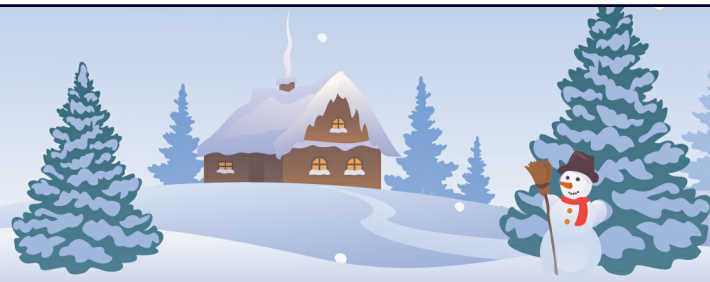


JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays		<ul style="list-style-type: none"> A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce 	<ul style="list-style-type: none"> L - Lifelong Learning M - Music to My Ears V - Vitality 			1 New Year's Day <ul style="list-style-type: none"> V 10:00 Self Guided Stretching 11:00 Daily Chronical A 2:00 Crafters Corner in the Activity Lounge
2 <ul style="list-style-type: none"> I 11:00 Devotions in the Salon Lounge I 1:00 Catholic Service on Ch.72 K 2:00 Movie & Popcorn in the Salon Lounge 	3 <ul style="list-style-type: none"> K 10:00 News and Views in the Salon Lounge A 11:00 Mindful Moments in the Salon Lounge CC 1:00 Nelson County Library in the Activity Center 	4 <ul style="list-style-type: none"> V 10:00 Workout w/ Cathy in the Salon Lounge GG 11:00 Bingo in the Activity Center L 2:00 Fitness and Nutrition for the New Year 	5 <ul style="list-style-type: none"> V 10:00 Strength Training in the Salon Lounge M 11:00 Music Appreciation in the Salon Lounge K 2:00 Travel the National Parks 	6 <ul style="list-style-type: none"> V 10:00 Workout w/ Cathy in the Salon Lounge K 11:00 Left Right Center Game- Activity Center A 2:00 Creative Writing 6:00 Movie Night in the Salon Lounge 	7 <ul style="list-style-type: none"> V 10:00 Walking Club GF 11:00 Hydration and Table Topics GG 2:00 Bingo in the Dining Room M 3:30 Happy Hour 	8 <ul style="list-style-type: none"> V 10:00 Self Guided Meditation 11:00 Daily Chronical A 2:00 Crafters Corner in the Activity Lounge
9 <ul style="list-style-type: none"> I 1:00 Non-Denominational Service on Ch.72 K 2:00 Movie & Popcorn in the Salon Lounge I 3:00 Devotions in the Salon Lounge 	10 <ul style="list-style-type: none"> K 10:00 News and Views in the Salon Lounge A 11:00 Mindful Moments in the Salon Lounge K 2:00 Card Club in the Activity Center 	11 <ul style="list-style-type: none"> V 10:00 Workout w/ Cathy in the Salon Lounge GG 11:00 Bingo in the Activity Center A 2:00 Crafters Corner GF 6:00 Board Games in the Activity Center 	12 <ul style="list-style-type: none"> 10:00 Chair Yoga L 11:00 Art Appreciation in the Salon Lounge 2:30 Chef's Circle I 4:00 Bible Study in the Back Lounge 	13 <ul style="list-style-type: none"> V 10:00 Workout w/ Cathy in the Salon Lounge K 11:00 Left Right Center Game- Activity Center A 2:00 Creative Writing L 3:00 Stephen Foster Music in the Back Lounge 	14 <ul style="list-style-type: none"> V 10:00 Walking Club GF 11:00 Hydration and Table Topics GG 2:00 Bingo in the Dining Room M 3:00 Music w/ DLC during Happy Hour 	15 <ul style="list-style-type: none"> V 10:00 Self Guided Stretching 11:00 Daily Chronical A 2:00 Crafters Corner in the Activity Lounge
16 <ul style="list-style-type: none"> I 11:00 Devotions in the Salon Lounge I 1:00 Catholic Service on Ch. 72 K 2:00 Movie & Popcorn in the Salon Lounge 	17 Martin Luther King Day <ul style="list-style-type: none"> K 10:00 News and Views in the Salon Lounge A 11:00 Mindful Moments in the Salon Lounge CC 1:00 Nelson County Library in the Activity Center 	18 <ul style="list-style-type: none"> V 10:00 Workout w/ Cathy in the Salon Lounge GG 11:00 Bingo in the Activity Center L 2:30 Hawaiian Islands Discovery Day 	19 <ul style="list-style-type: none"> I 9:30 Catholic Mass- Back Lounge V 10:00 Strength Training in the Salon Lounge M 11:00 Music Appreciation in the Salon Lounge 	20 <ul style="list-style-type: none"> V 10:00 Workout w/ Cathy in the Salon Lounge K 11:00 Left Right Center Game- Activity Center 2:00 Resident Council and Inspired Living Calendar 	21 <ul style="list-style-type: none"> V 10:00 Walking Club GF 11:00 Hydration and Table Topics GG 2:00 Bingo in the Dining Room 3:30 Happy Hour 	22 <ul style="list-style-type: none"> V 10:00 Self Guided Meditation 11:00 Daily Chronical A 2:00 Crafters Corner in the Activity Lounge
23 <ul style="list-style-type: none"> I 11:00 Devotions in the Salon Lounge I 1:00 Non-Denominational Service on Ch. 72 K 2:00 Movie & Popcorn in the Salon Lounge 	24 <ul style="list-style-type: none"> K 10:00 News and Views in the Salon Lounge A 11:00 Mindful Moments in the Salon Lounge K 2:00 Card Club in the Activity Center 	25 <ul style="list-style-type: none"> V 10:00 Workout w/ Cathy in the Salon Lounge GG 11:00 Bingo in the Activity Center CC 2:30 Peanut butter Day GF 6:00 Board Games in the Activity Center 	26 <ul style="list-style-type: none"> V 10:00 Morning Movement L 11:00 Art Appreciation in the Salon Lounge 2:30 Chef's Circle I 4:00 Bible Study in the Back Lounge 	27 <ul style="list-style-type: none"> V 10:00 Workout w/ Cathy in the Salon Lounge K 11:00 Left Right Center Game- Activity Center A 2:00 Creative Writing CC 3:00 Chocolate Cake Day 	28 <ul style="list-style-type: none"> V 10:00 Walking Club GF 11:00 Hydration and Table Topics GG 2:00 Bingo in the Dining Room M 3:30 Happy Hour 	29 <ul style="list-style-type: none"> V 10:00 Self Guided Stretching 11:00 Daily Chronical A 2:00 Crafters Corner in the Activity Lounge
30 <ul style="list-style-type: none"> I 11:00 Devotions in the Salon Lounge I 1:00 Non-Denominational Service K 2:00 Movie & Popcorn in the Salon Lounge 	31 <ul style="list-style-type: none"> K 10:00 News and Views in the Salon Lounge A 11:00 Mindful Moments in the Salon Lounge CC 1:00 Nelson County Library in the Activity Center 					



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> A - Artisans CC - Creative Cooking GF - Gathering of Friends GC - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears 	<ul style="list-style-type: none"> V - Vitality 					<p>1 New Year's Day</p> <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Cranberry Pecan Cheese Balls Relax & Recharge A Creative Storytelling
<p>2</p> <ul style="list-style-type: none"> V Balance K Guess the Animal Balloon Toss CC Sausage & Peppers Hawaiian Sliders Relax & Recharge 	<p>3</p> <ul style="list-style-type: none"> V What a Wonderful World Chair Yoga K Memory Box V Ball Toss CC Peanut Butter Cookie Cups 	<p>4</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Cookies & Cream Ice Cream Relax & Recharge A Pinecone Penguin 	<p>5</p> <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Monster Cookie Energy Bites Relax & Recharge A Squeeze Canvas Paint 	<p>6</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Pizza Quesadillas Relax & Recharge A Life Timeline Creative Writing 	<p>7</p> <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Chocolate Truffles Relax & Recharge A Winter Sugar Painting M Float With Me Happy 	<p>8</p> <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Bacon Cheese Balls Relax & Recharge A Art Appreciation-Renoir M Making Music
<p>9</p> <ul style="list-style-type: none"> V Balance K Guess the Animal Balloon Toss CC Ham, Egg & Cheese Hawaiian Sliders Relax & Recharge 	<p>10</p> <ul style="list-style-type: none"> V What a Wonderful World Chair Yoga K Memory Box V Ball Toss CC Chocolate Cookie Cups Relax & Recharge 	<p>11</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Strawberry Ice Cream Relax & Recharge A Newspaper Winter Landscape 	<p>12</p> <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Blueberry Muffin Energy Bites Relax & Recharge A Winter Scenery 	<p>13</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Strawberry Peanut Butter Quesadilla Relax & Recharge A To Be Creative Writing 	<p>14</p> <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Nutty Truffles Relax & Recharge A Splatter Paint M Float With Me Happy 	<p>15</p> <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Chocolate Chip Cheesecake Balls Relax & Recharge A Art Appreciation
<p>16</p> <ul style="list-style-type: none"> V Balance K Guess the Animal Balloon Toss CC Philly Cheesesteak Hawaiian Sliders Relax & Recharge 	<p>17 Martin Luther King Day</p> <ul style="list-style-type: none"> V What a Wonderful World Chair Yoga K Memory Box V Ball Toss CC Caramel Cookie Cups Relax & Recharge 	<p>18</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Chocolate Ice Cream Relax & Recharge A Snowman Craft M Tee Tapping Tuesday 	<p>19</p> <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Peanut Butter Chocolate Chip Energy Bites Relax & Recharge A Snowman Painting 	<p>20</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Veggie Quesadillas Relax & Recharge A Creative Storytelling M Hippy Dance 	<p>21</p> <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Candy Truffles Relax & Recharge A Snow Sensory Bottle M Float With Me Happy 	<p>22</p> <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Salami Cheese Balls Relax & Recharge A Art Appreciation-Starry Night
<p>23</p> <ul style="list-style-type: none"> V Balance K Guess the Animal Balloon Toss CC Caprese Hawaiian Sliders Relax & Recharge A Kindness Flowers 	<p>24</p> <ul style="list-style-type: none"> V What a Wonderful World Chair Yoga K Memory Box V Ball Toss CC Cookies & Cream Cookie Cups 	<p>25</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Caramel Ice Cream Relax & Recharge A Paper Plate Penguins M Tee Tapping Tuesday 	<p>26</p> <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Sweet and Salty Energy Bites Relax & Recharge A Paint Pouring 	<p>27</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC PB & J S'mores Quesadilla Relax & Recharge A Creative Storytelling 	<p>28</p> <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Cranberry Truffles Relax & Recharge A Winter Process Art M Float With Me Happy 	<p>29</p> <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Nutty Pimento Cheese Balls Relax & Recharge A Art Appreciation-Mona Lisa
<p>30</p> <ul style="list-style-type: none"> V Balance K Guess the Animal Balloon Toss CC Roasted Veggie Hawaiian Sliders Relax & Recharge 	<p>31</p> <ul style="list-style-type: none"> V What a Wonderful World Chair Yoga K Memory Box V Ball Toss CC Dark Chocolate Cookie Cups 					