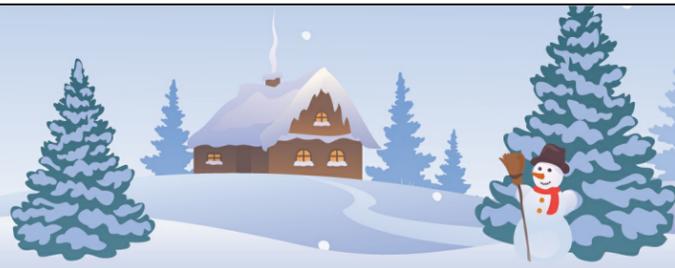




JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays	Activities will be held in the Health Center Activities Room (Recreation Room) unless otherwise specified	Has a team member gone above and beyond? Nominate them for STARS! Ask for details!	<ul style="list-style-type: none"> A - Artisans GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears 	<ul style="list-style-type: none"> O - Out & About S - Signature Events V - Vitality 		1 New Year's Day <ul style="list-style-type: none"> V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia
2 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion card club	3 V Morning exercise L Virtual Museum Tours - Channel 2 A Art Cart K Trivia	4 V Morning exercise Bingo Chef's Circle O Residents choice	5 V Morning exercise O Community Outing K Cards Club GG board games	6 V Morning exercise I SoulFit (Assisted Living Activities Room) Home made Picture frames A Countdown Calendar	7 V Morning exercise K Word Puzzle Packet S Happy Hour GF Keep Paying It Forward	8 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia
9 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion Paper Flowers	10 V Morning exercise L Virtual Museum Tours - Channel 2 A Art Cart V Hand Weights	11 V Morning exercise Bingo Chef's Circle O Residents choice	12 V Morning exercise JG Woodworking O Community Outing GG board games	13 V Morning exercise I SoulFit (Assisted Living Activities Room) Gratitude game K Pub Trivia	14 V Morning exercise K Word Puzzle Packet S Happy Hour GF Keep Paying It Forward	15 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia
16 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion Confetti Champagne Glasses	17 Martin Luther King Day V Morning exercise L Virtual Museum Tours - Channel 2 A Art Cart K Trivia	18 V Morning exercise Bingo Chef's Circle O Residents choice	19 V Morning exercise O Community Outing K Cards Club GG board games	20 V Morning exercise I SoulFit (Assisted Living Activities Room) magnet making A Countdown Calendar	21 V Morning exercise K Word Puzzle Packet S Happy Hour GF Keep Paying It Forward	22 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia
23 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion creative cooking	24 V Morning exercise L Virtual Museum Tours - Channel 2 A Art Cart V Hand Weights	25 V Morning exercise Bingo Chef's Circle O Residents choice	26 V Morning exercise JG Woodworking O Community Outing GG board games	27 V Morning exercise I SoulFit (Assisted Living Activities Room) Resident Council	28 V Morning exercise K Word Puzzle Packet S Happy Hour GF Keep Paying It Forward	29 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia
30 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion A Creative Writing-AL Activities Room	31 V Morning exercise L Virtual Museum Tours - Channel 2 A Art Cart K Trivia					



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day V Roll in the New Year K New Year Word Poem CC Cake pops Relax & Recharge A Creative Storytelling M Making Music CC Roll in the New Year
2 V Balance K Spiritual Eldercare Virtual Church Service K Guess the Animal CC Hawaiian Sliders Relax & Recharge A New Year's Resolutions	3 V What a Wonderful World Chair Yoga K Memory Box CC Peanut Butter Cookie Cups Relax & Recharge A Watercolor Snowflake Art M Spirit of Christmas	4 V Drum Circle K Tell Me Something Good CC Cookies & Cream Ice Cream Relax & Recharge A Pinecone Penguin M Toe Tapping Tuesday CC New Year's Resolutions	5 V Quick Qigong K Famous Pairs CC Monster Cookie Energy Bites Relax & Recharge A Squeegie Canvas Paint M Dance Your Own Way CC New Year's Resolutions	6 V 80s Flashback K Life Story CC Pizza Quesadillas Relax & Recharge A Life Timeline Creative Writing M Hippy Dance CC New Year's Resolutions	7 V Mindfulness Matters K Rolling 31 Days CC Chocolate Truffles Relax & Recharge A Winter Sugar Painting M Float With Me Happy Hour CC New Year's Resolutions	8 V Roll in the New Year K New Year Word Poem CC Bacon Cheese Balls Relax & Recharge A Art Appreciation-Renoir M Making Music CC Roll in the New Year
9 V Balance K Spiritual Eldercare Virtual Church Service K Guess the Animal CC Ham & Cheese Hawaiian Sliders Relax & Recharge A New Year's Resolutions	10 V What a Wonderful World Chair Yoga K Memory Box CC Chocolate Cookie Cups Relax & Recharge A Watercolor Snowman M Spirit of Christmas	11 V Drum Circle K Tell Me Something Good CC Strawberry Ice Cream Relax & Recharge A Newspaper Winter Landscape M Toe Tapping Tuesday CC New Year's Resolutions	12 V Quick Qigong K Famous Pairs CC Blueberry Muffin Energy Bites Relax & Recharge A Winter Scenery M Dance Your Own Way CC New Year's Resolutions	13 V 80s Flashback K Life Story CC Strawberry Peanut Butter Quesadilla Relax & Recharge A To Be Creative Writing M Hippy Dance CC New Year's Resolutions	14 V Mindfulness Matters K Rolling 31 Days CC Nutty Truffles Relax & Recharge A Splatter Paint M Float With Me Happy Hour CC New Year's Resolutions	15 V Roll in the New Year K New Year Word Poem CC Chocolate Chip Cheesecake Balls Relax & Recharge A Art Appreciation-American M Making Music CC Roll in the New Year
16 V Balance K Spiritual Eldercare Virtual Church Service K Guess the Animal CC Pizza Sliders Relax & Recharge A New Year's Resolutions	17 Martin Luther King Day V What a Wonderful World Chair Yoga K Memory Box CC Caramel Cookie Cups Relax & Recharge A Watercolor Bubble Art Tree M Spirit of Christmas	18 V Drum Circle K Tell Me Something Good CC Chocolate Ice Cream Relax & Recharge A Snowman Craft M Toe Tapping Tuesday CC New Year's Resolutions	19 V Quick Qigong K Famous Pairs CC Peanut Butter Chocolate Chip Energy Bites Relax & Recharge A Snowman Painting M Dance Your Own Way CC New Year's Resolutions	20 V 80s Flashback K Life Story CC Quesadillas Relax & Recharge A Creative Storytelling M Hippy Dance CC New Year's Resolutions	21 V Mindfulness Matters K Rolling 31 Days CC Candy Truffles Relax & Recharge A Snow Sensory Bottle M Float With Me Happy Hour CC New Year's Resolutions	22 V Roll in the New Year K New Year Word Poem CC Pizza Dip Relax & Recharge A Art Appreciation-Starry Night M Making Music CC Roll in the New Year
23 V Balance K Spiritual Eldercare Virtual Church Service K Guess the Animal CC mini pizzas Relax & Recharge A New Year's Resolutions	24 V What a Wonderful World Chair Yoga K Memory Box CC Cookies & Cream Cookie Cups Relax & Recharge A Watercolor Coffee Filter M Spirit of Christmas	25 V Drum Circle K Tell Me Something Good CC Caramel Ice Cream Relax & Recharge A Paper Plate Penguins M Toe Tapping Tuesday CC New Year's Resolutions	26 V Quick Qigong K Famous Pairs CC apple pie cupcakes Relax & Recharge A Paint Pouring M Dance Your Own Way CC New Year's Resolutions	27 V 80s Flashback K Life Story CC PB & J S'mores Quesadilla Relax & Recharge A Creative Storytelling M Hippy Dance CC New Year's Resolutions	28 V Mindfulness Matters K Rolling 31 Days CC oreo cheesecake Relax & Recharge A Winter Process Art M Float With Me Happy Hour CC New Year's Resolutions	29 V Roll in the New Year K New Year Word Poem CC Chocolate Covered Oreos Relax & Recharge A Art Appreciation-Mona Lisa M Making Music CC Roll in the New Year
30 V Balance K Spiritual Eldercare Virtual Church Service K Guess the Animal CC rice krispy treats Relax & Recharge A New Year's Resolutions	31 V What a Wonderful World Chair Yoga K Memory Box CC Dark Chocolate Cookie Cups Relax & Recharge A Tape Resist Watercolor Painting M Spirit of Christmas					

Holy Communion is offered to Catholic residents on Sunday mornings



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans GF - Gathering of Friends GG - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears</p>	<p>O - Out & About S - Signature Events V - Vitality</p>	<p>Come to our Inspired Living Committee meeting to give input on next month's activities calendar!</p> <p>We want your creative ideas!</p>	<p><u>Birthdays</u></p>			<p>1 New Year's Day V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia</p>
<p>2 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion card club</p>	<p>3 V Morning exercise L Virtual Museum Tours - Channel 2 paint by number K Trivia</p>	<p>4 V Morning exercise Bingo Chef's Circle O Residents choice</p>	<p>5 V Morning exercise O Community Outing K Cards Club GG board games</p>	<p>6 V Morning exercise Home made Picture frames A Countdown Calendar K Giving and Kindness Trivia</p>	<p>7 V Morning exercise Creative Cooking S Happy Hour GF Keep Paying It Forward</p>	<p>8 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia</p>
<p>9 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion Paper Flowers</p>	<p>10 V Morning exercise L Virtual Museum Tours - Channel 2 I Creative Storytelling V Hand Weights</p>	<p>11 V Morning exercise Bingo Chef's Circle O Residents choice</p>	<p>12 V Morning exercise IG Woodworking O Community Outing GG board games</p>	<p>13 V Morning exercise Gratitude game Dice Game K Pub Trivia</p>	<p>14 V Morning exercise Cooking demonstrations channel 2 S Happy Hour GF Keep Paying It Forward</p>	<p>15 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia</p>
<p>16 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion Confetti Champagne Glasses</p>	<p>17 Martin Luther King Day V Morning exercise L Virtual Museum Tours - Channel 2 Rock painting K Trivia</p>	<p>18 V Morning exercise Bingo Chef's Circle O Residents choice</p>	<p>19 V Morning exercise O Community Outing K Cards Club GG board games</p>	<p>20 V Morning exercise magnet making A Countdown Calendar K Giving and Kindness Trivia</p>	<p>21 V Morning exercise Vase making S Happy Hour GF Keep Paying It Forward</p>	<p>22 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia</p>
<p>23 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion creative cooking</p>	<p>24 V Morning exercise L Virtual Museum Tours - Channel 2 I Creative Storytelling V Hand Weights</p>	<p>25 V Morning exercise Bingo Chef's Circle O Residents choice</p>	<p>26 V Morning exercise IG Woodworking O Community Outing GG board games</p>	<p>27 V Morning exercise cooking demonstration on channel 2 DIY painting K Pub Trivia</p>	<p>28 V Morning exercise button art S Happy Hour GF Keep Paying It Forward</p>	<p>29 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia</p>
<p>30 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion A Creative Writing-AL Activities Room</p>	<p>31 V Morning exercise L Virtual Museum Tours - Channel 2 button dolls K Trivia</p>					



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans GF - Gathering of Friends GG - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears</p>	<p>O - Out & About S - Signature Events V - Vitality</p>	<p>Come to our Inspired Living Committee meeting to give input on next month's activities calendar!</p> <p>We want your creative ideas!</p>	<p><u>Birthdays</u></p>			<p>1 New Year's Day V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia</p>
<p>2 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion card club</p>	<p>3 V Morning exercise L Virtual Museum Tours - Channel 2 paint by number K Trivia</p>	<p>4 V Morning exercise Bingo Chef's Circle O Residents choice</p>	<p>5 V Morning exercise O Community Outing K Cards Club GG board games</p>	<p>6 V Morning exercise Home made Picture frames A Countdown Calendar K Giving and Kindness Trivia</p>	<p>7 V Morning exercise Creative Cooking S Happy Hour GF Keep Paying It Forward</p>	<p>8 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia</p>
<p>9 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion Paper Flowers</p>	<p>10 V Morning exercise L Virtual Museum Tours - Channel 2 I Creative Storytelling V Hand Weights</p>	<p>11 V Morning exercise Bingo Chef's Circle O Residents choice</p>	<p>12 V Morning exercise IG Woodworking O Community Outing GG board games</p>	<p>13 V Morning exercise Gratitude game Dice Game K Pub Trivia</p>	<p>14 V Morning exercise Cooking demonstrations channel 2 S Happy Hour GF Keep Paying It Forward</p>	<p>15 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia</p>
<p>16 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion Confetti Champagne Glasses</p>	<p>17 Martin Luther King Day V Morning exercise L Virtual Museum Tours - Channel 2 Rock painting K Trivia</p>	<p>18 V Morning exercise Bingo Chef's Circle O Residents choice</p>	<p>19 V Morning exercise O Community Outing K Cards Club GG board games</p>	<p>20 V Morning exercise magnet making A Countdown Calendar K Giving and Kindness Trivia</p>	<p>21 V Morning exercise Vase making S Happy Hour GF Keep Paying It Forward</p>	<p>22 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia</p>
<p>23 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion creative cooking</p>	<p>24 V Morning exercise L Virtual Museum Tours - Channel 2 I Creative Storytelling V Hand Weights</p>	<p>25 V Morning exercise Bingo Chef's Circle O Residents choice</p>	<p>26 V Morning exercise IG Woodworking O Community Outing GG board games</p>	<p>27 V Morning exercise cooking demonstration on channel 2 DIY painting K Pub Trivia</p>	<p>28 V Morning exercise button art S Happy Hour GF Keep Paying It Forward</p>	<p>29 V Morning exercise M Musical Showcase - Channel 2 A Saturday Paint & Sip K Pub Trivia</p>
<p>30 V Morning exercise I Spiritual Eldercare Virtual Church Service - Channel 2 I Catholic Holy Communion A Creative Writing-AL Activities Room</p>	<p>31 V Morning exercise L Virtual Museum Tours - Channel 2 button dolls K Trivia</p>					



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*MORNING ACTIVITIES*</p> <p>-Vitality -Keeping It Sharp -Creative Cooking</p>	<p>*AFTERNOON ACTIVITIES*</p> <p>-Artisans -Musical Celebration -Group Games</p>	<p>*EVENING ACTIVITY*</p> <p>-Gathering of Friends</p>	<p>*FAMOUS BIRTHDAYS*</p> <p>Julie Andrews (actress) October 1, 1935</p> <p>Mahatma Gandhi (spiritual leader) October 2, 1869</p>			<p>1 New Year's Day</p> <p>V Roll in the New Year K New Year Word Poem CC cake pops A Relax & Recharge A Creative Storytelling M Making Music</p>
<p>2</p> <p>V Balance K Spiritual Eldercare Virtual Church Service K Guess the Animal CC Hawaiian Sliders Relax & Recharge</p>	<p>3</p> <p>V What a Wonderful World Chair Yoga K Memory Box CC Peanut Butter Cookie Cups Relax & Recharge A Watercolor Snowflake Art</p>	<p>4</p> <p>V Drum Circle K Tell Me Something Good CC Cookies & Cream Ice Cream Relax & Recharge A Pinecone Penguin M Toe Tapping Tuesday</p>	<p>5</p> <p>V Quick Qigong K Famous Pairs CC Monster Cookie Energy Bites Relax & Recharge A Squeegie Canvas Paint M Dance Your Own Way</p>	<p>6</p> <p>V 80s Flashback K Life Story CC Pizza Quesadillas Relax & Recharge A Life Timeline Creative Writing M Hippy Dance</p>	<p>7</p> <p>V Mindfulness Matters K Rolling 31 Days CC Chocolate Truffles Relax & Recharge A Winter Sugar Painting M Float With Me Happy Hour</p>	<p>8</p> <p>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>
<p>9</p> <p>V Balance K Spiritual Eldercare Virtual Church Service K Guess the Animal CC Ham, & Cheese Hawaiian Sliders Relax & Recharge</p>	<p>10</p> <p>V What a Wonderful World Chair Yoga K Memory Box CC Chocolate Cookie Cups Relax & Recharge A Watercolor Snowman</p>	<p>11</p> <p>V Drum Circle K Tell Me Something Good CC Strawberry Ice Cream Relax & Recharge A Newspaper Winter Landscape M Toe Tapping Tuesday</p>	<p>12</p> <p>V Quick Qigong K Famous Pairs CC Blueberry Muffin Energy Bites Relax & Recharge A Winter Scenery M Dance Your Own Way</p>	<p>13</p> <p>V 80s Flashback K Life Story CC Strawberry Peanut Butter Quesadilla Relax & Recharge A To Be Creative Writing</p>	<p>14</p> <p>V Mindfulness Matters K Rolling 31 Days CC Nutty Truffles Relax & Recharge A Splatter Paint M Float With Me Happy Hour</p>	<p>15</p> <p>V Roll in the New Year K New Year Word Poem CC Chocolate Chip Cheesecake Balls Relax & Recharge A Art Appreciation-American</p>
<p>16</p> <p>V Balance K Spiritual Eldercare Virtual Church Service K Guess the Animal CC Pizza Sliders Relax & Recharge</p>	<p>17 Martin Luther King Day</p> <p>V What a Wonderful World Chair Yoga K Memory Box CC Caramel Cookie Cups Relax & Recharge A Watercolor Bubble Art Tree</p>	<p>18</p> <p>V Drum Circle K Tell Me Something Good CC Chocolate Ice Cream Relax & Recharge A Snowman Craft M Toe Tapping Tuesday</p>	<p>19</p> <p>V Quick Qigong K Famous Pairs CC Peanut Butter Chocolate Chip Energy Bites Relax & Recharge A Snowman Painting</p>	<p>20</p> <p>V 80s Flashback K Life Story CC Chicken Quesadillas Relax & Recharge A Creative Storytelling M Hippy Dance</p>	<p>21</p> <p>V Mindfulness Matters K Rolling 31 Days CC pigs in a blanket Relax & Recharge A Snow Sensory Bottle M Float With Me Happy Hour</p>	<p>22</p> <p>V Roll in the New Year K New Year Word Poem CC Pizza Dip Relax & Recharge A Art Appreciation-Starry Night M Making Music</p>
<p>23</p> <p>V Balance K Spiritual Eldercare Virtual Church Service K Guess the Animal CC mini pizzas Relax & Recharge</p>	<p>24</p> <p>V What a Wonderful World Chair Yoga K Memory Box CC Cookies & Cream Cookie Cups Relax & Recharge A Watercolor Coffee Filter</p>	<p>25</p> <p>V Drum Circle K Tell Me Something Good CC Caramel Ice Cream Relax & Recharge A Paper Plate Penguins M Toe Tapping Tuesday</p>	<p>26</p> <p>V Quick Qigong K Famous Pairs CC apple pie cupcakes Relax & Recharge A Paint Pouring M Dance Your Own Way</p>	<p>27</p> <p>V 80s Flashback K Life Story CC PB & J S'mores Quesadilla Relax & Recharge A Creative Storytelling M Hippy Dance</p>	<p>28</p> <p>V Mindfulness Matters K Rolling 31 Days CC oreo cheesecake Relax & Recharge A Winter Process Art M Float With Me Happy Hour</p>	<p>29</p> <p>V Roll in the New Year K New Year Word Poem CC Chocolate Covered Oreos Relax & Recharge A Art Appreciation-Mona Lisa M Making Music</p>
<p>30</p> <p>V Balance K Spiritual Eldercare Virtual Church Service K Guess the Animal CC rice krispy treats Relax & Recharge</p>	<p>31</p> <p>V What a Wonderful World Chair Yoga K Memory Box CC Dark Chocolate Cookie Cups Relax & Recharge A Tape Resist Watercolor Painting</p>					

Holy Communion is offered to Catholic residents on Sunday mornings