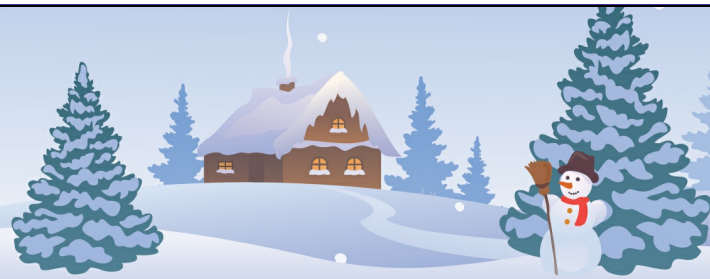


# JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> <b>New Year's Day</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>K</b> 1:15 Trivia AL Activity Room <b>GF</b> 2:00 Tunes & Hot drinks
<b>2</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>GF</b> 11:00 Coffee & Discussion <b>V</b> 2:00 Walking Club <b>I</b> 3:00 Church Service- Channel 2 & Town Square	<b>3</b> <b>K</b> 9:00 Daily Chronicle 10:30 Balloon Volleyball 10:30 Bowling with me 1:30 Craft with me - AL Activity Room 1:30 Watercolor snowflakes AL Activity Room	<b>4</b> <b>K</b> 9:00 Daily Chronicle 10:30 Walking Club - inside <b>I</b> 11:00 Catholic Church Service & Communion <b>M</b> 1:30 Bake something good today- AL Activity Room	<b>5</b> <b>K</b> 9:00 Daily Chronicle <b>GF</b> 11:30 The Nice Guys Club - AL activities room <b>V</b> 1:30 The Twist Dance exercise - Town Square 2:00 Kismet (miniature American Checkers)	<b>6</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 10:30 Strength Exercise - Town Square 2:00 Chef's Circle- AL Common Area <b>GG</b> 3:00 Bingo Thursday - Town Square	<b>7</b> <b>K</b> 9:00 Daily Chronicle <b>I</b> 10:30 In-Room Devotions- Channel 2 <b>V</b> 10:30 Zumba Gold - Town Square 1:45 Whiteboard Words Games - Town Square	<b>8</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>K</b> 1:15 Trivia AL Activity Room <b>GF</b> 2:00 Tunes & Hot drinks
<b>9</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>GF</b> 11:00 Coffee & Discussion <b>V</b> 2:00 Walking Club <b>I</b> 3:00 Church Service- Channel 2 & Town Square	<b>10</b> <b>K</b> 9:00 Daily Chronicle 10:30 Balloon Volleyball 10:30 Bowling with me 1:30 Craft : a Tie Blanket - AL Activity Room 1:30 Craft with me - AL Activity Room	<b>11</b> <b>K</b> 9:00 Daily Chronicle 10:30 Walking Club - inside <b>I</b> 11:00 Catholic Church Service & Communion <b>M</b> 1:30 Bake something good today- AL Activity Room	<b>12</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 1:30 The Twist Dance exercise - Town Square <b>S</b> 3:20 Wine Down Wednesday -Town Square	<b>13</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 10:30 Strength Exercise - Town Square <b>S</b> 11:00 AL Resident Council- AL Dining 2:00 Chef's Circle- AL Common Area	<b>14</b> <b>K</b> 9:00 Daily Chronicle <b>I</b> 10:30 In-Room Devotions- Channel 2 <b>V</b> 10:30 Zumba Gold - Town Square 1:45 Whiteboard Words Games - Town Square	<b>15</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>K</b> 1:15 Trivia AL Activity Room <b>GF</b> 2:00 Tunes & Hot drinks
<b>16</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>GF</b> 11:00 Coffee & Discussion <b>V</b> 2:00 Walking Club <b>I</b> 3:00 Church Service- Channel 2 & Town Square	<b>17</b> <b>Martin Luther King Day</b> <b>K</b> 9:00 Daily Chronicle 10:30 Balloon Volleyball 10:30 Bowling with me 1:30 Craft In-door Snowflakes - activity Room	<b>18</b> <b>K</b> 9:00 Daily Chronicle 10:30 Walking Club - inside <b>I</b> 11:00 Catholic Church Service & Communion <b>M</b> 1:30 Bake something good today- AL Activity Room	<b>19</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 1:30 The Twist Dance exercise - Town Square <b>S</b> 3:20 Wine Down Wednesday -Town Square	<b>20</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 10:30 Strength Exercise - Town Square 1:30 Ladies Tea Party -AL activity room 2:00 Chef's Circle- AL Common Area	<b>21</b> <b>K</b> 9:00 Daily Chronicle <b>I</b> 10:30 In-Room Devotions- Channel 2 <b>V</b> 10:30 Zumba Gold - Town Square 1:45 Whiteboard Words Games - Town Square	<b>22</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>K</b> 1:15 Trivia AL Activity Room <b>GF</b> 2:00 Tunes & Hot drinks
<b>23</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>GF</b> 11:00 Coffee & Discussion <b>V</b> 2:00 Walking Club <b>I</b> 3:00 Church Service- Channel 2 & Town Square	<b>24</b> <b>K</b> 9:00 Daily Chronicle 10:30 Balloon Volleyball 10:30 Bowling with me 1:30 Craft with me - AL Activity Room 1:30 Zulu - Inspired Friendship - AL Activity Room	<b>25</b> <b>K</b> 9:00 Daily Chronicle 10:30 Walking Club - inside <b>I</b> 11:00 Catholic Church Service & Communion <b>M</b> 1:30 Bake something good today- AL Activity Room	<b>26</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 1:30 The Twist Dance exercise - Town Square <b>GG</b> 1:30 Pictionary <b>S</b> 3:20 Wine Down Wednesday -Town Square	<b>27</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 10:30 Strength Exercise - Town Square 2:00 Chef's Circle- AL Common Area <b>GG</b> 3:00 Bingo Thursday - Town Square	<b>28</b> <b>K</b> 9:00 Daily Chronicle <b>I</b> 10:30 In-Room Devotions- Channel 2 <b>V</b> 10:30 Zumba Gold - Town Square 1:45 Whiteboard Words Games - Town Square	<b>29</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>K</b> 1:15 Trivia AL Activity Room <b>GF</b> 2:00 Tunes & Hot drinks
<b>30</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>GF</b> 11:00 Coffee & Discussion <b>V</b> 2:00 Walking Club <b>I</b> 3:00 Church Service- Channel 2 & Town Square	<b>31</b> <b>K</b> 9:00 Daily Chronicle 10:30 Balloon Volleyball 10:30 Bowling with me 1:30 Craft with me - AL Activity Room 1:30 Finishing the tie blanket AL Activity Room					<b>Birthdays</b>



# JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> <b>New Year's Day</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>K</b> 1:15 Trivia AL Activity Room <b>GF</b> 2:00 Tunes & Hot drinks
<b>2</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>GF</b> 11:00 Coffee & Discussion <b>V</b> 2:00 Walking Club <b>I</b> 3:00 Church Service- Channel 2 & Town Square	<b>3</b> <b>K</b> 9:00 Daily Chronicle 10:30 Balloon Volleyball 10:30 Bowling with me <b>K</b> 11:00 Trivia - AL Common Area 1:30 Watercolor snowflakes AL Activity Room	<b>4</b> <b>K</b> 9:00 Daily Chronicle 10:30 Walking Club - inside <b>I</b> 11:00 Catholic Church Service & Communion <b>M</b> 1:30 Bake something good today- AL Activity Room	<b>5</b> <b>K</b> 9:00 Daily Chronicle <b>GF</b> 11:30 The Nice Guys Club - AL activities room <b>V</b> 1:30 The Twist Dance exercise - Town Square <b>S</b> 3:20 Wine Down Wednesday Town Square	<b>6</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 10:30 Strength Exercise - Town Square <b>S</b> 1:30 Chef's Circle- AL Common Area <b>S</b> 1:30 Chef's Circle- MC Common Area	<b>7</b> <b>K</b> 9:00 Daily Chronicle <b>I</b> 10:30 In-Room Devotions- Channel 2 <b>V</b> 10:30 Zumba Gold - Town Square 1:45 Whiteboard Words Games Town Square	<b>8</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>K</b> 1:15 Trivia AL Activity Room <b>GF</b> 2:00 Tunes & Hot drinks
<b>9</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>GF</b> 11:00 Coffee & Discussion <b>V</b> 2:00 Walking Club <b>I</b> 3:00 Church Service- Channel 2 & Town Square	<b>10</b> <b>K</b> 9:00 Daily Chronicle 10:30 Balloon Volleyball 10:30 Bowling with me <b>K</b> 11:00 Trivia - AL Common Area <b>GG</b> 3:20 Bingo Monday - Town Square	<b>11</b> <b>K</b> 9:00 Daily Chronicle 10:30 Walking Club - inside <b>I</b> 11:00 Catholic Church Service & Communion <b>M</b> 1:30 Bake something good today- AL Activity Room	<b>12</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 1:30 The Twist Dance exercise - Town Square <b>S</b> 3:20 Wine Down Wednesday -Town Square	<b>13</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 10:30 Strength Exercise - Town Square <b>S</b> 1:30 Chef's Circle- MC Common Area <b>GG</b> 3:00 Bingo Thursday - Town Square	<b>14</b> <b>K</b> 9:00 Daily Chronicle <b>I</b> 10:30 In-Room Devotions- Channel 2 <b>V</b> 10:30 Zumba Gold - Town Square 1:45 Whiteboard Words Games Town Square	<b>15</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>K</b> 1:15 Trivia AL Activity Room <b>GF</b> 2:00 Tunes & Hot drinks
<b>16</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>GF</b> 11:00 Coffee & Discussion <b>V</b> 2:00 Walking Club <b>I</b> 3:00 Church Service- Channel 2 & Town Square	<b>17</b> <b>Martin Luther King Day</b> <b>K</b> 9:00 Daily Chronicle 10:30 Balloon Volleyball 10:30 Bowling with me <b>K</b> 11:00 Trivia - AL Common Area <b>GG</b> 3:20 Bingo Monday - Town Square	<b>18</b> <b>K</b> 9:00 Daily Chronicle 10:30 Walking Club - inside <b>I</b> 11:00 Catholic Church Service & Communion <b>M</b> 1:30 Bake something good today- AL Activity Room	<b>19</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 1:30 The Twist Dance exercise - Town Square <b>S</b> 3:20 Wine Down Wednesday -Town Square	<b>20</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 10:30 Strength Exercise - Town Square <b>S</b> 1:30 Chef's Circle- MC Common Area <b>GG</b> 3:00 Bingo Thursday - Town Square	<b>21</b> <b>K</b> 9:00 Daily Chronicle <b>I</b> 10:30 In-Room Devotions- Channel 2 <b>V</b> 10:30 Zumba Gold - Town Square 1:45 Whiteboard Words Games Town Square	<b>22</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>K</b> 1:15 Trivia AL Activity Room <b>GF</b> 2:00 Tunes & Hot drinks
<b>23</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>GF</b> 11:00 Coffee & Discussion <b>V</b> 2:00 Walking Club <b>I</b> 3:00 Church Service- Channel 2 & Town Square	<b>24</b> <b>K</b> 9:00 Daily Chronicle 10:30 Balloon Volleyball 10:30 Bowling with me <b>K</b> 11:00 Trivia - AL Common Area <b>GG</b> 3:20 Bingo Monday - Town Square	<b>25</b> <b>K</b> 9:00 Daily Chronicle 10:30 Walking Club - inside <b>I</b> 11:00 Catholic Church Service & Communion <b>M</b> 1:30 Bake something good today- AL Activity Room	<b>26</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 1:30 The Twist Dance exercise - Town Square <b>GG</b> 1:30 Pictionary <b>S</b> 3:20 Wine Down Wednesday -Town Square	<b>27</b> <b>K</b> 9:00 Daily Chronicle <b>V</b> 10:30 Strength Exercise - Town Square <b>S</b> 11:00 HC Resident Council - Town Square <b>S</b> 1:30 Chef's Circle- MC Common Area	<b>28</b> <b>K</b> 9:00 Daily Chronicle <b>I</b> 10:30 In-Room Devotions- Channel 2 <b>V</b> 10:30 Zumba Gold - Town Square 1:45 Whiteboard Words Games Town Square	<b>29</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>K</b> 1:15 Trivia AL Activity Room <b>GF</b> 2:00 Tunes & Hot drinks
<b>30</b> <b>K</b> 9:30 Daily Chronicle <b>V</b> 10:30 Exercise Town Square <b>GF</b> 11:00 Coffee & Discussion <b>V</b> 2:00 Walking Club <b>I</b> 3:00 Church Service- Channel 2 & Town Square	<b>31</b> <b>K</b> 9:00 Daily Chronicle 10:30 Balloon Volleyball 10:30 Bowling with me <b>K</b> 11:00 Trivia - AL Common Area <b>GG</b> 3:20 Bingo Monday - Town Square					<u><b>Birthdays</b></u>



The Willows at Howell Legacy Neighborhood  
Daily Rhythms Calendar

# JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daily Rhythm About Times: Morning 9:00 Vitality 9:30 Keeping it Sharp/Reminisce 10:00 Morning Refresher 10:45 Creative Cooking 11:30 Healthy Hands/Lunch Prep Early Afternoon</p>	<p>Late Afternoon 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening 6:00 Gathering of Friends 7:00 Nighttime Traditions</p>	<p><u>Birthdays</u></p>				<p>1 <b>New Year's Day</b>  V Roll in the New Year  K New Year Word Poem  CC Cranberry Pecan Cheese Balls  Relax &amp; Recharge  A Creative Storytelling  M Making Music  CC Roll the Dice and Break the Ice</p>
<p>2  V Balance  K Guess the Animal  CC Sausage &amp; Peppers Hawaiian Sliders  Relax &amp; Recharge  A No Sew Fleece Blankets  M Lift Your Voices</p>	<p>3  K Daily Chronicle  V What a Wonderful World Chair Yoga  K Memory Box  CC Peanut Butter Cookie Cups  Relax &amp; Recharge  A Winter Snowflake Art</p>	<p>4  K Daily Chronicle  V Drum Circle  K Tell Me Something Good  CC Cookies &amp; Cream Ice Cream  Relax &amp; Recharge  A Pinecone Penguin  M Tea Tasting Tuesday</p>	<p>5  K Daily Chronicle  V Quick Qigong  K Famous Pairs  CC Monster Cookie Energy Bites  Relax &amp; Recharge  A Squeegee Canvas Paint  M Paper Your Own Map</p>	<p>6  V 80s Flashback  K Daily Chronicle  K Life Story  CC Pizza Quesadillas  Relax &amp; Recharge  A Life Timeline Creative Writing  M Uppercase Letter Hunt</p>	<p>7  K Daily Chronicle  V Mindfulness Matters  K Rolling 31 Days  CC Chocolate Truffles  Relax &amp; Recharge  A Winter Sugar Painting  M Flash With Me Handprint Art</p>	<p>8  V Roll in the New Year  K New Year Word Poem  CC Bacon Cheese Balls  Relax &amp; Recharge  A Art Appreciation-Renoir  M Making Music  CC Roll the Dice and Break the Ice</p>
<p>9  V Balance  K Guess the Animal  CC Ham, Egg &amp; Cheese Hawaiian Sliders  Relax &amp; Recharge  A Kindness Flowers  M Lift Your Voices</p>	<p>10  K Daily Chronicle  V What a Wonderful World Chair Yoga  K Memory Box  CC Chocolate Cookie Cups  Relax &amp; Recharge  A Winter Snowflake Art</p>	<p>11  K Daily Chronicle  V Drum Circle  K Tell Me Something Good  CC Strawberry Ice Cream  Relax &amp; Recharge  A Newspaper Winter Landscape  M Tea Tasting Tuesday</p>	<p>12  K Daily Chronicle  V Quick Qigong  K Famous Pairs  CC Blueberry Muffin Energy Bites  Relax &amp; Recharge  A Winter Scenery  M Paper Your Own Map</p>	<p>13  V 80s Flashback  K Daily Chronicle  K Life Story  CC Strawberry Peanut Butter Quesadilla  Relax &amp; Recharge  A Tea Bag Garland Making  M Uppercase Letter Hunt</p>	<p>14  K Daily Chronicle  V Mindfulness Matters  K Rolling 31 Days  CC Nutty Truffles  Relax &amp; Recharge  A Splatter Paint  M Flash With Me Handprint Art</p>	<p>15  V Roll in the New Year  K New Year Word Poem  CC Chocolate Chip Cheesecake Balls  Relax &amp; Recharge  A Art Appreciation-American  M Making Music  CC Roll the Dice and Break the Ice</p>
<p>16  V Balance  K Guess the Animal  CC Philly Cheesesteak Hawaiian Sliders  Relax &amp; Recharge  A No Sew Fleece Blankets  M Lift Your Voices</p>	<p>17 <b>Martin Luther King Day</b>  K Daily Chronicle  V What a Wonderful World Chair Yoga  K Memory Box  CC Caramel Cookie Cups  Relax &amp; Recharge  A Winter Snowflake Art</p>	<p>18  K Daily Chronicle  V Drum Circle  K Tell Me Something Good  CC Chocolate Ice Cream  Relax &amp; Recharge  A Snowman Craft  M Tea Tasting Tuesday</p>	<p>19  K Daily Chronicle  V Quick Qigong  K Famous Pairs  CC Peanut Butter Chocolate Chip Energy Bites  Relax &amp; Recharge  A Candy Corn  M Paper Your Own Map</p>	<p>20  V 80s Flashback  K Daily Chronicle  K Life Story  CC Veggie Quesadillas  Relax &amp; Recharge  A Creative Storytelling  M Uppercase Letter Hunt</p>	<p>21  K Daily Chronicle  V Mindfulness Matters  K Rolling 31 Days  CC Candy Truffles  Relax &amp; Recharge  A Snow Sensory Bottle  M Flash With Me Handprint Art</p>	<p>22  V Roll in the New Year  K New Year Word Poem  CC Salami Cheese Balls  Relax &amp; Recharge  A Art Appreciation-Starry Night  M Making Music  CC Roll the Dice and Break the Ice</p>
<p>23  V Balance  K Guess the Animal  CC Caprese Hawaiian Sliders  Relax &amp; Recharge  A Kindness Flowers  M Lift Your Voices  CC Breakfast Circle</p>	<p>24  K Daily Chronicle  V What a Wonderful World Chair Yoga  K Memory Box  CC Cookies &amp; Cream Cookie Cups  Relax &amp; Recharge  A Winter Snowflake Art</p>	<p>25  K Daily Chronicle  V Drum Circle  K Tell Me Something Good  CC Caramel Ice Cream  Relax &amp; Recharge  A Paper Plate Penguins  M Tea Tasting Tuesday</p>	<p>26  K Daily Chronicle  V Quick Qigong  K Famous Pairs  CC Sweet and Salty Energy Bites  Relax &amp; Recharge  A Paint Pouring  M Paper Your Own Map</p>	<p>27  V 80s Flashback  K Daily Chronicle  K Life Story  CC PB &amp; J S'mores Quesadilla  Relax &amp; Recharge  A Creative Storytelling  M Uppercase Letter Hunt</p>	<p>28  K Daily Chronicle  V Mindfulness Matters  K Rolling 31 Days  CC Cranberry Truffles  Relax &amp; Recharge  A Winter Process Art  M Flash With Me Handprint Art</p>	<p>29  V Roll in the New Year  K New Year Word Poem  CC Nutty Pimento Cheese Balls  Relax &amp; Recharge  A Art Appreciation-Mona Lisa  M Making Music  CC Roll the Dice and Break the Ice</p>
<p>30  V Balance  K Guess the Animal  CC Roasted Veggie Hawaiian Sliders  Relax &amp; Recharge  A No Sew Fleece Blankets  M Lift Your Voices</p>	<p>31  K Daily Chronicle  V What a Wonderful World Chair Yoga  K Memory Box  CC Dark Chocolate Cookie Cups  Relax &amp; Recharge  A Winter Snowflake Art</p>					