

JANUARY 2022

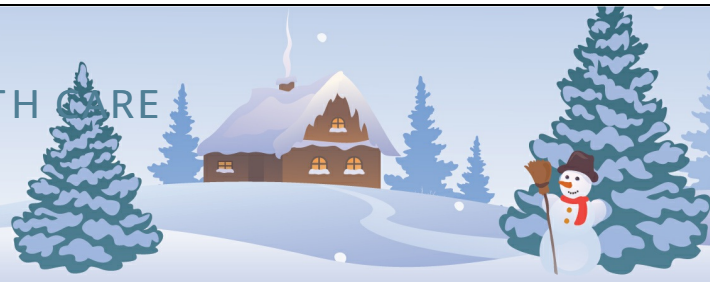
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(AR) Activity Room / (TS) Town Square (SR) Sun Room / (L) Library (HC-DR) Health Care Dining Room (AL-DR) Assisted Living Dining Room (100-LR) 100 Hall Living Room	(CW) Campus Wide (P) Patio (TBD) To Be Determined (DIY) Do It Yourself	*Activities subject to change. Changes to schedule will be posted via LifeShare Broadcast Channel 2-1. *State Survey Results are located in lobby by business office. *Michigan Ombudsman information located in hall by	A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends G - Generations 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		1 New Year's Day K 9:00 "HAPPY NEW YEAR" Puzzle Packets & Leisure Cart K 10:30 PUTTING THE PAST IN ORDER GAME (Town Square) GF 2:00 BINGO & BARGAINS (AR)
2 I 9:15 ENRICHMENT ON DEMAND (TV 2-1) I 10:00 CHURCH (TS) V 1:30 SUNDAY STRETCH (TS)	3 S 9:15 Wii Bowling (TS) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) M 10:30 RECORDS, RECORDINGS, & RHYTHM (TS) V 1:30 CARDS & GAMES (AR)	4 L 10:15 TED TALK TUESDAY (AR / TV 2-1) O 11:30 OUT & ABOUT: "LOCAL LUNCH & LEARN" (TBD/\$) A 2:30 JEWELRY MAKING (TS)	5 S 10:30 Resident Council (AR) V 1:30 CHAIR YOGA w/Betty (AR) M 2:30 LifeShare TUNES & CROONS (TS) GF 3:15 WINE DOWN (AR/TS)	6 S 8:30 Leisure Cart V 10:00 Wii Bowling (AR/TS) I 10:30 BIBLE STUDY w/Lyn (TV 2-1) O 1:30 Out & About (TBD) S 2:30 CHEF'S CIRCLE (AL-DR) GF 3:15 WINE DOWN (AR/TS)	7 V 10:00 ENRICHMENT ON DEMAND (TV 2-1) CC 10:30 FOOD FOR THOUGHT (AR) A 2:15 SUNROOM SONNETS & STORIES (SR) M 3:00 HAPPY HOUR (TS)	8 S 8:30 Leisure Cart V 10:30 BOCCE BALL (TS) K 1:00 BINGO STORE (AR) 1-4 PM
9 I 9:15 ENRICHMENT ON DEMAND (TV 2-1) I 10:00 CHURCH (TS) K 1:30 BINGO STORE (AR) 1:30-4 PM	10 S 9:15 Wii Bowling (TS) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) M 10:30 RECORDS, RECORDINGS, & RHYTHM (TS) V 1:30 CARDS & GAMES (AR)	11 L 10:15 TED TALK TUESDAY (AR/TV 2-1) O 11:30 OUT: "LOCAL LUNCH & LEARN" (TBD/\$) S 2:30 JUST THE GUYS: "Casino Games" (TS)	12 K 10:00 DOMINOES, CHECKERS, & CHESS (TS) V 1:30 CHAIR YOGA w/Betty (AR) M 2:30 LifeShare TUNES & CROONS (TS)	13 S 8:30 Leisure Cart V 10:00 Wii Bowling (TS) I 10:30 BIBLE STUDY w/Lyn (TV 2-1) S 10:30 BRAINFIT (AR) O 1:30 Out & About (TBD) S 2:30 CHEF'S CIRCLE (AL-DR)	14 V 10:00 ENRICHMENT ON DEMAND (TV 2-1) CC 10:30 FOOD FOR THOUGHT (AR) A 2:15 SUNROOM SONNETS & STORIES (SR) M 3:00 HAPPY HOUR (TS)	15 S 8:30 Leisure Cart V 10:30 Trilogy Fitness: weights & resistance bands (TS) K 2:00 BINGO & BARGAINS (TS)
16 I 9:15 ENRICHMENT ON DEMAND (TV 2-1) I 10:00 CHURCH (TS) A 2:00 ARTS & CRAFTS (AR)	17 Martin Luther King Day S 9:15 Wii Bowling (TS) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) K 10:30 "Martin Luther King Day" Celebration (TS) K 1:30 CARDS & GAMES (AR)	18 L 10:15 TED TALK TUESDAY (AR / TV 2-1) O 11:30 OUT & ABOUT: "LOCAL LUNCH & LEARN" (TBD/\$) A 2:30 SNOW DAY FUN: "Snow Day" (TS)	19 CC 10:30 COMMUNITY CONNECTION (AR) V 1:30 CHAIR YOGA w/Betty (AR) M 2:30 LifeShare TUNES & CROONS (TS) GF 3:15 WINE DOWN (AR/TS)	20 S 8:30 Leisure Cart V 10:00 Wii Bowling (TS) I 10:30 BIBLE STUDY w/Lyn (TV 2-1) S 10:30 BRAINFIT (AR) O 1:30 Out & About (TBD) S 2:30 CHEF'S CIRCLE (AL-DR)	21 V 10:00 ENRICHMENT ON DEMAND (TV 2-1) CC 10:30 FOOD FOR THOUGHT (AR) A 2:15 SUNROOM SONNETS & STORIES (SR) M 3:00 HAPPY HOUR (TS)	22 S 8:30 Leisure Cart V 10:30 BOCCE BALL (TS) K 2:00 BINGO & BARGAINS (TS)
23 I 9:15 ENRICHMENT ON DEMAND (TV 2-1) I 10:00 CHURCH (TS) A 2:00 ARTS & CRAFTS (AR)	24 S 9:15 Wii Bowling (TS) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) M 10:30 RECORDS, RECORDINGS, & RHYTHM (TS) V 1:30 CARDS & GAMES (AR)	25 L 10:15 TED TALK TUESDAY (AR / TV 2-1) O 11:30 OUT & ABOUT: "LOCAL LUNCH & LEARN" (TBD/\$) A 2:30 "Do You want to build a Snowman?" (TS)	26 K 10:00 DOMINOES, CHECKERS, & CHESS (TS) V 1:30 CHAIR YOGA w/Betty (AR) M 2:30 LifeShare TUNES & CROONS (TS)	27 S 8:30 Leisure Cart V 10:00 Wii Bowling (TS) I 10:30 BIBLE STUDY w/Lyn (TV 2-1) S 10:30 BRAINFIT (AR) O 1:30 Out & About (TBD) S 2:30 CHEF'S CIRCLE (AL-DR)	28 V 10:00 ENRICHMENT ON DEMAND (TV 2-1) G 10:30 GENERATIONS (TS) A 2:15 SUNROOM SONNETS & STORIES (SR) M 3:00 "Popcorn Party" HAPPY HOUR (TS)	29 S 8:30 Leisure Cart V 10:30 Trilogy Fitness: weights & resistance bands (TS) K 2:00 BINGO & BARGAINS (TS)
30 I 9:15 ENRICHMENT ON DEMAND (TV 2-1) I 10:00 CHURCH (TS) A 2:00 ARTS & CRAFTS (AR)	31 S 9:15 Wii Bowling (TS) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) M 10:30 RECORDS, RECORDINGS, & RHYTHM (TS) V 1:30 CARDS & GAMES (AR)					

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(AR) Activity Room / (TS) Town Square (SR) Sun Room / (L) Library (HC-DR) Health Care Dining Room (AL-DR) Assisted Living Dining Room (100-LR) 100 Hall Living Room	(CW) Campus Wide (P) Patio (TBD) To Be Determined (DIY) Do It Yourself	*Activities subject to change. Changes to schedule will be posted via LifeShare Broadcast Channel 2-1. *State Survey Results are located in lobby by business office. *Michigan Ombudsman information located in hall by	A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends G - Generations 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		1 New Year's Day K 9:00 "HAPPY NEW YEAR" Puzzle Packets & Leisure Cart K 10:30 PUTTING THE PAST IN ORDER GAME (Town Square) GF 2:00 BINGO & BARGAINS (AR)
2 I 9:15 ENRICHMENT ON DEMAND (TV 2-1) I 10:00 CHURCH (TS) V 1:30 SUNDAY STRETCH (TS)	3 S 9:15 Wii Bowling (TS) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) M 10:30 RECORDS, RECORDINGS, & RHYTHM (TS) V 1:30 CARDS & GAMES (AR)	4 L 10:15 TED TALK TUESDAY (AR / TV 2-1) O 11:30 OUT & ABOUT: "LOCAL LUNCH & LEARN" (TBD/\$) A 2:30 JEWELRY MAKING (TS)	5 S 10:30 Resident Council (AR) V 1:30 CHAIR YOGA w/Betty (AR) M 2:30 LifeShare TUNES & CROONS (TS) GF 3:15 WINE DOWN (AR/TS)	6 S 8:30 Leisure Cart V 10:00 Wii Bowling (AR/TS) I 10:30 BIBLE STUDY w/Lyn (TV 2-1) O 1:30 Out & About (TBD) S 2:30 CHEF'S CIRCLE (AL-DR) GF 3:15 WINE DOWN (AR/TS)	7 V 10:00 ENRICHMENT ON DEMAND (TV 2-1) CC 10:30 FOOD FOR THOUGHT (AR) A 2:15 SUNROOM SONNETS & STORIES (SR) M 3:00 HAPPY HOUR (TS)	8 S 8:30 Leisure Cart V 10:30 BOCCE BALL (TS) K 1:00 BINGO STORE (AR) 1-4 PM
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MINDFUL MOMENTS will be scheduled daily to encourage sensory activities. Check daily schedule for times and locations.	Residents are encouraged to eat meals in the dining room. Meal schedule as follows: OPEN BREAKFAST 7-8 AM LUNCH 11:30 AM DINNER 4:30 PM	State Survey Results are located by the business office sitting room. The Michigan Ombudsman number is located in Town Square.	(AR) Activity Room (TS) Town Square (SR) Sun Room (L) Library (HC-DR) Health Care Dining Room (AL-DR) Assisted Living Dining Room			1 New Year's Day S 7:00 OPEN BREAKFAST (HC-DR) 7 AM - 8 AM MM 8:45 M. MOMENTS (200-LR) K 9:00 "HAPPY NEW YEAR" Puzzle Packets & Leisure Cart V 10:00 PUTTING THE PAST
2 MM 8:45 M. MOMENTS (200-LR) I 9:15 ENRICHMENT ON DEMAND (TV 2-1) I 10:00 CHURCH (TS) V 1:30 SUNDAY STRETCH (TS)	3 MM 8:45 M. MOMENTS (200-LR) S 9:15 Wii Bowling (TS) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) M 10:30 RECORDS, RECORDINGS, & PUNTS (TS)	4 MM 8:45 M. MOMENTS (200-LR) L 10:15 TED TALK TUESDAY (AR / TV 2-1) O 11:30 OUT & ABOUT: "LOCAL LUNCH & LEARN" (TBD/\$)	5 MM 8:45 M. MOMENTS (200-LR) K 10:30 GAME SHOW GAMES (TS) V 1:30 CHAIR YOGA w/Betty (AR) S 2:00 RESIDENT COUNCIL (TS)	6 S 8:30 Leisure Cart MM 8:45 M. MOMENTS (200-LR) V 10:00 Wii Bowling (AR/TS) I 10:30 BIBLE STUDY w/Lyn (TV 2-1) O 1:30 Out & About (TBD)	7 MM 8:45 M. MOMENTS (200-LR) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) CC 10:30 FOOD FOR THOUGHT (AR) A 2:15 SUNROOM SONNETS & STORIES (SR)	8 S 8:30 Leisure Cart MM 8:45 MINDFUL MOMENTS (200-LR) V 10:30 BOCCE BALL (TS) K 1:00 BINGO STORE (AR) 1-4 PM
9 MM 8:45 M. MOMENTS (200-LR) I 9:15 ENRICHMENT ON DEMAND (TV 2-1) I 10:00 CHURCH (TS) K 1:30 BINGO STORE (AR) 1:30-4 PM	10 MM 8:45 M. MOMENTS (200-LR) S 9:15 Wii Bowling (TS) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) M 10:30 RECORDS, RECORDINGS, & PUNTS (TS)	11 MM 8:45 M. MOMENTS (200-LR) M 10:30 MUSIC THERAPY (200-LR) O 11:30 OUT: "LOCAL LUNCH & LEARN" (TBD/\$) S 2:30 JUST THE GUYS: #S... #C... #TC...	12 MM 8:45 M. MOMENTS (200-LR) K 10:00 DOMINOES, CHECKERS, & CHESS (TS) V 1:30 CHAIR YOGA w/Betty (AR) M 2:30 LifeShare TUNES & GROOVES (TS)	13 S 8:30 Leisure Cart MM 8:45 M. MOMENTS (200-LR) V 10:00 Wii Bowling (TS) I 10:30 BIBLE STUDY w/Lyn (TV 2-1) S 10:30 BRAINFIT (AR) O 1:30 Out & About (TBD)	14 MM 8:45 M. MOMENTS (200-LR) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) CC 10:30 FOOD FOR THOUGHT (AR) A 2:15 SUNROOM SONNETS & STORIES (SR)	15 S 8:30 Leisure Cart MM 8:45 M. MOMENTS (200-LR) V 10:30 Trilogy Fitness: weights & resistance bands (TS) K 2:00 BINGO & BARGAINS (TS)
16 MM 8:45 M. MOMENTS (200-LR) I 9:15 ENRICHMENT ON DEMAND (TV 2-1) I 10:00 CHURCH (TS) A 2:00 ARTS & CRAFTS (AR)	17 Martin Luther King Day MM 8:45 M. MOMENTS (200-LR) S 9:15 Wii Bowling (TS) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) K 10:30 "Martin Luther King Day" Celebration (TS) V 1:30 CARDS & GAMES	18 MM 8:45 M. MOMENTS (200-LR) L 10:15 TED TALK TUESDAY (AR / TV 2-1) O 11:30 OUT & ABOUT: "LOCAL LUNCH & LEARN" (TBD/\$) A 2:30 SNOW DAY FUN	19 MM 8:45 M. MOMENTS (200-LR) CC 10:30 COMMUNITY CONNECTION (AR) V 1:30 CHAIR YOGA w/Betty (AR) M 2:30 LifeShare TUNES & GROOVES (TS)	20 S 8:30 Leisure Cart MM 8:45 M. MOMENTS (200-LR) V 10:00 Wii Bowling (TS) I 10:30 BIBLE STUDY w/Lyn (TV 2-1) S 10:30 BRAINFIT (AR) O 1:30 Out & About (TBD)	21 MM 8:45 M. MOMENTS (200-LR) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) CC 10:30 FOOD FOR THOUGHT (AR) A 2:15 SUNROOM SONNETS & STORIES (SR)	22 S 8:30 Leisure Cart MM 8:45 M. MOMENTS (200-LR) V 10:30 BOCCE BALL (TS) K 2:00 BINGO & BARGAINS (TS)
23 MM 8:45 M. MOMENTS (200-LR) I 9:15 ENRICHMENT ON DEMAND (TV 2-1) I 10:00 CHURCH (TS) A 2:00 ARTS & CRAFTS (AR)	24 MM 8:45 M. MOMENTS (200-LR) S 9:15 Wii Bowling (TS) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) M 10:30 RECORDS, RECORDINGS, & PUNTS (TS)	25 MM 8:45 M. MOMENTS (200-LR) L 10:15 TED TALK TUESDAY (AR / TV 2-1) O 11:30 OUT & ABOUT: "LOCAL LUNCH & LEARN" (TBD/\$) A 2:30 "B... Y... L... H..."	26 MM 8:45 M. MOMENTS (200-LR) K 10:00 DOMINOES, CHECKERS, & CHESS (TS) V 1:30 CHAIR YOGA w/Betty (AR) M 2:30 LifeShare TUNES & GROOVES (TS)	27 S 8:30 Leisure Cart MM 8:45 M. MOMENTS (200-LR) V 10:00 Wii Bowling (TS) I 10:30 BIBLE STUDY w/Lyn (TV 2-1) S 10:30 BRAINFIT (AR) O 1:30 Out & About (TBD)	28 MM 8:45 M. MOMENTS (200-LR) V 10:00 ENRICHMENT ON DEMAND (TV 2-1) G 10:30 GENERATIONS (TS) A 2:15 SUNROOM SONNETS & STORIES (SR)	29 S 8:30 Leisure Cart MM 8:45 M. MOMENTS (200-LR) V 10:30 Trilogy Fitness: weights & resistance bands (TS) K 2:00 BINGO & BARGAINS (TS)
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		<ul style="list-style-type: none"> A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality 				<ul style="list-style-type: none"> V New Year's Day V Roll in the New Year K New Year Word Poem CC Cranberry Pecan Cheese Balls Relax & Recharge A Creative Storytelling M Making Music
<p>2</p> <ul style="list-style-type: none"> V Balance K Guess the Animal 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 Grown-Up Games with 	<p>4</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Cookies & Cream Ice Cream Relax & Recharge A Pinecone Penguin M Toe Tapping Tuesday CC Neuf Chat Tiramisu Cheesecake 	<p>5</p> <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Monster Cookie Energy Bites Relax & Recharge A Squeegie Canvas Paint M Dance Your Own Way CC Throwing Horseshoes 	<p>6</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Pizza Quesadillas Relax & Recharge A Life Timeline Creative Writing M Hippy Dance CC Word Works 	<p>7</p> <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Chocolate Truffles Relax & Recharge A Winter Sugar Painting M Float With Me Happy Hour CC Basketball 	<p>8</p> <ul style="list-style-type: none"> 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 Ball the Dishes and Break the Tea
<p>9</p> <ul style="list-style-type: none"> V Balance K Guess the Animal 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 Grown-Up Games with 	<p>11</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Strawberry Ice Cream Relax & Recharge A Newspaper Winter Landscape M Toe Tapping Tuesday CC Neuf Chat Tiramisu Cheesecake 	<p>12</p> <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Blueberry Muffin Energy Bites Relax & Recharge A Winter Scenery M Dance Your Own Way CC Throwing Horseshoes 	<p>13</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Strawberry Peanut Butter Quesadilla Relax & Recharge A To Be Creative Writing M Hippy Dance CC Word Works 	<p>14</p> <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Nutty Truffles Relax & Recharge A Splatter Paint M Float With Me Happy Hour CC Basketball 	<p>15</p> <ul style="list-style-type: none"> 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 Ball the Dishes and Break the Tea
<p>16</p> <ul style="list-style-type: none"> V Balance K Guess the Animal 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 Grown-Up Games with 	<p>18</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Chocolate Ice Cream Relax & Recharge A Snowman Craft M Toe Tapping Tuesday CC Neuf Chat Tiramisu Cheesecake 	<p>19</p> <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Peanut Butter Chocolate Chip Energy Bites Relax & Recharge A Snowman Painting M Dance Your Own Way CC Throwing Horseshoes 	<p>20</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Veggie Quesadillas Relax & Recharge A Creative Storytelling M Hippy Dance CC Word Works 	<p>21</p> <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Candy Truffles Relax & Recharge A Snow Sensory Bottle M Float With Me Happy Hour CC Basketball 	<p>22</p> <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Salami Cheese Balls Relax & Recharge A Art Appreciation-Starry Night M Making Music CC Ball the Dishes and Break the Tea
<p>23</p> <ul style="list-style-type: none"> V Balance K Guess the Animal CC Caprese Hawaiian Sliders Relax & Recharge A Kindness Flowers M Lift Your Voices CC Breakfast Circle 	<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 Grown-Up Games with 	<p>25</p> <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Caramel Ice Cream Relax & Recharge A Paper Plate Penguins M Toe Tapping Tuesday CC Neuf Chat Tiramisu Cheesecake 	<p>26</p> <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Sweet and Salty Energy Bites Relax & Recharge A Paint Pouring M Dance Your Own Way CC Throwing Horseshoes 	<p>27</p> <ul style="list-style-type: none"> V 80s Flashback K Life Story CC PB & J S'mores Quesadilla Relax & Recharge A Creative Storytelling M Hippy Dance CC Word Works 	<p>28</p> <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Cranberry Truffles Relax & Recharge A Winter Process Art M Float With Me Happy Hour CC Basketball 	<p>29</p> <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Nutty Pimento Cheese Balls Relax & Recharge A Art Appreciation-Mona Lisa M Making Music CC Ball the Dishes and Break the Tea
<p>30</p> <ul style="list-style-type: none"> V Balance K Guess the Animal 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 Grown-Up Games with 					

JANUARY 2022

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 K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality 				1 New Year's Day <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Cranberry Pecan Cheese Balls Relax & Recharge A Creative Storytelling M Making Music
2 <ul style="list-style-type: none"> V Balance K Guess the Animal CC Sausage & Peppers Hawaiian Sliders Relax & Recharge A No Sew Fleece Blankets 	3 <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 	4 <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Cookies & Cream Ice Cream Relax & Recharge A Pinecone Penguin M Toe Tapping Tuesday 	5 <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Monster Cookie Energy Bites Relax & Recharge A Squeegie Canvas Paint M Dance Your Own Way 	6 <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Pizza Quesadillas Relax & Recharge A Life Timeline Creative Writing M Hippy Dance 	7 <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Chocolate Truffles Relax & Recharge A Winter Sugar Painting M Float With Me Happy Hour 	8 <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Bacon Cheese Balls Relax & Recharge A Art Appreciation-Renoir M Making Music
9 <ul style="list-style-type: none"> V Balance K Guess the Animal CC Ham, Egg & Cheese Hawaiian Sliders Relax & Recharge A Kindness Flowers 	10 <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 	11 <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Strawberry Ice Cream Relax & Recharge A Newspaper Winter Landscape M Toe Tapping Tuesday 	12 <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Blueberry Muffin Energy Bites Relax & Recharge A Winter Scenery M Dance Your Own Way 	13 <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Strawberry Peanut Butter Quesadilla Relax & Recharge A To Be Creative Writing 	14 <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Nutty Truffles Relax & Recharge A Splatter Paint M Float With Me Happy Hour 	15 <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Chocolate Chip Cheesecake Balls Relax & Recharge A Art Appreciation-American
16 <ul style="list-style-type: none"> V Balance K Guess the Animal CC Philly Cheesesteak Hawaiian Sliders Relax & Recharge A No Sew Fleece Blankets 	17 Martin Luther King Day <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 	18 <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Chocolate Ice Cream Relax & Recharge A Snowman Craft M Toe Tapping Tuesday 	19 <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Peanut Butter Chocolate Chip Energy Bites Relax & Recharge A Snowman Painting 	20 <ul style="list-style-type: none"> V 80s Flashback K Life Story CC Veggie Quesadillas Relax & Recharge A Creative Storytelling M Hippy Dance 	21 <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Candy Truffles Relax & Recharge A Snow Sensory Bottle M Float With Me Happy Hour 	22 <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Salami Cheese Balls Relax & Recharge A Art Appreciation-Starry Night M Making Music
23 <ul style="list-style-type: none"> V Balance K Guess the Animal CC Caprese Hawaiian Sliders Relax & Recharge A Kindness Flowers M Lift Your Voices 	24 <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 	25 <ul style="list-style-type: none"> V Drum Circle K Tell Me Something Good CC Caramel Ice Cream Relax & Recharge A Paper Plate Penguins M Toe Tapping Tuesday 	26 <ul style="list-style-type: none"> V Quick Qigong K Famous Pairs CC Sweet and Salty Energy Bites Relax & Recharge A Paint Pouring M Dance Your Own Way 	27 <ul style="list-style-type: none"> V 80s Flashback K Life Story CC PB & J S'mores Quesadilla Relax & Recharge A Creative Storytelling M Hippy Dance 	28 <ul style="list-style-type: none"> V Mindfulness Matters K Rolling 31 Days CC Cranberry Truffles Relax & Recharge A Winter Process Art M Float With Me Happy Hour 	29 <ul style="list-style-type: none"> V Roll in the New Year K New Year Word Poem CC Nutty Pimento Cheese Balls Relax & Recharge A Art Appreciation-Mona Lisa M Making Music
30 <ul style="list-style-type: none"> V Balance K Guess the Animal CC Roasted Veggie Hawaiian Sliders Relax & Recharge A No Sew Fleece Blankets 	31 <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 					