

Park Terrace Legacy Lane
Daily Rhythms

January 2021

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