



JANUARY 2022

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> 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 	<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 Time Capsule Chocolate Chip Muffins Relax & Recharge A Creative Storytelling GG Snowball Toss M Making Music
<p>2</p> <ul style="list-style-type: none"> V Balance K Devotions CC Sausage & Peppers Hawaiian Sliders Relax & Recharge A No Sew Fleece Blankets M Lift Your Voices 	<p>3</p> <ul style="list-style-type: none"> V What a Wonderful World Chair Yoga K Memory Box CC Peanut Butter Cookie Cups Relax & Recharge A Watercolor Snowflake Art M Making Music 	<p>4</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Holiday Pizza Wreath Relax & Recharge A Pinecone Penguin M Toe Tapping Tuesday GG Group Games 	<p>5</p> <ul style="list-style-type: none"> V Tai Chi K Famous Pairs CC Potato Bacon Chowder Relax & Recharge A Acrylics on Canvas M Sinatra Vibes GG Group Games 	<p>6</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Pizza Quesadillas Relax & Recharge A Caption it! M Finishing Lyrics (The Beatle's) GG Group Games 	<p>7</p> <ul style="list-style-type: none"> V Mindfulness Matters L Good News Network CC Cranberry Pecan Cheese Balls Relax & Recharge A Winter Ceramics M Float With Me Happy Hour GG Group Games 	<p>8</p> <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Wild Berry Muffins Relax & Recharge A Art Appreciation-Renoir GG Snowball Toss M Making Music
<p>9</p> <ul style="list-style-type: none"> V Balance K Devotions CC Ham, Egg & Cheese Hawaiian Sliders Relax & Recharge A Kindness Flowers M Lift Your Voices 	<p>10</p> <ul style="list-style-type: none"> V What a Wonderful World Chair Yoga K Memory Box CC Chocolate Cookie Cups Relax & Recharge A Watercolor Snowman M Making Music 	<p>11</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Winter Green Pesto Pizza Relax & Recharge A Newspaper Winter Landscape M Toe Tapping Tuesday GG Group Games 	<p>12</p> <ul style="list-style-type: none"> V Tai Chi K Famous Pairs CC Northern Apple Bean Soup Relax & Recharge A Winter Stencils M Sinatra Vibes GG Group Games 	<p>13</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Strawberry Peanut Butter Quesadilla Relax & Recharge A Writing the Headlines M Finishing Lyrics (The Beatles) GG Group Games 	<p>14</p> <ul style="list-style-type: none"> V Mindfulness Matters L Good News Network CC Bacon Cheese Balls Relax & Recharge A Snowflake Ceramics M Float With Me Happy Hour GG Group Games 	<p>15</p> <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem Blueberry Cheesecake Muffins Relax & Recharge A Art Appreciation-American Gothic GG Snowball Toss M Making Music
<p>16</p> <ul style="list-style-type: none"> V Balance K Devotions CC Philly Cheesesteak Hawaiian Sliders Relax & Recharge A No Sew Fleece Blankets M Lift Your Voices 	<p>17 Martin Luther King Day</p> <ul style="list-style-type: none"> V What a Wonderful World Chair Yoga K Memory Box CC Caramel Cookie Cups Relax & Recharge A Watercolor Bubble Art Tree M Making Music 	<p>18</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Broccoli & Bacon Pizza Relax & Recharge A Snowman Craft M Toe Tapping Tuesday GG Group Games 	<p>19</p> <ul style="list-style-type: none"> V Tai Chi K Famous Pairs CC Wild Rice Mushroom Soup Relax & Recharge A Acrylics on Canvas M Sinatra Vibes GG Group Games 	<p>20</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Veggie Quesadillas Relax & Recharge A Caption it! M Finishing Lyrics (Louis Armstrong) GG Group Games 	<p>21</p> <ul style="list-style-type: none"> V Mindfulness Matters L Good News Network CC Chocolate Chip Cheesecake Balls Relax & Recharge A Snowman Ceramics M Float With Me Happy Hour GG Group Games 	<p>22</p> <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem Banana Nut Muffins Relax & Recharge A Art Appreciation-Starry Night GG Snowball Toss M Making Music
<p>23</p> <ul style="list-style-type: none"> V Balance K Devotions CC Caprese Hawaiian Sliders Relax & Recharge A Kindness Flowers M Lift Your Voices GG Group Games 	<p>24</p> <ul style="list-style-type: none"> V What a Wonderful World Chair Yoga K Memory Box CC Cookies & Cream Cookie Cups Relax & Recharge A Watercolor Coffee Filter M Making Music 	<p>25</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Grandma's Pizza Pie Relax & Recharge A Paper Plate Penguins M Toe Tapping Tuesday GG Group Games 	<p>26</p> <ul style="list-style-type: none"> V Tai Chi K Famous Pairs CC Easy French Onion Soup Relax & Recharge A Snow day Stencils M Sinatra Vibes GG Group Games 	<p>27</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC PB & J S'mores Quesadilla Relax & Recharge A Writing the Headlines M Finishing Lyrics (Elton John) GG Group Games 	<p>28</p> <ul style="list-style-type: none"> V Mindfulness Matters L Good News Network CC Salami Cheese Balls Relax & Recharge A Wonderland Ceramics M Float With Me Happy Hour GG Group Games 	<p>29</p> <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem Relax & Recharge A Art Appreciation-Mona Lisa GG Snowball Toss M Making Music GF Gathering of Friends
<p>30</p> <ul style="list-style-type: none"> V Balance K Devotions CC Roasted Veggie Hawaiian Sliders Relax & Recharge A No Sew Fleece Blankets M Lift Your Voices 	<p>31</p> <ul style="list-style-type: none"> V What a Wonderful World Chair Yoga K Memory Box CC Dark Chocolate Cookie Cups Relax & Recharge A Tape Resist Watercolor Painting M Making Music 					

Healthy Hands occurs daily prior to lunch and dinner. Relax and Recharge takes place daily following lunch.
Let our community know if you are interested in becoming a volunteer!