

## 2021 LIFE ENRICHMENT

## January

## SERENITY - Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2021           Su         M         Tu         W         Th         Fri         Sa           1         2         3         4         5         6           7         8         9         10         11         12         13           14         15         16         17         18         19         20           21         22         23         24         25         26         27           28         I         I         I         I         I         I         I		Resident Birthdays in January:  Sue A. 1/3 Ruth 1/29	This Month we are going to look at Breckenridge, Colorado. We are also going to reminisce about Elvis Presley and Muhammad Ali, Honor Martin Luther King, Jr. and read our Horoscopes. We are going to do some Fact or Fiction Trivia and going to try and make some fake snow. If it snows we may bring some inside and make small		1 Happy New Year! Welcome 2021! 9:30 Fitness Fun 10:30 Making Snow 1:30 New Year's Day Party 3:30 Music of the 70's 6:00 Fun with Heather	9:30 Fitness Fun 10:30 Brain Teasers 1:30 Which is Bigger? -Game 3:30 Nail Care 6:00 Resident's Choice: Movie
9:30 Joyce Meyers Sermon 11:00 Sing-A-Long Old Time Favorite Hymns w/Lyrics 1:30 Coloring Pages 3:30 Magazines and Music 6:00 Movie	9:30 Exercise with Connie 10:00 Word Games 11:30 Lunch 1:30 Opposites—Word Game 2:30 Do opposites Attract? 4:00 Music: Dean Martin 4-8 Fun with Heather	9:30 Exercise with Angie 10:00 Games with Angie 1:30 Squirrel Appreciation Day Fun Facts 2:30 Squirrel Craft 4:00 Music: ABBA 6:00 Movie: Resident Choice	9:30 Exercise with Connie 10:00 Nails by Connie 1:30 RESIDENT MONTHLY BIRTHDAY PARTY 2:30 Name 5 Game 4:00 Music: Frank Sinatra 4-6 Fun with Heather	9:30 Exercise with Connie 10:00 Stories read by Connie 1:30 List the States in Order 2:00 Coloring WWII Planes 3:30 Planes of WWII (YouTube) 6:00 Movie	9:30 Exercise with Angie 10:00 Games with Angie 1:30 Life of Elvis Presley (YouTube) 3:00 Peanut Butter and Banana Sandwiches 4-8 Fun with Heather	9:30 Fitness Fun 10:30 Brain Teasers 1:30 Have You Ever? -Game 3:30 Jigsaw Puzzles 6:00 Resident's Choice: Movie
9:30 Joyce Meyers Sermon 11:00 Sing-A-Long Old Time Favorite Hymns w/Lyrics 1:30 Coloring Pages 3:30 Magazines and Music 6:00 Movie	9:30 Exercise with Connie 10:00 Word Games 1:30 Celebrating Apricot Day - Interesting Facts 2:30 Enjoy some Dried Apricots 3:30 Nail Care 4-8 Fun with Heather	9:30 Exercise with Angie 10:00 Games with Angie 1:30 Fact or Fiction 2:30 Rocky Mountain National Park in CO (YouTube) 3:30 Why are National Parks Important? 4:00 Music: John Denver	9:30 Exercise with Connie 10:00 Nails by Connie 1:30 Breckenridge, Colorado (You-Tube) 3:00 Coloring Pictures of Snow Activities 4-8 Fun with Heather	9:30 Exercise with Connie 10:00 Stories read by Connie 1:30 Butterfly Art- Painting 3:00 Video on Butterflies 4:00 Music: "Butterfly Kisses" 6:00 Movie	9:30 Exercise with Angie 10:00 Games with Angie 1:30 Remembering the 1940's 2:00 Coloring 1940's Trucks 3:30 Music: Country Music- Alabama 6:00 Fun w/ Heather	9:30 Fitness Fun 10:30 Brain Teasers 1:30 Which is Bigger? -Game 3:30 Nail Care 6:00 Movie: "Hello Dolly"-Barbara Streisand
9:30 Joyce Meyers Sermon 11:00 Sing-A-Long Old Time Favorite Hymns w/Lyrics 1:30 Benjamin Franklin's Life (You Tube) 2:30 Raisins for Snack 3:30 Magazines and Music 6:00 Movie	18 Martin Luther King Jr.  Day  9:30 Exercise with Connie 10:00 Word Games  1:30 Remembering Martin Luther King Jr. (YouTube)  2:30 Hand Massages with Lotion 4-8 Fun with Heather	9:30 Exercise with Angie 10:00 Games with Angie 1:30 Famous Quotes—Emerson. Waldon, etc 2:30 Will you be remembered for a certain saying? 3:30 Nail Care 6:00 Movie	20 Staff Show and Tell 9:30 Exercise with Connie 10:00 Nails by Connie 1:30 Staff will Show and Tell About Items They Own That Mean Something 2:30 Strawberry Ice Cream 3:30 Music: Carpenters 4-8 Fun with Heather	9:30 Exercise with Connie 10:00 Stories read by Connie & Let's Make Bread 1:30 Whipped Cream in Baggies (Sensory Activities) 2:30 Bread Tasting 3:30 Counting by 2's, 5's 6:00 Movie	9:30 Exercise with Angie 10:00 Games with Angie 1:30 Bird Categories 2:00 Name a Bird for each letter of the alphabet 3:30 Nancy's Bird Book 4-8 Fun with Heather	9:30 Fitness Fun 10:30 Brain Teasers 1:30 Have You Ever? -Game 2:30 Muhammad Ali (You Tube) 3:30 Jigsaw Puzzles 6:00 Resident's Choice: Movie
<ul> <li>24 9:30 Joyce Meyers Sermon</li> <li>11:00 Sing-A-Long to Old Time Favorite Hymns with Lyrics</li> <li>31</li> <li>9:30 Joyce Meyers Sermon</li> <li>11:00 Sing-A-Long to Old Time Favorite Hymns with Lyrics</li> </ul>	9:30 Exercise with Connie 10:00 Word Games 1:30 Spice Smelling Contest 2:30 Marshmallow Toss 3:00 Smores 4:00 Music: The Monkeys	9:30 Exercise with Angie 10:00 Games with Angie 1:30 Fact or Fiction 3:00 Spelling Bee 4:00 Music: Best of the 60's	9:30 Exercise with Connie 10:00 Nails by Connie 1:30 Name 5: Types of Dogs. Presidents, Boys Names, Fish, 2:30 "Kazoophony" on YouTube 3:30 Let's Play Our Kazoos 6:00 Fun with Heather	9:30 Exercise with Connie 10:00 Stories read by Connie 1:30 Meeting Pete the Penguin and Coloring Penguins 2:30 Sundance Film Festival Serenity Style: Popcorn & Apollo 11	9:30 Exercise with Angie 10:00 Games with Angie 1:30 Cheese Taste Testing With Grape Juice 2:30 Video on Wine Making (You Tube) 4-8 Fun with Heather	9:30 Fitness Fun 10:30 Brain Teasers 1:30 Which is Bigger? -Game 3:30 Nail Care 6:00 Resident's Choice: Movie