

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays: 1/3 Carol A. 1/3 Judith A. 1/7 Rita L. 1/9 Mary Laverne B. 1/7 Rita L. 1/24 Dorothy S.	EVERY MORNING (Times may vary) 9:30 Vitality 10:00 Keeping it Sharp 10:45 Creative Cooking	EVERY AFTERNOON (Times may vary) 2:00 Artisan 3:00 Musical Celebration 4:00 Group Games 6:00 Gathering of Friends	Theme: New Year	Ombudsman: Mary Swinford 800-622-4484	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 1940's Style 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-Goopy 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	Fact about January: The flower symbol of January is snowdrop & carnation	Fact about January: January's gem is garnet which represents constancy	Fact about January: The zodiac signs for January is Capricorn (December 22 – January 19) and Aquarius (January 20 – February 18)	Fact about January: National Blood Donor Month	Fact about January: January 8 – Elvis Presley's birthday	Fact about January: Martin Luther King, Jr. Day in the United States – Third Monday