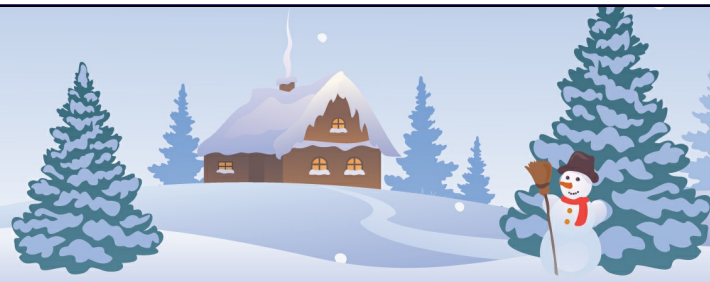


# JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> <span>A</span> - Artisans  <span>CC</span> - Creative Cooking  <span>GG</span> - Group Games  <span>I</span> - Inspirations  <span>K</span> - Keeping it Sharp/Reminisce  <span>M</span> - Music to My Ears  <span>S</span> - Signature Events  <span>V</span> - Vitality </p>	<p>Key Code:  B-Basement  HC-Health Center Library  HCA-Health Center Activity Room  HPDR-Private Dining Room on Health Center  MDR-Main Dining Room on Assisted Living</p>	<p>Birthdays:  1/7 R. Lyzen  1/9 L. Phillips  1/9 K. Correll  1/10 J. Staller  1/18 M. Hart  1/24 D. Sparks  1/26 R. Spoth</p>	<p>Theme: New Year</p>	<p>January Birthstone: Garnet  Garnets represent constancy.</p>	<p>The dianthus caryophyllus is the birth flower of January – more commonly known as the carnation!</p>	<p>1 <b>New Year's Day</b></p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 1:00 Trivia (MDR)  <span>GG</span> 2:00 Bingo (HC Activity Room)</p>
<p>2</p> <p><span>I</span> 10:15 Music (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 2:00 Yahtzee (MDR)  <span>I</span> 2:40 Devotions/Bible Study</p>	<p>3</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 2:00 Bingo (AL Dining Room)  <span>S</span> 5:15 Bingo Store (B)</p>	<p>4</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>A</span> 1:30 Crafts (AL Dining Room)  <span>M</span> 3:00 Music (MDR)</p>	<p>5</p> <p>10:00 Bingo (HC Activity Room)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>M</span> 1:30 Music (MDR)  <span>A</span> 2:00 Nails (PDR)</p>	<p>6</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>CC</span> 1:30 Cooking (MDR)  <span>S</span> 2:00 Chef's Circle (MDR)  <span>I</span> 5:25 Inspired by Others (MDR)</p>	<p>7</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 1:30 Connect 4 (MDR)  <span>M</span> 3:00 Happy Hour</p>	<p>8</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 1:00 Trivia (MDR)  <span>GG</span> 2:00 Bingo (AL Dining Room)</p>
<p>9</p> <p><span>I</span> 10:15 Music (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 2:00 Yahtzee (MDR)  <span>I</span> 2:40 Devotions/Bible Study</p>	<p>10</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 2:00 Bingo (HC Activity Room)  <span>I</span> 6:00 Bible Study (AL PDR)</p>	<p>11</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>A</span> 1:30 Crafts (HC Activity Room)  <span>M</span> 3:30 Music (MDR)</p>	<p>12</p> <p><span>K</span> 10:00 Bingo (AL Dining Room)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>M</span> 1:30 Music (MDR)  <span>A</span> 2:00 Nails (PDR)</p>	<p>13</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>CC</span> 1:30 Cooking (MDR)  <span>S</span> 2:00 Chef's Circle (MDR)  <span>I</span> 5:25 Inspired by Others (MDR)</p>	<p>14</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>GG</span> 1:30 Yahtzee (MDR)  <span>M</span> 3:00 Happy Hour</p>	<p>15</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 1:00 Trivia (MDR)  <span>GG</span> 2:00 Bingo (HC Activity Room)</p>
<p>16</p> <p><span>I</span> 10:15 Music (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 2:00 Yahtzee (MDR)  <span>I</span> 2:40 Devotions/Bible Study</p>	<p>17 <b>Martin Luther King Day</b></p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 2:00 Bingo (AL Dining Room)  <span>K</span> 5:30 Trivia (MDR)</p>	<p>18</p> <p><span>M</span> 9:30 Music w/Adam (AL Dining Room)  <span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>A</span> 1:30 Crafts (AL Dining Room)</p>	<p>19</p> <p>10:00 Bingo (HC Activity Room)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>S</span> 1:00 Resident Council  <span>M</span> 1:30 Music (MDR)  <span>A</span> 2:00 Nails (PDR)</p>	<p>20</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>CC</span> 1:30 Cooking (MDR)  <span>S</span> 2:00 Chef's Circle (MDR)  <span>I</span> 5:25 Inspired by Others (MDR)</p>	<p>21</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 1:30 Yahtzee (MDR)  <span>M</span> 3:00 Happy Hour w/ Don Smith</p>	<p>22</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 1:00 Trivia (MDR)  <span>GG</span> 2:00 Bingo (AL Dining Room)</p>
<p>23</p> <p><span>I</span> 10:15 Music (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 2:00 Yahtzee (MDR)  <span>I</span> 2:40 Devotions/Bible Study</p>	<p>24</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 2:00 Bingo (HC Activity Room)  <span>GG</span> 5:30 Trivia (MDR)</p>	<p>25</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>A</span> 1:30 Crafts (HC Activity Room)  <span>M</span> 3:30 Music (MDR)</p>	<p>26</p> <p><span>K</span> 10:00 Bingo (AL Dining Room)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>M</span> 1:30 Music (MDR)  <span>A</span> 2:00 Nails (PDR)</p>	<p>27</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>CC</span> 1:30 Cooking (MDR)  <span>S</span> 2:00 Chef's Circle (MDR)  <span>I</span> 5:25 Inspired by Others (MDR)</p>	<p>28</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 1:30 Uno (MDR)  <span>M</span> 3:00 Happy Hour w/Sam</p>	<p>29</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 1:00 Trivia (MDR)  <span>GG</span> 2:00 Bingo (HC Activity Room)</p>
<p>30</p> <p><span>I</span> 10:15 Music (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 2:00 Uno (MDR)  <span>K</span> 2:00 Yahtzee (MDR)  <span>I</span> 2:40 Devotions/Bible Study</p>	<p>31</p> <p><span>V</span> 10:00 Exercise (MDR)  <span>K</span> 11:30 Pre-Meal Passing Time (MDR)  <span>K</span> 2:00 Bingo (AL Dining Room)  <span>GG</span> 5:30 Yahtzee (MDR)</p>	<p>January is, on average, the coldest month of the year within most of the Northern Hemisphere and the warmest month of the year within most of the Southern Hemisphere!</p>	<p>January is named after Janus, the god of beginnings and transitions in Roman mythology.</p>	<p>The 3 most popular New Year's Resolutions are:  1. Exercise more  2. Eat healthier  3. Save more money</p>	<p>Around 80% of people give up on their New Year Resolutions by the end of January!</p>	<p>Keep an eye on Community Share for the latest updates.</p>



# JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> <b>A</b> - Artisans  <b>CC</b> - Creative Cooking  <b>GG</b> - Group Games  <b>I</b> - Inspirations  <b>K</b> - Keeping it Sharp/Reminisce  <b>M</b> - Music to My Ears  <b>S</b> - Signature Events  <b>V</b> - Vitality         </p>	<p>Birthdays:            1/7 R. Lyzen            1/9 L. Phillips            1/9 K. Correll            1/10 J. Staller            1/18 M. Hart            1/24 D. Sparks            1/26 R. Spoth         </p>	<p>Our Ombudsman:            Dana Neer            dneer@areafive.com            Phone: 574-722-4451         </p>	<p>Theme: New Year</p>	<p>January Birthstone: Garnet            Garnets represent constancy.</p>	<p>The dianthus caryophyllus is the birth flower of January – more commonly known as the carnation!</p>	<p>1 <b>New Year's Day</b></p> <p> <b>V</b> 10:40 Exercise  <b>GG</b> 2:00 Bingo (HC Activity Room)  <b>K</b> 3:15 Trivia  <b>K</b> 4:15 Pre-Meal Passing Time         </p>
<p>2</p> <p> <b>M</b> 9:30 Music  <b>GG</b> 1:00 Yahtzee  <b>I</b> 3:30 Devotions/Bible Study  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>3</p> <p> <b>V</b> 10:40 Bean Bag Toss  <b>GG</b> 2:00 Bingo (AL Dining Room)  <b>K</b> 4:15 Pre-Meal Passing Time  <b>S</b> 6:35 Bingo Store (Basement)         </p>	<p>4</p> <p> <b>V</b> 10:40 Exercise  <b>A</b> 1:30 Crafts (AL Dining Room)  <b>M</b> 3:30 Music  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>5</p> <p>           10:00 Bingo (HC Activity Room)  <b>M</b> 3:00 Music  <b>A</b> 3:30 Nails  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>6</p> <p> <b>V</b> 10:40 Exercise  <b>CC</b> 3:00 Cooking  <b>S</b> 3:15 Chef's Circle  <b>K</b> 4:15 Pre-Meal Passing Time  <b>I</b> 6:35 Inspired by Others         </p>	<p>7</p> <p> <b>V</b> 10:40 Exercise  <b>K</b> 2:10 Connect 4  <b>M</b> 3:40 Happy Hour  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>8</p> <p> <b>V</b> 10:40 Exercise  <b>GG</b> 2:00 Bingo (AL Dining Room)  <b>K</b> 3:30 Trivia  <b>K</b> 4:15 Pre-Meal Passing Time         </p>
<p>9</p> <p> <b>M</b> 9:30 Music  <b>GG</b> 1:00 Yahtzee  <b>I</b> 3:30 Devotions/Bible Study  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>10</p> <p> <b>V</b> 10:40 Bean Bag Toss  <b>GG</b> 2:00 Bingo (HC Activity Room)  <b>K</b> 4:15 Pre-Meal Passing Time  <b>I</b> 6:00 Bible Study (AL PDR)         </p>	<p>11</p> <p> <b>V</b> 10:40 Exercise  <b>A</b> 1:30 Craft (HC Activity Room)  <b>M</b> 3:00 Music  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>12</p> <p> <b>K</b> 10:00 Bingo (AL Dining Room)  <b>M</b> 3:00 Music  <b>A</b> 3:30 Nails  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>13</p> <p> <b>V</b> 10:40 Exercise  <b>CC</b> 3:00 Cooking  <b>S</b> 3:15 Chef's Circle  <b>K</b> 4:15 Pre-Meal Passing Time  <b>I</b> 6:35 Inspired by Others         </p>	<p>14</p> <p> <b>V</b> 10:40 Exercise  <b>K</b> 2:10 Horse Racing  <b>M</b> 3:40 Happy Hour  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>15</p> <p> <b>V</b> 10:40 Exercise  <b>GG</b> 2:00 Bingo (HC Activity Room)  <b>K</b> 3:15 Trivia  <b>K</b> 4:15 Pre-Meal Passing Time         </p>
<p>16</p> <p> <b>M</b> 9:30 Music  <b>GG</b> 1:00 Yahtzee  <b>I</b> 3:30 Devotions/Bible Study  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>17 <b>Martin Luther King Day</b></p> <p> <b>V</b> 10:40 Bean Bag Toss  <b>GG</b> 2:00 Bingo (AL Dining Room)  <b>K</b> 4:15 Pre-Meal Passing Time  <b>K</b> 6:25 Trivia         </p>	<p>18</p> <p> <b>M</b> 9:30 Music w/Adam (AL Dining Room)  <b>V</b> 10:40 Exercise  <b>A</b> 1:30 Crafts (AL Dining Room)  <b>M</b> 3:30 Music  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>19</p> <p>           10:00 Bingo (HC Activity Room)  <b>S</b> 10:00 Resident Council  <b>M</b> 3:00 Music  <b>A</b> 3:30 Nails  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>20</p> <p> <b>V</b> 10:40 Exercise  <b>CC</b> 3:00 Cooking  <b>S</b> 3:15 Chef's Circle  <b>K</b> 4:15 Pre-Meal Passing Time  <b>I</b> 6:35 Inspired by Others         </p>	<p>21</p> <p> <b>V</b> 10:40 Exercise  <b>K</b> 2:10 Yahtzee  <b>M</b> 3:40 Happy Hour  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>22</p> <p> <b>V</b> 10:40 Exercise  <b>GG</b> 2:00 Bingo (AL Dining Room)  <b>K</b> 3:30 Trivia  <b>K</b> 4:15 Pre-Meal Passing Time         </p>
<p>23</p> <p> <b>M</b> 9:30 Music  <b>GG</b> 1:00 Yahtzee  <b>I</b> 3:30 Devotions/Bible Study  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>24</p> <p> <b>V</b> 10:40 Bean Bag Toss  <b>GG</b> 2:00 Bingo (HC Activity Room)  <b>K</b> 4:15 Pre-Meal Passing Time  <b>GG</b> 6:25 Trivia         </p>	<p>25</p> <p> <b>V</b> 10:40 Exercise  <b>A</b> 1:30 Craft (HC Activity Room)  <b>M</b> 3:00 Music  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>26</p> <p> <b>K</b> 10:00 Bingo (AL Dining Room)  <b>M</b> 3:00 Music  <b>A</b> 3:30 Nails  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>27</p> <p> <b>V</b> 10:40 Exercise  <b>CC</b> 3:00 Cooking  <b>S</b> 3:15 Chef's Circle  <b>K</b> 4:15 Pre-Meal Passing Time  <b>I</b> 6:35 Inspired by Others         </p>	<p>28</p> <p> <b>V</b> 10:40 Exercise  <b>K</b> 2:10 Uno  <b>M</b> 3:40 Happy Hour  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>29</p> <p> <b>V</b> 10:40 Exercise  <b>GG</b> 2:00 Bingo (HC Activity Room)  <b>K</b> 3:15 Trivia  <b>K</b> 4:15 Pre-Meal Passing Time         </p>
<p>30</p> <p> <b>M</b> 9:30 Music  <b>K</b> 1:00 Uno  <b>GG</b> 1:00 Yahtzee  <b>I</b> 3:30 Devotions/Bible Study  <b>K</b> 4:15 Pre-Meal Passing Time         </p>	<p>31</p> <p> <b>V</b> 10:40 Bean Bag Toss  <b>GG</b> 2:00 Bingo (AL Dining Room)  <b>K</b> 4:15 Pre-Meal Passing Time  <b>GG</b> 6:25 Yahtzee         </p>	<p>January is, on average, the coldest month of the year within most of the Northern Hemisphere and the warmest month of the year within most of the Southern Hemisphere!</p>	<p>January is named after Janus, the god of beginnings and transitions in Roman mythology.</p>	<p>The 3 most popular New Year's Resolutions are:            1. Exercise more            2. Eat healthier            3. Save more money         </p>	<p>Around 80% of people give up on their New Year Resolutions by the end of January!</p>	<p>Keep an eye on Community Share for the latest updates.</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our Ombudsman: Dana Neer dneer@areafive.com Phone: 574-722-4451	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	Birthdays: 1/7 R. Lyzen 1/9 L. Phillips 1/9 K. Correll 1/10 J. Staller 1/18 M. Hart 1/24 D. Sparks 1/26 R. Spoth	January Birthstone: Garnet Garnets represent constancy.	<b>1 New Year's Day</b> <b>V</b> Roll in the New Year <b>K</b> New Year Word Poem <b>CC</b> Cranberry Pecan Cheese Balls Relax & Recharge <b>A</b> Creative Storytelling <b>M</b> Making Music <b>CC</b> Roll the Dice and Break the Ice
<b>2</b> <b>V</b> Balance <b>K</b> Guess the Animal <b>CC</b> Sausage & Peppers Hawaiian Sliders Relax & Recharge <b>A</b> No Sew Fleece Blankets <b>M</b> Lift Your Voices	<b>3</b> <b>V</b> What a Wonderful World Chair Yoga <b>K</b> Memory Box <b>CC</b> Peanut Butter Cookie Cups Relax & Recharge <b>A</b> Watercolor Snowflake Art <b>M</b> Growing to Grow with	<b>4</b> <b>V</b> Drum Circle <b>K</b> Tell Me Something Good <b>CC</b> Cookies & Cream Ice Cream Relax & Recharge <b>A</b> Pinecone Penguin <b>M</b> Toe Tapping Tuesday <b>CC</b> Neofun Toss and Chatter	<b>5</b> <b>V</b> Quick Qigong <b>K</b> Famous Pairs <b>CC</b> Monster Cookie Energy Bites Relax & Recharge <b>A</b> Squeegie Canvas Paint <b>M</b> Dance Your Own Way <b>CC</b> Throwing Horseshoes	<b>6</b> <b>V</b> 80s Flashback <b>K</b> Life Story <b>CC</b> Pizza Quesadillas Relax & Recharge <b>A</b> Life Timeline Creative Writing <b>M</b> Hippy Dance <b>CC</b> Word Wonders	<b>7</b> <b>V</b> Mindfulness Matters <b>K</b> Rolling 31 Days <b>CC</b> Chocolate Truffles Relax & Recharge <b>A</b> Winter Sugar Painting <b>M</b> Float With Me Happy Hour <b>CC</b> Basketball	<b>8</b> <b>V</b> Roll in the New Year <b>K</b> New Year Word Poem <b>CC</b> Bacon Cheese Balls Relax & Recharge <b>A</b> Art Appreciation-Renoir <b>M</b> Making Music <b>CC</b> Roll the Dice and Break the Ice
<b>9</b> <b>V</b> Balance <b>K</b> Guess the Animal <b>CC</b> Ham, Egg & Cheese Hawaiian Sliders Relax & Recharge <b>A</b> Kindness Flowers <b>M</b> Lift Your Voices	<b>10</b> <b>V</b> What a Wonderful World Chair Yoga <b>K</b> Memory Box <b>CC</b> Chocolate Cookie Cups Relax & Recharge <b>A</b> Watercolor Snowman <b>M</b> Growing to Grow with	<b>11</b> <b>V</b> Drum Circle <b>K</b> Tell Me Something Good <b>CC</b> Strawberry Ice Cream Relax & Recharge <b>A</b> Newspaper Winter Landscape <b>M</b> Toe Tapping Tuesday <b>CC</b> Neofun Toss and Chatter	<b>12</b> <b>V</b> Quick Qigong <b>K</b> Famous Pairs <b>CC</b> Blueberry Muffin Energy Bites Relax & Recharge <b>A</b> Winter Scenery <b>M</b> Dance Your Own Way <b>CC</b> Throwing Horseshoes	<b>13</b> <b>V</b> 80s Flashback <b>K</b> Life Story <b>CC</b> Strawberry Peanut Butter Quesadilla Relax & Recharge <b>A</b> To Be Creative Writing <b>M</b> Hippy Dance <b>CC</b> Word Wonders	<b>14</b> <b>V</b> Mindfulness Matters <b>K</b> Rolling 31 Days <b>CC</b> Nutty Truffles Relax & Recharge <b>A</b> Splatter Paint <b>M</b> Float With Me Happy Hour <b>CC</b> Basketball	<b>15</b> <b>V</b> Roll in the New Year <b>K</b> New Year Word Poem <b>CC</b> Chocolate Chip Cheesecake Balls Relax & Recharge <b>A</b> Art Appreciation-American
<b>16</b> <b>V</b> Balance <b>K</b> Guess the Animal <b>CC</b> Philly Cheesesteak Hawaiian Sliders Relax & Recharge <b>A</b> No Sew Fleece Blankets <b>M</b> Lift Your Voices	<b>17 Martin Luther King Day</b> <b>V</b> What a Wonderful World Chair Yoga <b>K</b> Memory Box <b>CC</b> Caramel Cookie Cups Relax & Recharge <b>A</b> Watercolor Bubble Art Tree <b>M</b> Growing to Grow with	<b>18</b> <b>V</b> Drum Circle <b>K</b> Tell Me Something Good <b>CC</b> Chocolate Ice Cream Relax & Recharge <b>A</b> Snowman Craft <b>M</b> Toe Tapping Tuesday <b>CC</b> Neofun Toss and Chatter	<b>19</b> <b>V</b> Quick Qigong <b>K</b> Famous Pairs <b>CC</b> Peanut Butter Chocolate Chip Energy Bites Relax & Recharge <b>A</b> Snowman Painting <b>M</b> Dance Your Own Way <b>CC</b> Throwing Horseshoes	<b>20</b> <b>V</b> 80s Flashback <b>K</b> Life Story <b>CC</b> Veggie Quesadillas Relax & Recharge <b>A</b> Creative Storytelling <b>M</b> Hippy Dance <b>CC</b> Word Wonders	<b>21</b> <b>V</b> Mindfulness Matters <b>K</b> Rolling 31 Days <b>CC</b> Candy Truffles Relax & Recharge <b>A</b> Snow Sensory Bottle <b>M</b> Float With Me Happy Hour <b>CC</b> Basketball	<b>22</b> <b>V</b> Roll in the New Year <b>K</b> New Year Word Poem <b>CC</b> Salami Cheese Balls Relax & Recharge <b>A</b> Art Appreciation-Starry Night <b>M</b> Making Music <b>CC</b> Roll the Dice and Break the Ice
<b>23</b> <b>V</b> Balance <b>K</b> Guess the Animal <b>CC</b> Caprese Hawaiian Sliders Relax & Recharge <b>A</b> Kindness Flowers <b>M</b> Lift Your Voices <b>CC</b> Breakfast Circle	<b>24</b> <b>V</b> What a Wonderful World Chair Yoga <b>K</b> Memory Box <b>CC</b> Cookies & Cream Cookie Cups Relax & Recharge <b>A</b> Watercolor Coffee Filter <b>M</b> Growing to Grow with	<b>25</b> <b>V</b> Drum Circle <b>K</b> Tell Me Something Good <b>CC</b> Caramel Ice Cream Relax & Recharge <b>A</b> Paper Plate Penguins <b>M</b> Toe Tapping Tuesday <b>CC</b> Neofun Toss and Chatter	<b>26</b> <b>V</b> Quick Qigong <b>K</b> Famous Pairs <b>CC</b> Sweet and Salty Energy Bites Relax & Recharge <b>A</b> Paint Pouring <b>M</b> Dance Your Own Way <b>CC</b> Throwing Horseshoes	<b>27</b> <b>V</b> 80s Flashback <b>K</b> Life Story <b>CC</b> PB & J S'mores Quesadilla Relax & Recharge <b>A</b> Creative Storytelling <b>M</b> Hippy Dance <b>CC</b> Word Wonders	<b>28</b> <b>V</b> Mindfulness Matters <b>K</b> Rolling 31 Days <b>CC</b> Cranberry Truffles Relax & Recharge <b>A</b> Winter Process Art <b>M</b> Float With Me Happy Hour <b>CC</b> Basketball	<b>29</b> <b>V</b> Roll in the New Year <b>K</b> New Year Word Poem <b>CC</b> Nutty Pimento Cheese Balls Relax & Recharge <b>A</b> Art Appreciation-Mona Lisa <b>M</b> Making Music <b>CC</b> Roll the Dice and Break the Ice
<b>30</b> <b>V</b> Balance <b>K</b> Guess the Animal <b>CC</b> Roasted Veggie Hawaiian Sliders Relax & Recharge <b>A</b> No Sew Fleece Blankets <b>M</b> Lift Your Voices	<b>31</b> <b>V</b> What a Wonderful World Chair Yoga <b>K</b> Memory Box <b>CC</b> Dark Chocolate Cookie Cups Relax & Recharge <b>A</b> Tape Resist Watercolor Painting <b>M</b> Growing to Grow with	The dianthus caryophyllus is the birth flower of January – more commonly known as the carnation!	January is, on average, the coldest month of the year within most of the Northern Hemisphere and the warmest month of the year within most of the Southern Hemisphere!	January is named after Janus, the god of beginnings and transitions in Roman mythology.	The 3 most popular New Year's Resolutions are: 1. Exercise more 2. Eat healthier 3. Save more money	Keep an eye on Community Share for the latest updates.