				•		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

North River Health Campus Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events	V - Vitality	Medical Transports are on Tuesdays and Wednesdays. Single Rider Bus Rides Available on Thursdays.	Be sure to attend activities to collect your North River Dollars! North River Dollars can be traded in on Fridays at the North River Market for Goodies!			1 New Year's Day  V 9:00 Exercise: Strength Fit- HCAR 10:00 Parade of Roses Bingol- HCAR GG 11:00 Cover All Dice Game- HCAR X 2:00 Bingo- HCDR X 3:00 Puzzle Piecers- Activity Rooms
9:00 Newspapers, Crosswords, and Coffee- HCAR V 11:00 Indoor Walking Club M 11:00 Sunday Hymns-ALAR A 2:00 Clayworks- HCAR GF 3:00 Sunday at the Movies!- HCAR L 1:00 Puzzle Piecers- Activity	9:00 Exercise: Heart Fit- HCDR 10:00 Uno Card game- HCAR 11:00 Helping Hands Volunteer Group- HCAR 2:00 Cooking: Lemon Blueberry Bars- RP 13:00 Senior Scholars: Alaska-	9:00 Exercise: Balance Fit- HCDR 9:45 Communion w/ Linda- AR A 10:00 Creative Corner: 2022 Calendar- HCAR 5 1:30 Inspired Living Committee- HCDR K 2:00 Bingo- HCDR R 3:00 NR Ringo Market- HCAR	9:00 Exercise: Strength Fit- HCAR 1 10:00 Catholic Mass- HCDR M 11:00 Name the Instrument- HCAR C 2:00 Dice Challenge- HCAR C 3:00 Bible Study- HCAR	9:00 Exercise: Heart Fit- HCDR 10:00 Creative Corner: Snowman Craft- HCAR 11:00 Country Cruise 1:30 Chef's Circle- HCDR 2:00 Bingo- HCDR 3:00 Popcorn/Coke- HCDR	7 V 9:00 Exercise: Flex Fit- HCDR CC 10:00 Cooking: Snowy Kiss Cookies- RP A 2:00 Flower Arrangements- HCAR M 3:00 Happy Hour w/Monte B HCDR S 4:00 North River Market- ALDR GE 6:00 Games with Friends- HCAR	9:00 Exercise: Strength Fit- HCAR K 10:00 Never Have I Ever- HCAR M 11:00 Celebrating the Kingl- HCAR K 2:00 Bingo- HCDR K 3:00 Puzzle Piecers- Activity Rooms A 4:00 Stress Free Saturday Coloring- Activity Rooms
9:00 Newspapers, Crosswords, and Coffee- HCAR V 11:00 Indoor Walking Club M 11:00 Sunday Hymns-ALAR GF 3:00 Sunday at the Movies!- HCAR I 4:00 Puzzle Piecers- Activity	<ul> <li>9:00 Exercise: Heart Fit- HCDR</li> <li>10:00 Battleship- HCAR</li> <li>11:00 Helping Hands Volunteer Group- HCAR</li> <li>2:00 Cooking: Raspberry Pinwheels- RP</li> <li>3:00 Senior Scholars: Morse</li> </ul>	9:00 Exercise: Balance Fit- HCDR 9:45 Communion w/ Linda- AR A 10:00 Creative Corner: Cocoa and Canvas Painting- HCAR K 2:00 Bingo- HCDR K 3:00 NR Bingo Market- HCAR M 3:30 Music Requests- HCAR	9:00 Exercise: Strength Fit- HCAR A 10:00 Finish the Lyrics- HCAR K 11:00 Family Feud Card Game- HCAR K 2:00 Dice Challenge- HCAR I 3:00 Bible Study- HCAR	9:00 Exercise: Heart Fit- HCDR 10:00 Chef's Circle- ALAR 11:00 Resident Council: AL- ALAR 2:00 Bingo- HCDR 3:00 Popcorn/Coke- HCDR 4:00 Card Player's Club- HCAR	V 9:00 Exercise: Flex Fit- HCDR CC 10:00 Cooking: Hazelnut Meringues- RP K 11:00 Trivia Challenge!- HCAR A 2:00 Flower Arrangements- HCAR M 3:00 Happy Hour - HCDR 5 4:00 North River Market- ALDR GE 6:00 Games with Friends- HCAR	9:00 Exercise: Strength Fit- HCAR 10:00 Horse Race Trivia- HCAR 11:00 Lifesize Bowling- HCAR 2:00 Bingo- HCDR K 3:00 Puzzle Piecers- Activity Rooms A 4:00 Stress Free Saturday Coloring- Activity Rooms
16  K 9:00 Newspapers, Crosswords, and Coffee- HCAR S 11:00 Sunday Brunch M 11:00 Sunday Hymns-ALAR V 2:00 Indoor Walking Club GF 3:00 Sunday at the Movies!- HCAR L 4:00 Puzzla Piacers- Activity	Martin Luther King Day  9:00 Exercise: Heart Fit- HCDR 10:00 Race to 50!- HCAR 11:00 Helping Hands Volunteer Group- HCAR 2:00 Cooking: Lemon Loaf- RP 3:00 Senior Scholars: Dr. Martin Luther King- HCAR	9:00 Exercise: Balance Fit- HCDR 9:45 Communion w/ Linda- AR 10:00 Creative Corner: Northern Lights Chalk Drawing- HCAR  2:00 Bingo- HCDR  3:00 NR Bingo Market- HCAR  M 3:30 Music Requests- HCAR	9:00 Exercise: Strength Fit- HCAR 10:00 Name That Tune!- HCAR 11:00 Connect 4 Card Game - HCAR  K 2:00 Dice Challenge- HCAR 3:00 Bible Study- HCAR 3:00 Popcorn for Popcorn Day!	9:00 Exercise: Heart Fit- HCDR 10:00 Creative Corner: Winter Tree Painting- HCAR 11:00 Country Cruise CC 1:30 Chef's Circle- HCAR K 2:00 Bingo- HCDR S 3:00 Popcorn/Coke- HCDR 4:00 Card Playor's Club- HCAP	21  V 9:00 Exercise: Flex Fit- HCDR C 10:00 Cooking: Strawberry Brownies- HCAR A 11:00 Trivia Challenge!- HCAR A 2:00 Flower Arrangements- HCAR M 3:00 Happy Hour w/Vince G HCDR C 1:00 North Piver Market, ALDP	9:00 Exercise: Strength Fit- HCAR K 10:00 Dominoes- HCAR G 11:00 Backwards Rummy Card Game- HCAR K 2:00 Bingo- HCDR K 3:00 Puzzle Piecers- Activity Rooms A 4:00 Stress Free Saturday
K 9:00 Newspapers, Crosswords, and Coffee- HCAR V 11:00 Indoor Walking Club M 11:00 Sunday Hymns-ALAR A 2:00 Poetry- HCAR GF 3:00 Sunday at the Movies!- HCAR L 4:00 Puzzla Piecers- Activity	V 9:00 Exercise: Heart Fit- HCDR K 10:00 Dice Games- HCAR I 11:00 Helping Hands Volunteer Group- HCAR CC 2:00 Cooking: Apple Crumble Muffins- RP L 3:00 Senior Scholars: Elvis- HCAR	9:00 Exercise: Balance Fit- HCDR 9:45 Communion w/ Linda- AR 10:00 Creative Corner: Penguin Craft- HCAR  K 2:00 Bingo- HCDR K 3:00 NR Bingo Market- HCAR M 3:30 Music Requests- HCAR	9:00 Exercise: Strength Fit- HCAR 10:00 Music Bingo- HCAR K 11:00 Color Coded Trivia- HCAR C 2:00 Dice Challenge- HCAR 3:00 Bible Study- HCAR	V 9:00 Exercise: Heart Fit- HCDR A 10:00 Creative Corner: Snowflake Quilt- HCAR O 11:00 Country Cruise K 2:00 Bingo- HCDR S 3:00 Popcorn/Coke- HCDR 4:00 Card Player's Club- HCAR	9:00 Exercise: Flex Fit- HCDR K 11:00 Trivia Challengel- HCAR A 2:00 Flower Arrangements- HCAR M 3:00 Happy Hour - HCDR S 4:00 North River Market- ALDR GF 6:00 Games with Friends- HCAR	V 9:00 Exercise: Strength Fit- HCAR V 11:00 Pong- HCAR K 2:00 Bingo- HCDR K 3:00 Puzzle Piecers- Activity Rooms A 4:00 Stress Free Saturday Coloring- Activity Rooms
9:00 Newspapers, Crosswords, and Coffee- HCAR  V 11:00 Indoor Walking Club  M 11:00 Sunday Hymns-ALAR  GG 2:00 Dominoes- HCAR  GF 3:00 Sunday at the Movies!- HCAR	9:00 Exercise: Heart Fit- HCDR 10:00 Hot Chocolate Social- HCAR 11:00 Helping Hands Volunteer Group- HCAR 2:00 Cooking: Smores Bars- RP Senior Scholars: Mozart- HCAR					

North River Health Campus Health Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About	S - Signature Events V - Vitality	Medical Transport Days are Tuesdays and Wednesdays. Single Rider Bus Rides on Thursdays.	Be sure to attend all activities to receive North river Dollars! These dollars can be spent on Fridays at our North River Market to purchase goodies!	,		1 New Year's Day  9:00 Exercise: Strength Fit- HCAR 10:00 Parade of Roses Bingol- HCAR  11:00 Cover All Dice Game- HCAR 11:30 Sensations- Themed Baskets- HCAR  2:00 Bingo- HCDR
Z  K 9:00 Newspapers, Crosswords, and Coffee- HCAR M 10:00 Church Service - HCAR V 11:00 Indoor Walking Club MM 11:30 Sensations- Themed Baskets- HCAR A 2:00 Clayworks- HCAR GE 3:00 Sunday at the Movies!	9:00 Exercise: Heart Fit- HCDR 10:00 Uno Card game- HCAR 11:00 Helping Hands Volunteer Group- HCAR 11:30 Sensations- Themed Baskets- HCAR CC 2:00 Cooking: Lemon Blueberry Bars- RP	<ul> <li>9:00 Exercise: Balance Fit- HCDR</li> <li>9:45 Communion w/ Linda- AR</li> <li>10:00 Creative Corner: 2022         <ul> <li>Calendar- HCAR</li> </ul> </li> <li>11:30 Sensations- Themed             Baskets- HCAR</li> <li>1:30 Inspired Living Committee-HCDR</li> </ul>	9:00 Exercise: Strength Fit- HCAR 1 10:00 Catholic Mass- HCDR M 11:00 Name the Instrument- HCAR 11:30 Sensations- Themed Baskets- HCAR 2:00 Dice Challenge- HCAR 1 3:00 Bible Study- HCAR 4:00 SNOWMAN (Hangman)	9:00 Exercise: Heart Fit- HCDR 10:00 Creative Corner: Snowman Craft- HCAR 11:00 Country Cruise 11:30 Sensations- Themed Baskets- HCAR 1:30 Chef's Circle- HCDR 2:00 Ringo- HCDR	7  V 9:00 Exercise: Flex Fit- HCDR CC 10:00 Cooking: Snowy Kiss Cookies- RP MM 11:30 Sensations- Themed Baskets- HCAR A 2:00 Flower Arrangements- HCAR M 3:00 Happy Hour w/Monte B	8  V 9:00 Exercise: Strength Fit- HCAR 10:00 Never Have I Ever- HCAR 11:00 Celebrating the King!- HCAR MM 11:30 Sensations- Themed Baskets- HCAR K 2:00 Bingo- HCDR K 3:00 Puzzle Piecers- Activity
9:00 Newspapers, Crosswords, and Coffee- HCAR M 10:00 Church Service - HCAR V 11:00 Indoor Walking Club MM 11:30 Sensations- Themed Baskets- HCAR A 2:00 Jewelry Making- HCAR 3:00 Sunday at the Movies!	9:00 Exercise: Heart Fit- HCDR 10:00 Battleship- HCAR 11:00 Helping Hands Volunteer Group- HCAR MM 11:30 Sensations- Themed Baskets- HCAR CC 2:00 Cooking: Raspberry Pinwheels- RP	9:00 Exercise: Balance Fit- HCDR 9:45 Communion w/ Linda- AR A 10:00 Creative Corner: Cocoa and Canvas Painting- HCAR MM 11:30 Sensations- Themed Baskets- HCAR K 2:00 Bingo- HCDR 3:00 NR Bingo Market- HCAR	K 11:00 Family Feud Card Game- HCAR MM 11:30 Sensations-Themed Baskets-HCAR K 2:00 Dice Challenge-HCAR	9:00 Exercise: Heart Fit- HCDR 10:00 Resident Council: HC- HCAR 11:30 Sensations- Themed Baskets- HCAR  2:00 Bingo- HCDR 3:00 Popcorn/Coke- HCDR 4:00 Card Player's Club- HCAR 4:30 Spelling Ree- DR	9:00 Exercise: Flex Fit- HCDR 10:00 Cooking: Hazelnut Meringues- RP 11:00 Trivia Challenge!- HCAR 11:30 Sensations- Themed Baskets- HCAR 2:00 Flower Arrangements- HCAR 3:00 Happy Hour- HCDR	9:00 Exercise: Strength Fit- HCAR 10:00 Horse Race Trivia- HCAR 11:00 Lifesize Bowling- HCAR 11:30 Sensations- Themed Baskets- HCAR  K 2:00 Bingo- HCDR K 3:00 Puzzle Piecers- Activity
16  K 9:00 Newspapers, Crosswords, and Coffee- HCAR  S 11:00 Sunday Brunch  V 2:00 Indoor Walking Club  GF 3:00 Sunday at the Movies!- HCAR  I 4:00 Puzzle Piecers- Activity	17 Martin Luther King Day  V 9:00 Exercise: Heart Fit- HCDR K 10:00 Race to 50!- HCAR I 11:00 Helping Hands Volunteer Group- HCAR MM 11:30 Sensations- Themed Baskets- HCAR CC 2:00 Cooking: Lemon Loaf- RP 3:00 Senior Scholars: Dr. Martin	9:00 Exercise: Balance Fit- HCDR 9:45 Communion w/ Linda- AR 10:00 Creative Corner: Northern Lights Chalk Drawing- HCAR MM 11:30 Sensations- Themed Baskets- HCAR  K 2:00 Bingo- HCDR 3:00 NP Bingo Market HCAP	9:00 Exercise: Strength Fit- HCAR 10:00 Name That Tune!- HCAR GG 11:00 Connect 4 Card Game - HCAR MM 11:30 Sensations- Themed Baskets- HCAR  2:00 Dice Challenge- HCAR 3:00 Bible Study, HCAP	9:00 Exercise: Heart Fit- HCDR 10:00 Creative Corner: Winter Tree Painting- HCAR 11:00 Country Cruise 11:30 Sensations- Themed Baskets- HCAR 1:30 Chef's Circle- HCAR 2:00 Ringo- HCDP	9:00 Exercise: Flex Fit- HCDR 10:00 Cooking: Strawberry Brownies- HCAR K 11:00 Trivia Challenge!- HCAR MM 11:30 Sensations- Themed Baskets- HCAR A 2:00 Flower Arrangements- HCAR 3:00 Happy Hour w/Vinco G	9:00 Exercise: Strength Fit- HCAR 10:00 Dominoes- HCAR 11:00 Backwards Rummy Card Game- HCAR MM 11:30 Sensations- Themed Baskets- HCAR  K 2:00 Bingo- HCDR  R 3:00 Puzzlo Piocors- Activity
<ul> <li>9:00 Newspapers, Crosswords, and Coffee- HCAR</li> <li>10:00 Church Service - HCAR</li> <li>11:00 Indoor Walking Club</li> <li>11:30 Sensations- Themed Baskets- HCAR</li> <li>2:00 Poetry- HCAR</li> <li>3:00 Sunday at the Moviesl-</li> </ul>	9:00 Exercise: Heart Fit- HCDR 10:00 Dice Games- HCAR 11:00 Helping Hands Volunteer Group- HCAR MM 11:30 Sensations- Themed Baskets- HCAR CC 2:00 Cooking: Apple Crumble Muffins- RP	9:00 Exercise: Balance Fit- HCDR 9:45 Communion w/ Linda- AR 10:00 Creative Corner: Penguin Craft- HCAR MM 11:30 Sensations- Themed Baskets- HCAR K 2:00 Bingo- HCDR K 3:00 NR Bingo Market- HCAR	M 10:00 Music Bingo- HCAR  K 11:00 Color Coded Trivia- HCAR	9:00 Exercise: Heart Fit- HCDR 10:00 Creative Corner: Snowflake Quilt- HCAR 11:00 Country Cruise 11:30 Sensations- Themed Baskets- HCAR  2:00 Bingo- HCDR  3:00 Poncorn/Coke- HCDR	9:00 Exercise: Flex Fit- HCDR 10:00 Cooking: Peanut Butter Cornflake Cookies- RP  K 11:00 Trivia Challenge!- HCAR MM 11:30 Sensations- Themed Baskets- HCAR  2:00 Flower Arrangements- HCAR  Happy Hour - HCDR	9:00 Exercise: Strength Fit- HCAR 10:00 Clue Card Game- HCAR 11:00 Pong- HCAR MM 11:30 Sensations- Themed Baskets- HCAR  K 2:00 Bingo- HCDR K 3:00 Puzzle Piecers- Activity Rooms
<ul> <li>9:00 Newspapers, Crosswords, and Coffee- HCAR</li> <li>M 10:00 Church Service - HCAR</li> <li>V 11:00 Indoor Walking Club</li> <li>MM 11:30 Sensations- Themed Baskets- HCAR</li> <li>GG 2:00 Dominoes- HCAR</li> </ul>	9:00 Exercise: Heart Fit- HCDR 10:00 Hot Chocolate Social- HCAR 11:00 Helping Hands Volunteer Group- HCAR 11:30 Sensations- Themed Baskets- HCAR 2:00 Cooking: Smores Bars- RP					

North River Health Campus Independent Living



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CC - Community Connections CC - Creative Cooking GF - Gathering of Friends C - Keeping it Sharp/Reminisce C - Lifelong Learning M - Music to My Ears C - Signature Events C - Vitality						1 New Year's Day
2	3	8:30 Pancake Breakfast at Clubhouse 9:30 Trilogy Fit - CH	5	9:30 Trilogy Fit - CH 5 12:00 Taste of the Town Drive - ALDR (in person only)  K 1:00 Clabber & Other Games! - CH	3:00 Happy Hour w/Monte B HCDR	8
9	10 K 1:00 BUNCO - CH	9:30 Trilogy Fit - CH 10:30 Technology Help with Jennifer - By Appointment!	GF 11:30 Villa Community Lunch at Clubhouse	9:30 Trilogy Fit - CH	M 3:00 Happy Hour - HCDR	15
s 11:00 Family Brunch - RSVP Required!	17 Martin Luther King Day  GF 1:00 Monthly Birthday Celebration! - CH	9:30 Trilogy Fit - CH 1:00 Clabber & Other Games! - CH	2:00 Senior Executive Club (In Person Only)	9:30 Trilogy Fit - CH 1:00 Clabber & Other Games! - CH	3:00 Happy Hour w/Vince G HCDR	22
23	24 K 1:00 BUNCO - CH	GF 8:30 Coffee and Donut Breakfast - CH 9:30 Trilogy Fit - CH 10:00 Keeping Up Appearances (Comedy Sitcom) at CH	26	9:30 Trilogy Fit - CH	M 3:00 Happy Hour - HCDR	29
30	31					Reminder! Meals/events are inperson now! YAY! We have wanted to get back to this & here we are. We will no longer offer grab & go. Please see Jennifer with any questions.

North	River	Health	Campus
Legacy	/ Lane	•	•



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears S - Signature Events V - Vitality						1 New Year's Day  W Roll in the New Year  New Year Word Poem C Cranberry Pecan Cheese Balls Relax & Recharge Creative Storytelling M Making Music
Balance  Guess the Animal  Sausage & Peppers Hawaiian Sliders Relax & Recharge  No Sew Fleece Blankets	Yoga  Memory Box Peanut Butter Cookie Cups Relax & Recharge	Cookies & Cream Ice Cream Relax & Recharge Pinecone Penguin	<ul><li>Monster Cookie Energy Bites</li><li>Relax &amp; Recharge</li><li>Squeegee Canvas Paint</li></ul>	80s Flashback Life Story Pizza Quesadillas Relax & Recharge Life Timeline Creative Writing Hippy Dance	Mindfulness Matters Rolling 31 Days Chocolate Truffles Relax & Recharge Winter Sugar Painting Float With Me Happy Hour	Roll in the New Year New Year Word Poem Bacon Cheese Balls Relax & Recharge Art Appreciation-Renoir Making Music
Balance Guess the Animal Ham, Egg & Cheese Hawaiian Sliders Relax & Recharge Kindness Flowers	Yoga  Memory Box Chocolate Cookie Cups Relax & Recharge Watercolor Snowman	Strawberry Ice Cream Relax & Recharge  Newspaper Winter Landscape	Quick Qigong Famous Pairs Blueberry Muffin Energy Bites Relax & Recharge Winter Scenery Dance Your Own Way	80s Flashback Life Story Strawberry Peanut Butter Quesadilla Relax & Recharge To Be Creative Writing	Mindfulness Matters Rolling 31 Days Nutty Truffles Relax & Recharge Splatter Paint Float With Me Happy Hour	Roll in the New Year  New Year Word Poem Chocolate Chip Cheesecake Balls Relax & Recharge Art Appreciation-American
<ul> <li>Balance</li> <li>Guess the Animal</li> <li>Philly Cheesesteak Hawaiian</li> <li>Sliders</li> <li>Sunday Brunch</li> <li>Relax &amp; Recharge</li> </ul>		Drum Circle  Tell Me Something Good Chocolate Ice Cream Relax & Recharge Snowman Craft Toe Tapping Tuesday	Peanut Butter Chocolate Chip Energy Bites Relax & Recharge	<ul> <li>80s Flashback</li> <li>Life Story</li> <li>Veggie Quesadillas Relax &amp; Recharge</li> <li>Creative Storytelling</li> <li>Hippy Dance</li> </ul>	Mindfulness Matters Rolling 31 Days Candy Truffles Relax & Recharge Snow Sensory Bottle Float With Me Happy Hour	Roll in the New Year  New Year Word Poem  Salami Cheese Balls Relax & Recharge  Art Appreciation-Starry Night  Making Music
W Balance K Guess the Animal C Caprese Hawaiian Sliders Relax & Recharge K Kindness Flowers Lift Your Voices	Yoga  Memory Box Cookies & Cream Cookie Cups Relax & Recharge	Drum Circle  Tell Me Something Good  Caramel Ice Cream Relax & Recharge Paper Plate Penguins  Toe Tapping Tuesday	Famous Pairs Sweet and Salty Energy Bites Relax & Recharge Paint Pouring	<ul> <li>80s Flashback</li> <li>Life Story</li> <li>PB &amp; J S'mores Quesadilla Relax &amp; Recharge</li> <li>Creative Storytelling</li> <li>Hippy Dance</li> </ul>	Mindfulness Matters Rolling 31 Days Cranberry Truffles Relax & Recharge Winter Process Art Float With Me Happy Hour	Roll in the New Year  New Year Word Poem  Nutty Pimento Cheese Balls Relax & Recharge  Art Appreciation-Mona Lisa Making Music
Balance Guess the Animal Roasted Veggie Hawaiian Sliders Relax & Recharge No Sew Fleece Blankets	What a Wonderful World Chair Yoga Memory Box Dark Chocolate Cookie Cups Relax & Recharge Tape Resist Watercolor Painting					