

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p> A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce </p>	<p> L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality </p>					<p> 1 New Year's Day I 10:00 New Years Day Coloring Contest 10:45 Mindful Moments 11:15 Aromatherapy GF 2:45 Hot Chocolate Social in Healthcenter Rec </p>
<p> 2 I 10:00 Stretch and Tone 10:30 Daily Devotions 11:15 Aromatherapy M 2:30 BB: CHANNEL 2:Hymns Singing with Lyrics I 3:30 Christmas Church </p>	<p> 3 V 10:00 Shake Up High Lyric Exercise Fun K 10:30 January Trivia 11:15 Aromatherapy GG 2:00 Bingo CC 3:30 Bible Study With Andrew Sexton! </p>	<p> 4 A 10:00 Indoor Snowflakes CC 10:30 Chef Circle in AL Rec Room K 10:45 Remembering Elvis Songs & Aromatherapy O 1:30 Out and About MM 3:30 Mindful Moments </p>	<p> 5 M 9:00 Activity Cart 9:45 Music and Manicures MM 11:30 Aromatherapy 1:30 Popcorn CC 3:45 Inspired Living Committee </p>	<p> 6 A 10:00 Passport Crafts MM 11:15 Aromatherapy M 1:00 The Music Man CC 1:30 Out and About GG 3:30 Dice Breakers 5:30 Mindful Moments </p>	<p> 7 V 10:00 Stretch and Strength L 10:30 Virtual Tour To Egypt M 11:30 Piano Hymns with Nelda! GG 2:00 Bingo GF 3:00 Happy Hour </p>	<p> 8 M 10:00 Saturday Sing-A-Longs 10:45 Mindful Moments 11:15 Aromatherapy GF 2:45 Popcorn in Health center Rec Room! L 3:00 Saturday Movie Movies Going to Studio </p>
<p> 9 I 10:00 Stretch and Tone 10:30 Daily Devotions 11:15 Aromatherapy M 2:30 BB: CHANNEL 2:Hymns Singing with Lyrics I 3:30 Christmas Church </p>	<p> 10 V 10:00 Laughter yoga GG 10:30 Winter Pictionary GG 11:30 Aromatherapy 2:00 Bingo CC 3:30 Bible Study With Andrew Sexton! </p>	<p> 11 A 10:00 Sock Snowman CC 10:30 Chef Circle in AL Rec Room MM 11:00 Aromatherapy O 1:30 Out and About MM 3:30 Mindful Moments CC 5:30 Game Night </p>	<p> 12 V 9:00 Activity Cart 9:45 Music and Manicures MM 11:30 Aromatherapy 1:30 Popcorn CC 3:30 Resident Council </p>	<p> 13 A 10:00 Winter Canvas Painting I 11:15 Aromatherapy CC 1:30 Out and About K 3:30 Name 10 5:30 Mindful Moments </p>	<p> 14 V 10:00 Stretch and Strength L 10:30 Virtual Tour To The Great Wall Of China M 11:30 Piano Hymns with Nelda! GG 2:00 Bingo GF 3:00 Happy Hour </p>	<p> 15 K 10:00 Saturday Sing-A-Longs 10:45 Mindful Moments 11:15 Aromatherapy GF 2:45 Hot Chocolate Social in Healthcenter Rec Room! L 3:00 Saturday Movie Movies Going to Studio </p>
<p> 16 I 10:00 Stretch and Tone 10:30 Daily Devotions S 11:00 Aromatherapy M 2:30 BB: CHANNEL 2:Hymns Singing with Lyrics I 3:30 Christmas Church </p>	<p> 17 Martin Luther King Day V 10:00 Balloon Tennis I 10:30 MLK- We Shall Overcome 11:15 Aromatherapy K 2:00 Bingo CC 3:30 Bible Study With Andrew Sexton! </p>	<p> 18 A 10:00 Ice Cream Cone Clay Pots! CC 10:30 Chef Circle in AL Rec Room K 11:00 Aromatherapy O 1:30 Out and About MM 3:30 Mindful Moments CC 5:30 Game Night </p>	<p> 19 K 9:00 Activity Cart 9:45 Music and Manicures MM 11:30 Aromatherapy 2:00 Popcorn IG 3:30 Just the Guys!: Car Course </p>	<p> 20 A 10:00 Pine Cone Garland MM 11:00 Aromatherapy O 1:30 Out and About K 3:30 Where Have You Been States Game 5:30 Mindful Moments </p>	<p> 21 V 10:00 Stretch and Strength L 10:30 Virtual Tour To New Zealand M 11:30 Piano Hymns with Nelda! GG 2:00 Bingo GF 3:00 Happy Hour </p>	<p> 22 M 10:00 Saturday Sing-A-Longs 10:45 Mindful Moments 11:15 Aromatherapy GF 2:45 Popcorn in Health center Rec Room! L 3:00 Saturday Movie Movies Going to Studio </p>
<p> 23 I 10:00 Stretch and Tone 10:30 Daily Devotions 11:15 Aromatherapy M 2:30 BB: CHANNEL 2:Hymns Singing with Lyrics I 3:30 Christmas Church </p>	<p> 24 V 10:00 Chair Exercises GF 10:30 Name 10 MM 11:15 Aromatherapy GG 2:00 Bingo CC 3:30 Bible Study With Andrew Sexton! </p>	<p> 25 A 10:00 Winter Snow Globes CC 10:30 Chef Circle in AL Rec Room MM 11:00 Aromatherapy O 1:30 Out and About MM 3:30 Mindful Moments CC 5:30 Game Night </p>	<p> 26 K 9:00 Activity Cart 9:45 Music and Manicures MM 11:30 Aromatherapy 2:00 Popcorn MM 3:30 Balloon Tennis </p>	<p> 27 A 10:00 Make Your Own Magnets! MM 11:00 Aromatherapy O 1:30 Out and About GG 3:30 Horse shoes 5:30 Mindful Moments </p>	<p> 28 V 10:00 Stretch and Strength L 10:30 Virtual Tour To Greece M 11:30 Piano Hymns with Nelda! GG 2:00 Bingo GF 3:00 Happy Hour </p>	<p> 29 K 10:00 Saturday Sing-A-Longs 10:45 Mindful Moments 11:15 Aromatherapy GF 2:45 Hot Chocolate Social in Healthcenter Rec Room! L 3:00 Saturday Movie Movies Going to Studio </p>
<p> 30 I 10:00 Stretch and Tone 10:30 Daily Devotions 11:15 Aromatherapy M 2:30 BB: CHANNEL 2:Hymns Singing with Lyrics I 3:30 Christmas Church </p>	<p> 31 V 10:00 Shake Up High Lyric Exercise Fun K 10:30 Jeopardy Trivia 11:15 Aromatherapy GG 2:00 Bingo CC 3:30 Bible Study With Andrew Sexton! </p>					

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

A - Artisans
CC - Community Connections
CC - Creative Cooking
GF - Gathering of Friends
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I - Inspirations
IG - Just the Guys
K - Keeping it Sharp/Reminisce

L - Lifelong Learning
MM - Mindful Moments
M - Music to My Ears
O - Out & About
S - Signature Events
V - Vitality

1 **New Year's Day**
I 10:00 New Years Day
Coloring Contest
MM 10:45 Mindful Moments
MM 11:15 Aromatherapy
GF 2:45 Hot Chocolate Social in
Healthcenter Rec

2
V 10:00 Stretch and Tone
I 10:30 Daily Devotions
MM 11:00 Aromatherapy
M 2:30 BB: CHANNEL
2:Hymns Singing with
Lyrics

3
V 10:00 Shake Up High Lyric
Exercise Fun
K 10:30 January Trivia
MM 11:15 Aromatherapy
GG 2:00 Bingo
CC 3:30 Bible Study With

4
A 10:00 Indoor Snowflakes
CC 10:30 Chef Circle in AL Rec
Room
K 10:45 Remembering Elvis
Songs & Aromatherapy
O 1:30 Out and About

5
K 9:00 Activity Cart
M 9:45 Music and Manicures
MM 11:30 Aromatherapy
GF 1:30 Popcorn
CC 3:15 Inspired Living
Committee

6
A 10:00 Passport Crafts
MM 11:15 Aromatherapy
M 1:00 The Music Man
CC 1:30 Out and About
GG 3:30 Dice Breakers
5:30 Mindful Moments

7
V 10:00 Stretch and Strength
L 10:30 Virtual Tour To Egypt
MM 11:00 Aromatherapy
M 11:30 Piano Hymns with
Nelda!
GG 2:00 Bingo

8
M 10:00 Saturday Sing-A-Longs
MM 10:45 Mindful Moments
MM 11:15 Aromatherapy
GF 2:45 Popcorn in Health
center Rec Room!
L 3:00 Saturday Movie

9
V 10:00 Stretch and Tone
I 10:30 Daily Devotions
MM 11:00 Aromatherapy
M 2:30 BB: CHANNEL
2:Hymns Singing with
Lyrics

10
V 10:00 Laughter yoga
GG 10:30 Winter Pictionary
GG 11:30 Aromatherapy
K 2:00 Bingo
CC 3:30 Bible Study With
Andrew Sexton!

11
A 10:00 Sock Snowman
CC 10:30 Chef Circle in AL Rec
Room
MM 11:00 Aromatherapy
O 1:30 Out and About
MM 3:30 Mindful Moments

12
V 9:00 Activity Cart
M 9:45 Music and Manicures
MM 11:30 Aromatherapy
1:30 Popcorn
CC 3:00 Resident Council

13
A 10:00 Winter Canvas Painting
I 11:15 Aromatherapy
CC 1:30 Out and About
K 3:30 Name 10
MM 5:30 Mindful Moments

14
V 10:00 Stretch and Strength
L 10:30 Virtual Tour To The
Great Wall Of China
MM 11:00 Aromatherapy
M 11:30 Piano Hymns with
Nelda!

15
K 10:00 Saturday Sing-A-Longs
MM 10:45 Mindful Moments
MM 11:15 Aromatherapy
GF 2:45 Hot Chocolate Social in
Healthcenter Rec
Room!

16
10:00 Stretch and Tone
I 10:30 Daily Devotions
S 11:00 Aromatherapy
M 2:30 BB: CHANNEL
2:Hymns Singing with
Lyrics

17 **Martin Luther King Day**
V 10:00 Balloon Tennis
I 10:30 MLK- We Shall
Overcome
MM 11:15 Aromatherapy
K 2:00 Bingo
CC 3:30 Bible Study With

18
A 10:00 Ice Cream Cone Clay
Pots!
CC 10:30 Chef Circle in AL Rec
Room
K 11:00 Aromatherapy
O 1:30 Out and About

19
K 9:00 Activity Cart
M 9:45 Music and Manicures
MM 11:30 Aromatherapy
2:00 Popcorn
IG 3:30 Just the Guys!: Car
Course

20
A 10:00 Pine Cone Garland
MM 11:00 Aromatherapy
O 1:30 Out and About
K 3:30 Where Have You Been
States Game
MM 5:30 Mindful Moments

21
V 10:00 Stretch and Strength
L 10:30 Virtual Tour To New
Zealand
MM 11:00 Aromatherapy
M 11:30 Piano Hymns with
Nelda!

22
M 10:00 Saturday Sing-A-Longs
MM 10:45 Mindful Moments
MM 11:15 Aromatherapy
GF 2:45 Popcorn in Health
center Rec Room!
L 3:00 Saturday Movie

23
V 10:00 Stretch and Strength
I 10:30 Daily Devotions
MM 11:00 Aromatherapy
M 2:30 BB: CHANNEL
2:Hymns Singing with
Lyrics

24
V 10:00 Chair Exercises
K 10:30 Name 10
MM 11:15 Aromatherapy
GG 2:00 Bingo
CC 3:30 Bible Study With
Andrew Sexton!

25
A 10:00 Winter Snow Globes
CC 10:30 Chef Circle in AL Rec
Room
MM 11:00 Aromatherapy
O 1:30 Out and About
MM 3:30 Mindful Moments

26
K 9:00 Activity Cart
GF 9:45 Music and Manicures
MM 11:30 Aromatherapy
2:00 Popcorn
MM 3:30 Balloon Tennis

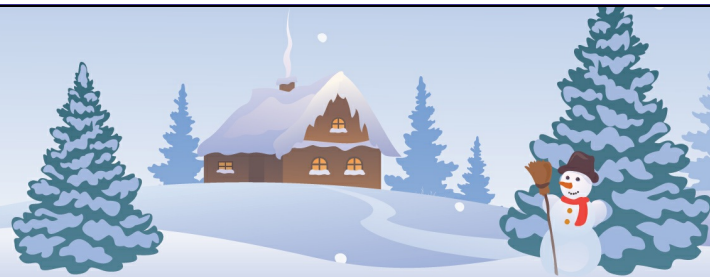
27
A 10:00 Make Your Own
Magnets!
MM 11:00 Aromatherapy
O 1:30 Out and About
GG 3:30 Horse shoes
MM 5:30 Mindful Moments

28
V 10:00 Stretch and Strength
L 10:30 Virtual Tour To Greece
MM 11:00 Aromatherapy
M 11:30 Piano Hymns with
Nelda!
GG 2:00 Bingo

29
K 10:00 Saturday Sing-A-Longs
MM 10:45 Mindful Moments
MM 11:15 Aromatherapy
GF 2:45 Hot Chocolate Social in
Healthcenter Rec
Room!

30
V 10:00 Stretch and Tone
I 10:30 Daily Devotions
MM 11:00 Aromatherapy
M 2:30 BB: CHANNEL
2:Hymns Singing with
Lyrics

31
V 10:00 Shake Up High Lyric
Exercise Fun
K 10:30 Jeopardy Trivia
MM 11:15 Aromatherapy
GG 2:00 Bingo
CC 3:30 Bible Study With



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce MM - Mindful Moments M - Music to My Ears V - Vitality</p>						<p>1 New Year's Day</p> <p>V 9:00 Roll in the New Year K 9:30 New Year Word Poem CC 10:45 Cranberry Pecan Cheese Balls 11:30 Healthy Hands 12:45 Relax & Recharge</p>
<p>2</p> <p>V 9:00 Balance K 9:30 Guess the Animal CC 10:45 Sausage & Peppers Hawaiian Sliders 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>3</p> <p>V 9:00 What a Wonderful World Chair Yoga K 9:30 Memory Box CC 10:45 Peanut Butter Cookie Cups 11:30 Healthy Hands</p>	<p>4</p> <p>V 9:00 Drum Circle K 9:30 Tell Me Something Good CC 10:45 Cookies & Cream Ice Cream 11:30 Healthy Hands</p>	<p>5</p> <p>V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Monster Cookie Energy Bites 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>6</p> <p>3:27 Out and About V 9:00 80s Flashback K 9:30 Life Story CC 10:45 Pizza Quesadillas 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>7</p> <p>V 9:00 Mindfulness Matters K 9:30 Rolling 31 Days CC 10:45 Chocolate Truffles 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Winter Sugar Painting</p>	<p>8</p> <p>V 9:00 Roll in the New Year K 9:30 New Year Word Poem CC 10:45 Bacon Cheese Balls 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation-Renoir</p>
<p>9</p> <p>V 9:00 Balance K 9:30 Guess the Animal CC 10:45 Ham, Egg & Cheese Hawaiian Sliders 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>10</p> <p>V 9:00 What a Wonderful World Chair Yoga K 9:30 Memory Box CC 10:45 Chocolate Cookie Cups 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>11</p> <p>V 9:00 Drum Circle K 9:30 Tell Me Something Good CC 10:45 Strawberry Ice Cream 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>12</p> <p>V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Blueberry Muffin Energy Bites 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>13</p> <p>3:27 Out and About V 9:00 80s Flashback K 9:30 Life Story CC 10:45 Strawberry Peanut Butter Quesadilla 11:30 Healthy Hands</p>	<p>14</p> <p>V 9:00 Mindfulness Matters K 9:30 Rolling 31 Days CC 10:45 Nutty Truffles 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Splatter Paint</p>	<p>15</p> <p>V 9:00 Roll in the New Year K 9:30 New Year Word Poem CC 10:45 Chocolate Chip Cheesecake Balls 11:30 Healthy Hands 12:45 Relax & Recharge</p>
<p>16</p> <p>V 9:00 Balance K 9:30 Guess the Animal CC 10:45 Philly Cheesesteak Hawaiian Sliders 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>17 Martin Luther King Day</p> <p>V 9:00 What a Wonderful World Chair Yoga K 9:30 Memory Box CC 10:45 Caramel Cookie Cups 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>18</p> <p>V 9:00 Drum Circle K 9:30 Tell Me Something Good CC 10:45 Chocolate Ice Cream 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>19</p> <p>V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Peanut Butter Chocolate Chip Energy Bites 11:30 Healthy Hands</p>	<p>20</p> <p>3:27 Out and About V 9:00 80s Flashback K 9:30 Life Story CC 10:45 Veggie Quesadillas 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>21</p> <p>V 9:00 Mindfulness Matters K 9:30 Rolling 31 Days CC 10:45 Candy Truffles 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Snow Sensory Bottle</p>	<p>22</p> <p>V 9:00 Roll in the New Year K 9:30 New Year Word Poem CC 10:45 Salami Cheese Balls 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Art Appreciation-Starry</p>
<p>23</p> <p>V 9:00 Balance K 9:30 Guess the Animal CC 10:45 Caprese Hawaiian Sliders 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>24</p> <p>V 9:00 What a Wonderful World Chair Yoga K 9:30 Memory Box CC 10:45 Cookies & Cream Cookie Cups 11:30 Healthy Hands</p>	<p>25</p> <p>V 9:00 Drum Circle K 9:30 Tell Me Something Good CC 10:45 Caramel Ice Cream 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>26</p> <p>V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Sweet and Salty Energy Bites 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>27</p> <p>3:27 Out and About V 9:00 80s Flashback K 9:30 Life Story CC 10:45 PB & J S'mores Quesadilla 11:30 Healthy Hands</p>	<p>28</p> <p>V 9:00 Mindfulness Matters K 9:30 Rolling 31 Days CC 10:45 Cranberry Truffles 11:30 Healthy Hands 12:45 Relax & Recharge A 2:00 Winter Process Art</p>	<p>29</p> <p>V 9:00 Roll in the New Year K 9:30 New Year Word Poem CC 10:45 Nutty Pimento Cheese Balls 11:30 Healthy Hands 12:45 Relax & Recharge</p>
<p>30</p> <p>V 9:00 Balance K 9:30 Guess the Animal CC 10:45 Roasted Veggie Hawaiian Sliders 11:30 Healthy Hands 12:45 Relax & Recharge</p>	<p>31</p> <p>V 9:00 What a Wonderful World Chair Yoga K 9:30 Memory Box CC 10:45 Dark Chocolate Cookie Cups 11:30 Healthy Hands</p>					