking Club-FC 1:00 Euchre</p>	<p>7</p> <p>GF 9:30 Coffee Club-ILB V 10:00 Exercise in Motion-FC MM 10:30 Manicures 3:30 Music on channel 2</p>	<p>8</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Yoga-FC K 2:30 Table Puzzles-ILB S 3:30 Happy Hour</p>	<p>9</p> <p>GF 9:30 Coffee Club-ILB K 10:30 Trivia Challenge-ILB CC 2:00 Service Project-ILB GF 3:00 Movie Matinee-T</p>
<p>10</p> <p>GF 9:30 Coffee Club-ILB I 10:30 Daily Bread Devotional-ILB GG 1:30 Bunco-ILB</p>	<p>11</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Exercise in Motion-FC GG 3:30 Yahtzee-ILB 5:00 Movie Night-Love Guaranteed on channel 2</p>	<p>12</p> <p>GF 9:30 Coffee Club-ILB L 10:30 Walking Club 1:30 Bridge 3:30 Music on channel 2</p>	<p>13</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Walking Club-FC 1:00 Community Meeting-ILB 1:00 Euchre</p>	<p>14</p> <p>GF 9:30 Coffee Club-ILB V 10:00 Exercise in Motion-FC MM 10:30 Manicures 3:30 Music on channel 2</p>	<p>15</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Yoga-FC K 2:30 Table Puzzles-ILB S 3:30 Happy Hour</p>	<p>16</p> <p>GF 9:30 Coffee Club-ILB K 10:30 Trivia Challenge-ILB CC 2:00 Service Project-ILB GF 3:00 Movie Matinee-T</p>
<p>17</p> <p>GF 9:30 Coffee Club-ILB I 10:30 Daily Bread Devotional-ILB GG 1:30 Bunco-ILB</p>	<p>18 Martin Luther King Day</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Exercise in Motion-FC GG 3:30 Yahtzee-ILB 5:00 Movie Night-Love Guaranteed on channel 2</p>	<p>19</p> <p>GF 9:30 Coffee Club-ILB L 10:30 Walking Club 1:30 Bridge 3:30 Music on channel 2</p>	<p>20 Inauguration Day</p> <p>GF 9:30 Coffee Club-ILB JG 10:30 Just the Guys-ALAR V 10:30 Walking Club-FC 1:00 Euchre</p>	<p>21</p> <p>GF 9:30 Coffee Club-ILB V 10:00 Exercise in Motion-FC MM 10:30 Manicures 3:30 Music on channel 2</p>	<p>22</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Yoga-FC K 2:30 Table Puzzles-ILB S 3:30 Happy Hour</p>	<p>23</p> <p>GF 9:30 Coffee Club-ILB K 10:30 Trivia Challenge-ILB CC 2:00 Service Project-ILB GF 3:00 Movie Matinee-T</p>
<p>24</p> <p>GF 9:30 Coffee Club-ILB I 10:30 Daily Bread Devotional-ILB GG 1:30 Bunco-ILB</p>	<p>25</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Exercise in Motion-FC GG 3:30 Yahtzee-ILB 5:00 Movie Night-Love Guaranteed on channel 2</p>	<p>26</p> <p>GF 9:30 Coffee Club-ILB L 10:30 Walking Club 1:30 Bridge 3:30 Music on channel 2</p>	<p>27</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Walking Club-FC 1:00 Euchre</p>	<p>28</p> <p>GF 9:30 Coffee Club-ILB V 10:00 Exercise in Motion-FC MM 10:30 Manicures 3:30 Music on channel 2</p>	<p>29</p> <p>GF 9:30 Coffee Club-ILB V 10:30 Yoga-FC K 2:30 Table Puzzles-ILB S 3:30 Happy Hour</p>	<p>30</p> <p>GF 9:30 Coffee Club-ILB K 10:30 Trivia Challenge-ILB CC 2:00 Service Project-ILB GF 3:00 Movie Matinee-T</p>
<p>31</p> <p>GF 9:30 Coffee Club-ILB I 10:30 Daily Bread Devotional-ILB GG 1:30 Bunco-ILB</p>						

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daily Rhythm About Times: Morning 9:00 Vitality 9:30 Keeping It Sharp 10:00 Morning Refresher 10:30 Creative Cooking 11:30 Healthy Hands/Lunch Prep</p>	<p>Early Afternoon 1:00 Relax and Recharge 2:00 Artisans 3:00 Afternoon Refresher 3:30 Music to My Ears</p>	<p>Late Afternoon 4:00 Group Games 4:30 Healthy Hands/Dinner Prep 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 Healthy Hands</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-Goosey 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>						