

# January 2022 Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January cont'd</b> <b>30</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>CE</b> Current Events 10:30 <b>SS</b> Catholic Communion [AL AR] 12:00 <b>CC</b> Lunch 1:30 <b>SS</b> Christian Worship Service 1:30 <b>LL</b> Cocoa and Cookies! [AL AR] 3:00 <b>PE</b> Walking Club 3:30 <b>PE</b> Individual Exercises 5:00 <b>CC</b> Dinner	<b>31</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>LL</b> Tea Time 12:00 <b>CC</b> Lunch 1:30 <b>LL</b> Monday Movie- "Appaloosa" 3:30 <b>PE</b> Individual Exercises 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner		815 SE Klemgard Pullman, WA 99163 509-334-9488	<b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support	Healthy Snacks & Hydration offered throughout each day!	<b>New Year's Day</b> <b>1</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 10:00 <b>SS</b> Chicken Soup for the Soul 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Coloring Bonanza 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner
<b>2</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>CE</b> Current Events 10:30 <b>SS</b> Catholic Communion [AL AR] 12:00 <b>CC</b> Lunch 1:30 <b>SS</b> Christian Worship Service 1:30 <b>LL</b> Cocoa and Cookies! [AL AR] 3:00 <b>PE</b> Walking Club 3:30 <b>PE</b> Individual Exercises 5:00 <b>CC</b> Dinner	<b>3</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>LL</b> Tea Time 12:00 <b>CC</b> Lunch 1:30 <b>LL</b> Monday Movie- "Hair Spray" 3:30 <b>PE</b> Individual Exercises 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>4</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>CE</b> Trivia Tuesdays 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Let's Bake! (Banana bread) 2:30 <b>LL</b> Taste and Tell 3:00 <b>CE</b> Current Events 3:30 <b>PE</b> Individual Exercises 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>5</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>LL</b> B-I-N-G-O! 12:00 <b>CC</b> Lunch 1:30 <b>CC</b> Community Connections 3:00 <b>CE</b> Current Events 3:30 <b>LL</b> Sharing Closet 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>6</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>LL</b> Scenic Drive 10:00 <b>CE</b> Academy of Arts 10:30 <b>CE</b> Current Events 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Let's Create! (2022 craft) 3:30 <b>AE</b> Manicures! 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>7</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 10:00 <b>PE</b> Simple Stretches 10:30 <b>AE</b> Musical Moments 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Puzzle Frenzy 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>8</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 10:00 <b>SS</b> Chicken Soup for the Soul 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Coloring Bonanza 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner
<b>9</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>CE</b> Current Events 10:30 <b>SS</b> Catholic Communion [AL AR] 12:00 <b>CC</b> Lunch 1:30 <b>SS</b> Christian Worship Service 1:30 <b>LL</b> Cocoa and Cookies! [AL AR] 3:00 <b>PE</b> Walking Club 3:30 <b>PE</b> Individual Exercises 5:00 <b>CC</b> Dinner	<b>10</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>LL</b> Tea Time 12:00 <b>CC</b> Lunch 1:30 <b>LL</b> Monday Movie- "On Golden Pond" 3:30 <b>PE</b> Individual Exercises 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>11</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>AE</b> Musical Moments 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Let's Bake! (Cream-Stuffed Cookies) 2:30 <b>LL</b> Taste and Tell 3:00 <b>CE</b> Current Events 3:30 <b>PE</b> Individual Exercises 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>12</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>LL</b> B-I-N-G-O! 12:00 <b>CC</b> Lunch 1:30 <b>CC</b> Community Connections 3:00 <b>CE</b> Current Events 3:30 <b>LL</b> Sharing Closet 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>13</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>CE</b> Current Events 10:30 <b>LL</b> Wine Time! 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Let's Create! (Hot Chocolate Mug) 3:30 <b>AE</b> Manicures! 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>14</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 10:00 <b>PE</b> Simple Stretches 10:30 <b>AE</b> Musical Moments 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Puzzle Frenzy 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>15</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 10:00 <b>SS</b> Chicken Soup for the Soul 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Coloring Bonanza 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner
<b>Happy Birthday Janice!</b> <b>16</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>CE</b> Current Events 10:30 <b>SS</b> Catholic Communion [AL AR] 12:00 <b>CC</b> Lunch 1:30 <b>SS</b> Christian Worship Service 1:30 <b>LL</b> Cocoa and Cookies! [AL AR] 3:00 <b>PE</b> Walking Club 3:30 <b>PE</b> Individual Exercises 5:00 <b>CC</b> Dinner	<b>Martin Luther King, Jr. Day</b> <b>17</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>LL</b> Tea Time 12:00 <b>CC</b> Lunch 1:30 <b>LL</b> Monday Movie- "Heidi" 3:30 <b>PE</b> Individual Exercises 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>18</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>CE</b> Trivia Tuesdays 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Let's Bake! (Carmel Brownies) 2:30 <b>LL</b> Taste and Tell 3:00 <b>CE</b> Current Events 3:30 <b>PE</b> Individual Exercises 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>19</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>LL</b> B-I-N-G-O! 12:00 <b>CC</b> Lunch 1:30 <b>CC</b> Community Connections 3:00 <b>CE</b> Current Events 3:30 <b>LL</b> Sharing Closet 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>20</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>LL</b> Scenic Drive 10:00 <b>CE</b> Academy of Arts 10:30 <b>CE</b> Current Events 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Let's Create! (Snowflake Suncatcher) 3:30 <b>AE</b> Manicures! 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>21</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 10:00 <b>PE</b> Simple Stretches 10:30 <b>AE</b> Musical Moments 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Puzzle Frenzy 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>22</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 10:00 <b>SS</b> Chicken Soup for the Soul 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Coloring Bonanza 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner
<b>23</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>CE</b> Current Events 10:30 <b>SS</b> Catholic Communion [AL AR] 12:00 <b>CC</b> Lunch 1:30 <b>SS</b> Christian Worship Service 1:30 <b>LL</b> Cocoa and Cookies! [AL AR] 3:00 <b>PE</b> Walking Club 3:30 <b>PE</b> Individual Exercises 5:00 <b>CC</b> Dinner	<b>24</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>LL</b> Tea Time 12:00 <b>CC</b> Lunch 1:30 <b>LL</b> Monday Movie- "Black Beauty" 3:30 <b>PE</b> Individual Exercises 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>25</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>AE</b> Musical Moments 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Let's Bake! (S'mores Bark) 2:30 <b>LL</b> Taste and Tell 3:00 <b>CE</b> Current Events 3:30 <b>PE</b> Individual Exercises 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>26</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>LL</b> B-I-N-G-O! 12:00 <b>CC</b> Lunch 1:30 <b>CC</b> Community Connections 3:00 <b>CE</b> Current Events 3:30 <b>LL</b> Sharing Closet 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>27</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 9:30 <b>PE</b> Sit & Be Fit 10:00 <b>CE</b> Academy of Arts 10:30 <b>CE</b> Current Events 10:30 <b>LL</b> Eversound Silent Disco Party 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Let's Create! (Polar Bear) 3:30 <b>AE</b> Manicures! 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>28</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 10:00 <b>PE</b> Simple Stretches 10:30 <b>AE</b> Musical Moments 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Puzzle Frenzy 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner	<b>29</b> 8:00 <b>CC</b> Breakfast 9:00 <b>CE</b> Calendar and Fun Fact of the Day 10:00 <b>SS</b> Chicken Soup for the Soul 12:00 <b>CC</b> Lunch 1:30 <b>AE</b> Coloring Bonanza 4:00 <b>PE</b> Walking Club 5:00 <b>CC</b> Dinner