Valley	
Assist	ed Living



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bingo Company Store~ Come spend your bingo bucks, January 18 at 10 AM		Family Brunch is January 2nd. Watch for your RSVP paperwork to sign up for one of two settings, 11:00am or the 12:30pm setting.				9:15 Chronicle pass 9:45 Movie 10:45 Self-Activity & Snack 11:00 Walking club 1:30 New Years Day Party
9:15 Chronicle pass & inspirations 10:00 Sunday Morning Praise 12:30 Family Brunch #2 2:00 Card games 2:00 Church w/ Rev Tucker	9:30 Trivia Pursuits 10:00 Worship & Communion 11:00 Walking club 1:30 It's Puzzling	9:30 Cooking Club 10:30 Chair Dancing 11:00 Walking club 1:30 Bingo 2:30 Snack & Chat	9:30 Crafters Corner 10:15 Life Long Learning 11:00 AL Outing 1:00 Tinker Time 1:30 Self-Activity & Snack 2:00 Catholic Mass	9:30 Exercise Fun 10:00 Jeopardy 11:00 Walking club 1:00 Manicures 1:30 Bingo & Snack	9:30 Cardo 10:00 Fun, Friends, & Fellowship 11:00 Walking Club 1:00 Community Connections 2:30 Happy Hour 2:30 Happy Hour	9:15 Chronicle pass 10:15 Crafters Corners 10:45 Brain Games 11:00 Walking club 2:00 Penny Ante
9:15 Chronicle pass & inspirations 10:00 Sunday Morning Praise 11:15 Walking Club 2:00 Card games 2:00 Church w/ Rev Tucker	9:30 Trivia Pursuits 10:00 Tea Time & Worship 11:00 Walking club 1:30 It's Puzzling	9:30 Cooking Club 10:00 Just the Facts 10:30 Chair Dancing 11:00 Walking club 1:30 Bingo 2:30 Snack & Chat	9:30 Crafters Corner 10:15 Life Long Learning 11:00 AL Outing 1:00 Tinker Time 1:30 Self-Activity & Snack	9:30 Exercise Fun 10:00 Jeopardy 11:00 Walking club 1:00 Manicures 1:30 Bingo & Snack	9:30 Cardo 10:00 Fitness Friday 11:00 Walking Club 1:00 Community Connections 2:30 Happy Hour	9:15 Chronicle pass 9:45 Movie 10:45 Self-Activity & Snack 11:00 Walking club 2:00 Penny Ante
9:15 Chronicle pass & inspirations 10:00 Sunday Morning Praise 11:15 Walking Club 2:00 Card games	9:30 Trivia Pursuits 10:00 Worship & Communion 11:00 Walking club 1:30 It's Puzzling	9:30 Cooking Club 10:00 Bingo Store 11:00 Walking club 1:30 Bingo 2:30 Snack & Chat	9:30 Crafters Corner 10:15 Life Long Learning 11:00 AL Outing 1:00 Tinker Time 1:30 Self-Activity & Snack	9:30 Exercise Fun 10:00 Jeopardy 11:00 Walking club 1:00 Manicures 1:30 Bingo & Snack	9:30 Cardo 10:00 Fitness Friday 10:00 Fun, Friends, & Fellowship 11:00 Walking Club 1:00 Community Connections 2:30 Happy Hour	9:15 Chronicle pass 10:15 Crafters Corners 10:45 Brain Games 11:00 Walking club 2:00 Penny Ante
9:15 Chronicle pass & inspirations 10:00 Sunday Morning Praise 11:15 Walking Club 2:00 Card games	9:30 Trivia Pursuits 10:00 Tea Time & Worship 11:00 Walking club 1:30 It's Puzzling	9:30 Cooking Club 10:00 Resident Council 10:30 Chair Dancing 11:00 Walking club 1:30 Bingo 2:30 Snack & Chat	9:30 Crafters Corner 10:15 Life Long Learning 11:00 AL Outing 1:00 Tinker Time 1:30 Self-Activity & Snack	9:30 Exercise Fun 10:00 Jeopardy 11:00 Walking club 1:00 Manicures 1:30 Bingo & Snack	9:30 Cardo 10:00 Fitness Friday 10:00 Inspired Living 11:00 Walking Club 1:00 Community Connections 2:30 Happy Hour	9:15 Chronicle pass 9:45 Movie 10:45 Self-Activity & Snack 11:00 Walking club 2:00 Penny Ante
9:15 Chronicle pass & inspirations 10:00 Sunday Morning Praise 11:15 Walking Club 2:00 Card games	9:30 Trivia Pursuits 10:00 Tea Time & Worship 11:00 Walking club 1:30 It's Puzzling		Catholic Communion will be distributed room to room starting at 9:30am, on every Wednesday except the first Wednesday for each month. On the first Wednesday of each month there will be a Mass held		January Birthdays 9th Evelyn W.	

Val	ley \	/iew	/
Hea	alth	Cen	iter



JANUARY 2021

				•		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bingo Company Store~ Come spend your bingo bucks January 18 @ 10:00 a.m.		Catholic Communion will be distributed room to room starting at 9:30am, on every Wednesday except the first Wednesday of each month. On the first Wednesday of each month there will be a Mass held				1 New Year's Day 10:00 Crafters Corners 10:45 Dear Abby 11:45 Scheduled Room Visits 1:30 New Years Day Party
2	3	4	5	6	7	8
9:30 Inspirational Quotes 12:30 Family Brunch #2 1:30 Scheduled Room Visits 2:00 Church w/ Rev Tucker	9:00 Mindful Moments 10:00 Worship & Communion 10:30 Mind Joggers 11:30 Pre-Meal Activity 2:00 Bingo 3:45 Popcorn Cart	9:00 Mindful Moments 10:00 Sittercise 10:30 Monthly Gazette 11:30 Pre-Meal Activity 1:15 Crafts 2:30 Cardo	10:00 Exercise Class 10:30 Life Long Learning 11:30 Pre-Meal Activity 1:15 Manicures 2:00 Catholic Mass 2:45 Bingo	 10:00 Creative Cooking 10:30 Reminiscing 11:00 HC Lunch Outing 11:30 Pre-Meal Activity 1:30 Self-Activity & Snack 3:30 Mindful moments 	9:00 Mindful Moments 10:00 Fun, Friends, & Fellowship 10:30 Community Connections 11:30 Pre-Meal Activity 2:30 Happy Hour	10:00 Morning Movie-Channel 210:45 Self-Activity & Snack11:45 Scheduled Room Visits1:00 Table top Games
9	10	11	12	13	14	15
9:30 Inspirational Quotes 10:15 Bible Study with Carol 11:30 Scheduled Room Visits 1:00 Card Games 2:00 Church w/ Rev Tucker	9:00 Mindful Moments 10:00 Tea Time & Worship 10:30 Mind Joggers 11:30 Pre-Meal Activity 2:00 Bingo 3:45 Popcorn Cart	9:00 Mindful Moments 10:00 Sittercise 10:30 Trivia 11:30 Pre-Meal Activity 1:15 Crafts 2:30 Cardo	10:00 Exercise Class 10:30 Life Long Learning 11:30 Pre-Meal Activity 1:15 Manicures 2:00 Bingo 3:30 Mindful Moments	10:00 Creative Cooking10:30 Reminiscing11:00 HC Lunch Outing11:30 Pre-Meal Activity1:30 Self-Activity & Snack3:30 Mindful moments	9:00 Mindful Moments 10:00 Sittercise 10:30 Community Connections 11:30 Pre-Meal Activity 2:30 Happy Hour	10:00 Crafters Corners10:45 Name 1011:45 Scheduled Room Visits1:00 Head Bands
16	17 Martin Luther King Day	18	19	20	21	22
9:30 Inspirational Quotes 10:15 Bible Study with Carol 11:30 Scheduled Room Visits 1:00 Card Games	9:00 Mindful Moments 10:00 Worship & Communion 10:30 Mind Joggers 11:30 Pre-Meal Activity 2:00 Bingo 3:45 Popcorn Cart	9:00 Mindful Moments 10:00 Bingo Store 11:30 Pre-Meal Activity 1:15 Crafts 2:30 Cardo	10:00 Exercise Class 10:30 Life Long Learning 11:30 Pre-Meal Activity 1:15 Manicures 2:00 Bingo 3:30 Mindful Moments	 10:00 Creative Cooking 10:30 Reminiscing 11:00 HC Lunch Outing 11:30 Pre-Meal Activity 1:30 Self-Activity & Snack 3:30 Mindful moments 	9:00 Mindful Moments 10:00 Fun, Friends, & Fellowship 10:30 Community Connections 11:30 Pre-Meal Activity 2:30 Happy Hour	10:00 Morning Movie-Channel 2 10:45 Self-Activity & Snack 11:45 Scheduled Room Visits 1:00 Bowling
23	24	25	26	27	28	29
9:30 Inspirational Quotes 10:15 Bible Study with Carol 11:30 Scheduled Room Visits 1:00 Card Games	9:00 Mindful Moments 10:00 Tea Time & Worship 10:30 Mind Joggers 11:30 Pre-Meal Activity 2:00 Bingo 3:45 Popcorn Cart	9:00 Mindful Moments 10:00 Sittercise 10:30 Resident Council 11:30 Pre-Meal Activity 1:15 Crafts 2:30 Cardo	10:00 Exercise Class 10:30 Life Long Learning 11:30 Pre-Meal Activity 1:15 Manicures 2:00 Bingo 3:30 Mindful Moments	10:00 Creative Cooking10:30 Reminiscing11:00 HC Lunch Outing11:30 Pre-Meal Activity1:30 Self-Activity & Snack3:30 Mindful moments	9:00 Mindful Moments 10:00 Inspired Living 10:30 Community Connections 11:30 Pre-Meal Activity 2:30 Happy Hour	10:00 Crafters Corners 10:45 Name 10 11:45 Scheduled Room Visits 1:00 LRC
30	31		January Birthdays			Family Brunch January 2nd.
9:30 Inspirational Quotes 10:15 Bible Study with Carol 11:30 Scheduled Room Visits 1:00 Card Games	9:00 Mindful Moments 10:00 Tea Time & Worship 10:30 Mind Joggers 11:30 Pre-Meal Activity 2:00 Bingo 3:45 Popcorn Cart		2 Jerry C. 17 Patricia G. 9 Rebecca W. 18 Shirley O. 12 Richard M. 30 Carroll P. 16 Marilyn B.			Watch for your RSVP paperwork to sign up for one of two settings, 11:00am or the 12:30pm setting.