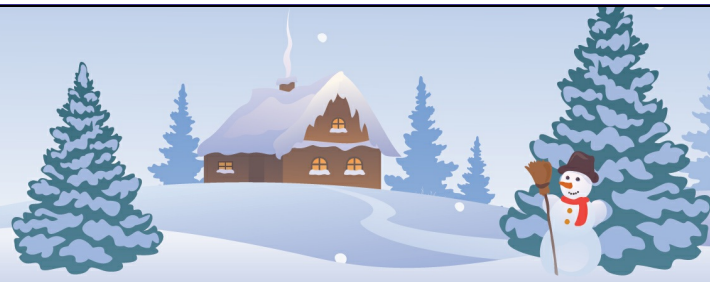


# JANUARY 2022

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|--|---|---|---|---|--|--|
| <p><b>A</b> - Artisans<br/><b>CC</b> - Creative Cooking<br/><b>I</b> - Inspirations<br/><b>JG</b> - Just the Guys<br/><b>K</b> - Keeping it Sharp/Reminisce<br/><b>L</b> - Lifelong Learning<br/><b>MM</b> - Mindful Moments<br/><b>M</b> - Music to My Ears</p> | <p><b>S</b> - Signature Events<br/><b>V</b> - Vitality</p>  |   |   |   |  | <p><b>1</b> <b>New Year's Day</b><br/><b>K</b> 10:00 Media Cart<br/><b>MM</b> 11:00 Healthy Hands<br/><b>V</b> 11:30 Breathe and Stretch<br/><b>K</b> 2:30 Bingo</p> |
| <p><b>2</b><br/><b>MM</b> 10:00 Morning Inspiration/Media Cart<br/><b>I</b> 10:30 Mass of the Air on ABC<br/><b>I</b> 11:00 Southeast Christian Church on TV on NBC<br/><b>K</b> 2:30 Group Games</p>  | <p><b>3</b><br/><b>I</b> 10:00 Morning Motivations/Media Cart<br/><b>JG</b> 10:30 Walt Talks<br/><b>MM</b> 11:30 Healthy Hands<br/><b>V</b> 11:45 Breathe and Stretch<br/><b>M</b> 2:00 Channel 2 at 2:00<br/><b>CC</b> 2:30 Milkshake Monday</p> | <p><b>4</b><br/><b>K</b> 10:15 Cocoa and Conversation<br/><b>L</b> 10:30 Lifelong Learning / Name Origins<br/><b>MM</b> 11:30 Healthy Hands<br/><b>K</b> 2:30 Bingo</p>       | <p><b>5</b><br/><b>V</b> 10:00 Breathe and Stretch<br/><b>A</b> 10:30 Let's Create /<br/><b>MM</b> 11:30 Healthy Hands<br/><b>K</b> 12:00 Conversation Starters<br/><b>M</b> 2:00 Academy Award Movie Month / Channel 2</p>                 | <p><b>6</b><br/><b>V</b> 10:30 Guided Meditation<br/><b>MM</b> 11:30 Healthy Hands<br/><b>K</b> 12:00 Conversation Starters<br/><b>K</b> 2:30 Bingo</p>   | <p><b>7</b><br/><b>MM</b> 10:00 Aromatherapy/Hand Massage<br/><b>A</b> 10:30 Art with a Heart / Handmade Cards<br/><b>S</b> 2:00 Happy Hour<br/><b>M</b> 2:30 Entertainment</p>  | <p><b>8</b><br/><b>K</b> 10:00 Media Cart<br/><b>MM</b> 11:00 Healthy Hands<br/><b>V</b> 11:30 Breathe and Stretch<br/><b>K</b> 2:30 Bingo</p>                       |
| <p><b>9</b><br/><b>MM</b> 10:00 Morning Inspiration/Media Cart<br/><b>I</b> 10:30 Mass of the Air on ABC<br/><b>I</b> 11:00 Southeast Christian Church on TV on NBC<br/><b>K</b> 2:30 Group Games</p>  | <p><b>10</b><br/><b>I</b> 10:00 Morning Motivations/Media Cart<br/><b>MM</b> 11:30 Healthy Hands<br/><b>V</b> 11:45 Breathe and Stretch<br/><b>M</b> 2:00 Channel 2 at 2:00<br/><b>CC</b> 2:30 Milkshake Monday</p>                               | <p><b>11</b><br/><b>K</b> 10:15 Cocoa and Conversation<br/><b>L</b> 10:30 Lifelong Learning / Orchids<br/><b>MM</b> 11:30 Healthy Hands<br/><b>K</b> 2:30 Bingo</p>           | <p><b>12</b><br/><b>V</b> 10:00 Breathe and Stretch<br/><b>A</b> 10:30 Let's Create / Orchid Planter<br/><b>MM</b> 11:30 Healthy Hands<br/><b>K</b> 12:00 Conversation Starters<br/><b>M</b> 2:00 Academy Award Movie Month / Channel 2</p> | <p><b>13</b><br/><b>V</b> 10:30 Guided Meditation<br/><b>MM</b> 11:30 Healthy Hands<br/><b>K</b> 12:00 January Trivia<br/><b>K</b> 2:30 Bingo</p>   | <p><b>14</b><br/><b>MM</b> 10:00 Aromatherapy/Hand Massage<br/><b>A</b> 10:30 Art with a Heart / Handmade Cards<br/><b>S</b> 2:00 Happy Hour<br/><b>M</b> 2:30 Entertainment</p> | <p><b>15</b><br/><b>K</b> 10:00 Media Cart<br/><b>MM</b> 11:00 Healthy Hands<br/><b>V</b> 11:30 Breathe and Stretch<br/><b>K</b> 2:30 Bingo</p>                      |
| <p><b>16</b><br/><b>MM</b> 10:00 Morning Inspiration/Media Cart<br/><b>I</b> 10:30 Mass of the Air on ABC<br/><b>I</b> 11:00 Southeast Christian Church on TV on NBC<br/><b>K</b> 2:30 Group Games</p>   | <p><b>17</b> <b>Martin Luther King Day</b><br/><b>I</b> 10:00 Morning Motivations/Media Cart<br/><b>MM</b> 11:30 Healthy Hands<br/><b>V</b> 11:45 Breathe and Stretch<br/><b>M</b> 2:00 Channel 2 at 2:00<br/><b>CC</b> 2:30 Milkshake Monday</p> | <p><b>18</b><br/><b>K</b> 10:15 Cocoa and Conversation<br/><b>L</b> 10:30 Lifelong Learning / Events in History<br/><b>MM</b> 11:30 Healthy Hands<br/><b>K</b> 2:30 Bingo</p> | <p><b>19</b><br/><b>V</b> 10:00 Breathe and Stretch<br/><b>A</b> 10:30 Let's Create /<br/><b>MM</b> 11:30 Healthy Hands<br/><b>K</b> 12:00 Conversation Starters<br/><b>M</b> 2:00 Academy Award Movie Month / Channel 2</p>                | <p><b>20</b><br/><b>V</b> 10:30 Guided Meditation<br/><b>MM</b> 11:30 Healthy Hands<br/><b>S</b> 12:00 Taste of Town<br/><b>K</b> 12:00 Conversation Starters<br/><b>K</b> 2:30 Bingo<br/>3:30 Resident Council Meeting</p> | <p><b>21</b><br/><b>MM</b> 10:00 Aromatherapy/Hand Massage<br/><b>A</b> 10:30 Art with a Heart / Handmade Cards<br/><b>S</b> 2:00 Happy Hour<br/><b>M</b> 2:30 Entertainment</p> | <p><b>22</b><br/><b>K</b> 10:00 Media Cart<br/><b>MM</b> 11:00 Healthy Hands<br/><b>V</b> 11:30 Breathe and Stretch<br/><b>K</b> 2:30 Bingo</p>                      |
| <p><b>23</b><br/><b>MM</b> 10:00 Morning Inspiration/Media Cart<br/><b>I</b> 10:30 Mass of the Air on ABC<br/><b>I</b> 11:00 Southeast Christian Church on TV on NBC<br/><b>K</b> 2:30 Group Games</p>   | <p><b>24</b><br/><b>I</b> 10:00 Morning Motivations/Media Cart<br/><b>MM</b> 11:30 Healthy Hands<br/><b>V</b> 11:45 Breathe and Stretch<br/><b>M</b> 2:00 Channel 2 at 2:00<br/><b>CC</b> 2:30 Milkshake Monday</p>                               | <p><b>25</b><br/><b>K</b> 10:15 Cocoa and Conversation<br/><b>L</b> 10:30 Lifelong Learning / Academy Awards<br/><b>MM</b> 11:30 Healthy Hands<br/><b>K</b> 2:30 Bingo</p>    | <p><b>26</b><br/><b>V</b> 10:00 Breathe and Stretch<br/><b>A</b> 10:30 Let's Create /<br/><b>MM</b> 11:30 Healthy Hands<br/><b>K</b> 12:00 Conversation Starters<br/><b>M</b> 2:00 Academy Award Movie Month / Channel 2</p>                | <p><b>27</b><br/><b>V</b> 10:30 Guided Meditation<br/><b>MM</b> 11:30 Healthy Hands<br/><b>K</b> 12:00 Trivia of the Day<br/><b>K</b> 2:30 Bingo</p>  | <p><b>28</b><br/><b>MM</b> 10:00 Aromatherapy/Hand Massage<br/><b>A</b> 10:30 Art with a Heart / Handmade Cards<br/><b>S</b> 2:00 Happy Hour<br/><b>M</b> 2:30 Entertainment</p> | <p><b>29</b><br/><b>K</b> 10:00 Media Cart<br/><b>MM</b> 11:00 Healthy Hands<br/><b>V</b> 11:30 Breathe and Stretch<br/><b>K</b> 2:30 Bingo</p>                      |
| <p><b>30</b><br/><b>MM</b> 10:00 Morning Inspiration/Media Cart<br/><b>I</b> 10:30 Mass of the Air on ABC<br/><b>I</b> 11:00 Southeast Christian Church on TV on NBC<br/><b>K</b> 2:30 Group Games</p>   | <p><b>31</b><br/><b>I</b> 10:00 Morning Motivations/Media Cart<br/><b>MM</b> 11:30 Healthy Hands<br/><b>V</b> 11:45 Breathe and Stretch<br/><b>M</b> 2:00 Channel 2 at 2:00<br/><b>CC</b> 2:30 Milkshake Monday</p>                               |   |   |   |  |  |



# JANUARY 2022

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|--|--|---|---|---|---|--|
| Birthdays<br>Louise F. 1-13<br>Norma M. 1-21   | "Act as if What you do makes a difference. It does"<br><br>~William James ~  | Activities are subject to change.   |   |   |   | <b>1 New Year's Day</b><br>V Roll in the New Year<br>K New Year Word Poem<br>CC Cranberry Pecan Cheese Balls Relax & Recharge<br>A Creative Storytelling<br>M Making Music                               |
| <b>2</b><br>V Balance<br>K Guess the Animal<br>CC Sausage & Peppers Hawaiian Sliders<br>Relax & Recharge<br>A No Sew Fleece Blankets<br>M Lift Your Voices         | <b>3</b><br>V What a Wonderful World Chair Yoga<br>K Memory Box<br>CC Peanut Butter Cookie Cups<br>Relax & Recharge<br>A Watercolor Snowflake Art<br>M Creative Storytelling                     | <b>4</b><br>V Drum Circle<br>K Tell Me Something Good<br>CC Cookies & Cream Ice Cream<br>Relax & Recharge<br>A Pinecone Penguin<br>M Toe Tapping Tuesday<br>CC News of the Week       | <b>5</b><br>V Quick Qigong<br>K Famous Pairs<br>CC Monster Cookie Energy Bites<br>Relax & Recharge<br>A Squeegie Canvas Paint<br>M Dance Your Own Way<br>CC Throwing Horseshoes           | <b>6</b><br>V 80s Flashback<br>K Life Story<br>CC Pizza Quesadillas<br>Relax & Recharge<br>A Life Timeline Creative Writing<br>M Hippy Dance<br>CC Word Works | <b>7</b><br>V Mindfulness Matters<br>K Rolling 31 Days<br>CC Chocolate Truffles<br>Relax & Recharge<br>S Happy Hour<br>A Winter Sugar Painting<br>M Flash With Me | <b>8</b><br>V Roll in the New Year<br>K New Year Word Poem<br>CC Bacon Cheese Balls<br>Relax & Recharge<br>A Art Appreciation-Renoir<br>M Making Music<br>CC Roll the Dice and Pray for Luck             |
| <b>9</b><br>V Balance<br>K Guess the Animal<br>CC Ham, Egg & Cheese Hawaiian Sliders<br>Relax & Recharge<br>A Kindness Flowers<br>M Lift Your Voices               | <b>10</b><br>V What a Wonderful World Chair Yoga<br>K Memory Box<br>CC Chocolate Cookie Cups<br>Relax & Recharge<br>A Watercolor Snowman<br>M Creative Storytelling                              | <b>11</b><br>V Drum Circle<br>K Tell Me Something Good<br>CC Strawberry Ice Cream<br>Relax & Recharge<br>A Newspaper Winter Landscape<br>M Toe Tapping Tuesday<br>CC News of the Week | <b>12</b><br>V Quick Qigong<br>K Famous Pairs<br>CC Blueberry Muffin Energy Bites<br>Relax & Recharge<br>A Winter Scenery<br>M Dance Your Own Way<br>CC Throwing Horseshoes               | <b>13</b><br>V 80s Flashback<br>K Life Story<br>CC Strawberry Peanut Butter Quesadilla<br>Relax & Recharge<br>A To Be Creative Writing<br>M Flash With Me     | <b>14</b><br>V Mindfulness Matters<br>K Rolling 31 Days<br>CC Nutty Truffles<br>Relax & Recharge<br>S Happy Hour<br>A Splatter Paint<br>M Flash With Me           | <b>15</b><br>V Roll in the New Year<br>K New Year Word Poem<br>CC Chocolate Chip Cheesecake Balls<br>Relax & Recharge<br>A Art Appreciation-American Gothic<br>M Making Music                            |
| <b>16</b><br>V Balance<br>K Guess the Animal<br>CC Philly Cheesesteak Hawaiian Sliders<br>Relax & Recharge<br>A No Sew Fleece Blankets<br>M Lift Your Voices       | <b>17 Martin Luther King Day</b><br>V What a Wonderful World Chair Yoga<br>K Memory Box<br>CC Caramel Cookie Cups<br>Relax & Recharge<br>A Watercolor Bubble Art Tree<br>M Creative Storytelling | <b>18</b><br>V Drum Circle<br>K Tell Me Something Good<br>CC Chocolate Ice Cream<br>Relax & Recharge<br>A Snowman Craft<br>M Toe Tapping Tuesday<br>CC News of the Week               | <b>19</b><br>V Quick Qigong<br>K Famous Pairs<br>CC Peanut Butter Chocolate Chip Energy Bites<br>Relax & Recharge<br>A Snowman Painting<br>M Dance Your Own Way<br>CC Throwing Horseshoes | <b>20</b><br>V 80s Flashback<br>K Life Story<br>CC Veggie Quesadillas<br>S Taste of Town<br>Relax & Recharge<br>A Creative Storytelling<br>M Flash With Me    | <b>21</b><br>V Mindfulness Matters<br>K Rolling 31 Days<br>CC Candy Truffles<br>Relax & Recharge<br>S Happy Hour<br>A Snow Sensory Bottle<br>M Flash With Me      | <b>22</b><br>V Roll in the New Year<br>K New Year Word Poem<br>CC Salami Cheese Balls<br>Relax & Recharge<br>A Art Appreciation-Starry Night<br>M Making Music<br>CC Roll the Dice and Pray for Luck     |
| <b>23</b><br>V Balance<br>K Guess the Animal<br>CC Caprese Hawaiian Sliders<br>Relax & Recharge<br>A Kindness Flowers<br>M Lift Your Voices<br>CC News of the Week | <b>24</b><br>V What a Wonderful World Chair Yoga<br>K Memory Box<br>CC Cookies & Cream Cookie Cups<br>Relax & Recharge<br>A Watercolor Coffee Filter<br>M Creative Storytelling                  | <b>25</b><br>V Drum Circle<br>K Tell Me Something Good<br>CC Caramel Ice Cream<br>Relax & Recharge<br>A Paper Plate Penguins<br>M Toe Tapping Tuesday<br>CC News of the Week          | <b>26</b><br>V Quick Qigong<br>K Famous Pairs<br>CC Sweet and Salty Energy Bites<br>Relax & Recharge<br>A Paint Pouring<br>M Dance Your Own Way<br>CC Throwing Horseshoes                 | <b>27</b><br>V 80s Flashback<br>K Life Story<br>CC PB & J S'mores Quesadilla<br>Relax & Recharge<br>A Creative Storytelling<br>M Hippy Dance<br>CC Word Works | <b>28</b><br>V Mindfulness Matters<br>K Rolling 31 Days<br>CC Cranberry Truffles<br>Relax & Recharge<br>S Happy Hour<br>A Winter Process Art<br>M Flash With Me   | <b>29</b><br>V Roll in the New Year<br>K New Year Word Poem<br>CC Nutty Pimento Cheese Balls<br>Relax & Recharge<br>A Art Appreciation-Mona Lisa<br>M Making Music<br>CC Roll the Dice and Pray for Luck |
| <b>30</b><br>V Balance<br>K Guess the Animal<br>CC Roasted Veggie Hawaiian Sliders<br>Relax & Recharge<br>A No Sew Fleece Blankets<br>M Lift Your Voices           | <b>31</b><br>V What a Wonderful World Chair Yoga<br>K Memory Box<br>CC Dark Chocolate Cookie Cups<br>Relax & Recharge<br>A Tape Resist Watercolor Painting<br>M Creative Storytelling            |   |   |   |   |  |