

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Outings are subject to change based on weather and resident needs	A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality	Birthdays: Helen L. 1/22 Gladys H. 1/23 Harry M. 1/26 Terri M 1/31			1 New Year's Day 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	2 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
3 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	4 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	5 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	6 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	7 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	8 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	9 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
10 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	11 V Mindfulness Matters K Memory Box CC Snowman Oreos Relax & Recharge A Bob Ross Art M Glee Club GG Basketball Healthy Hands	12 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	13 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	14 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	15 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	16 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
17 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	18 Martin Luther King Day 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	19 V Drum Circle K Tell Me Something Good CC Peanut Butter Loaf Relax & Recharge A No Sew Lavender Sachets M I Have A Dream GG Roll the Dice & Break the Ice Healthy Hands	20 Inauguration Day 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	21 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	22 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	23 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
24 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	25 V Mindfulness Matters K Memory Box CC Fortune Cookies Relax & Recharge A Winter Process Art M Glee Club GG Basketball Healthy Hands	26 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	27 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	28 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	29 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	30 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
31 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						

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Birthdays 11 Cheryl W	If you have an idea for an activity or program see Jamie Treida in the Clubhouse!				1 New Year's Day	2
3	4 9:30 Muffin Monday 1:15 TrilogyFIT 2:00 Crafts "Jewelry Making"	5	6 9:30 Coffee & Donuts 10:30 Card Club	7	8 1:15 TrilogyFIT 3:00 Happy Hour	9
10	11 9:30 Muffin Monday 1:15 TrilogyFIT 2:00 Cooking Club 3:00 Movie "I Can Only Imagine"	12	13 9:30 Coffee & Donuts 11:30 Chili Cookoff 1:15 Canvas Painting	14 10:00 Senior Executive Council	15 1:15 TrilogyFIT 3:00 Happy Hour	16
17	18 Martin Luther King Day 9:30 Muffin Monday 1:15 TrilogyFIT 2:00 Crafts "Soap Making"	19	20 Inauguration Day 8:30 Wellness Wednesday 9:30 Coffee & Donuts 10:30 Bingo	21	22 1:15 TrilogyFIT 3:00 Happy Hour	23
24	25 9:30 Muffin Monday 12:00 Lunch with Justin 1:15 TrilogyFIT	26	27 9:30 Coffee & Donuts 1:15 Canvas Painting	28	29 1:15 TrilogyFIT 3:00 Happy Hour	30
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