

JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays						1 New Year's Day V 10:00 Senior Fitness with Meredith in Wellness Center K 2:00 Crafty Corner with Edyn in Activity Center
2 V 10:00 Sunday Exercise Club in Wellness Center (RESIDENT LED) 1:30 Let's Play BINGO in Activity Center K 2:30 Jeopardy in Activity Center	3 V 10:00 Chair Stretching in Wellness Center I 11:00 Pampering Cart Room Visits	4 V 10:00 Controlled Weight Lifting in Wellness Center 10:30 BINGO in Activity Center	5 10:00 Weights and Stretches in Wellness Center M 3:00 Wine Down Wednesday & Story Time with Jessica in Activity Center	6 V 10:00 Yoga in Wellness Center 10:30 BINGO in Activity Center 1:30 Chef's Circle by Salon	7 I 9:00 Catholic Mass on Channel 2 V 10:00 Chair Zumba in Wellness Center CC 2:00 Drama Club in Activity Center	8 V 10:00 Senior Fitness with Meredith in Wellness Center K 2:00 Crafty Corner with Edyn in Activity Center
9 V 10:00 Sunday Exercise Club in Wellness Center (RESIDENT LED) 1:30 Let's Play BINGO in Activity Center K 2:30 Jeopardy in Activity Center	10 V 10:00 Chair Stretching in Wellness Center I 11:00 Pampering Cart Room Visits	11 V 10:00 Controlled Weight Lifting in Wellness Center 10:30 BINGO in Activity Center	12 10:00 Weights and Stretches in Wellness Center K 3:00 Let's Play UNO in Activity Center M 3:00 Wine Down Wednesday & Story Time with Jessica in Activity Center	13 V 10:00 Yoga in Wellness Center 10:30 BINGO in Activity Center 1:30 Chef's Circle by Salon	14 I 9:00 Catholic Mass on Channel 2 V 10:00 Chair Zumba in Wellness Center CC 2:00 Drama Club in Activity Center	15 V 10:00 Senior Fitness with Meredith in Wellness Center K 2:00 Crafty Corner with Edyn in Activity Center 3:00 Resident Council at the Board Room
16 V 10:00 Sunday Exercise Club in Wellness Center (RESIDENT LED) 1:30 Let's Play BINGO in Activity Center K 2:30 Jeopardy in Activity Center	17 Martin Luther King Day V 10:00 Chair Stretching in Wellness Center I 11:00 Pampering Cart Room Visits	18 V 10:00 Controlled Weight Lifting in Wellness Center 10:30 BINGO in Activity Center	19 10:00 Weights and Stretches in Wellness Center M 3:00 Wine Down Wednesday & Story Time with Jessica in Activity Center	20 V 10:00 Yoga in Wellness Center 10:30 BINGO in Activity Center 1:30 Chef's Circle by Salon	21 I 9:00 Catholic Mass on Channel 2 V 10:00 Chair Zumba in Wellness Center CC 2:00 Drama Club in Activity Center	22 V 10:00 Senior Fitness with Meredith in Wellness Center K 2:00 Crafty Corner with Edyn in Activity Center
23 V 10:00 Sunday Exercise Club in Wellness Center (RESIDENT LED) 1:30 Let's Play BINGO in Activity Center K 2:30 Jeopardy in Activity Center	24 V 10:00 Chair Stretching in Wellness Center I 11:00 Pampering Cart Room Visits	25 V 10:00 Controlled Weight Lifting in Wellness Center 10:30 BINGO in Activity Center	26 10:00 Weights and Stretches in Wellness Center K 3:00 Let's Play UNO in Activity Center M 3:00 Wine Down Wednesday & Story Time with Jessica in Activity Center	27 V 10:00 Yoga in Wellness Center 10:30 BINGO in Activity Center 1:30 Chef's Circle by Salon	28 I 9:00 Catholic Mass on Channel 2 V 10:00 Chair Zumba in Wellness Center CC 2:00 Drama Club in Activity Center	29 V 10:00 Senior Fitness with Meredith in Wellness Center K 2:00 Crafty Corner with Edyn in Activity Center
30 V 10:00 Sunday Exercise Club in Wellness Center (RESIDENT LED) 1:30 Let's Play BINGO in Activity Center K 2:30 Jeopardy in Activity Center	31 V 10:00 Chair Stretching in Wellness Center I 11:00 Pampering Cart Room Visits					



JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy New Year!!</p> <p>Welcome to the family!</p>						<p>1 New Year's Day</p> <p>V 9:00 Roll in the New Year</p> <p>K 9:30 New Year Word Poem</p> <p>CC 10:45 Cranberry Pecan Cheese Balls</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Creative Storytelling</p>
<p>2</p> <p>V 9:00 Balance</p> <p>K 9:30 Guess the Animal</p> <p>CC 10:45 Sausage & Peppers Hawaiian Sliders</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 No Sew Fleece</p>	<p>3</p> <p>V 9:00 What a Wonderful World Chair Yoga</p> <p>K 9:30 Memory Box</p> <p>CC 10:45 Peanut Butter Cookie Cups</p> <p>12:45 Relax & Recharge</p>	<p>4</p> <p>V 9:00 Drum Circle</p> <p>K 9:30 Tell Me Something Good</p> <p>CC 10:45 Cookies & Cream Ice Cream</p> <p>12:45 Relax & Recharge</p>	<p>5</p> <p>V 9:00 Quick Qigong</p> <p>K 9:30 Famous Pairs</p> <p>CC 10:45 Monster Cookie Energy Bites</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Squeegee Canvas Paint</p>	<p>6</p> <p>V 9:00 80s Flashback</p> <p>K 9:30 Life Story</p> <p>CC 10:45 Pizza Quesadillas</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Life Timeline Creative Writing</p>	<p>7</p> <p>V 9:00 Mindfulness Matters</p> <p>K 9:30 Rolling 31 Days</p> <p>CC 10:45 Chocolate Truffles</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Winter Sugar Painting</p> <p>M 3:30 Float With Me Happy</p>	<p>8</p> <p>V 9:00 Roll in the New Year</p> <p>K 9:30 New Year Word Poem</p> <p>CC 10:45 Bacon Cheese Balls</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Art Appreciation-Renoir</p> <p>M 3:30 Making Music</p>
<p>9</p> <p>V 9:00 Balance</p> <p>K 9:30 Guess the Animal</p> <p>CC 10:45 Ham, Egg & Cheese Hawaiian Sliders</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Kindness Flowers</p>	<p>10</p> <p>V 9:00 What a Wonderful World Chair Yoga</p> <p>K 9:30 Memory Box</p> <p>CC 10:45 Chocolate Cookie Cups</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Watercolor Snowman</p>	<p>11</p> <p>V 9:00 Drum Circle</p> <p>K 9:30 Tell Me Something Good</p> <p>CC 10:45 Strawberry Ice Cream</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Newspaper Winter</p>	<p>12</p> <p>V 9:00 Quick Qigong</p> <p>K 9:30 Famous Pairs</p> <p>CC 10:45 Blueberry Muffin Energy Bites</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Winter Scenery</p>	<p>13</p> <p>V 9:00 80s Flashback</p> <p>K 9:30 Life Story</p> <p>CC 10:45 Strawberry Peanut Butter Quesadilla</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 To Be Creative Writing</p>	<p>14</p> <p>V 9:00 Mindfulness Matters</p> <p>K 9:30 Rolling 31 Days</p> <p>CC 10:45 Nutty Truffles</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Splatter Paint</p> <p>M 3:30 Float With Me Happy</p>	<p>15</p> <p>V 9:00 Roll in the New Year</p> <p>K 9:30 New Year Word Poem</p> <p>CC 10:45 Chocolate Chip Cheesecake Balls</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Art Appreciation-</p>
<p>16</p> <p>V 9:00 Balance</p> <p>K 9:30 Guess the Animal</p> <p>CC 10:45 Philly Cheesesteak Hawaiian Sliders</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 No Sew Fleece</p>	<p>17 Martin Luther King Day</p> <p>V 9:00 What a Wonderful World Chair Yoga</p> <p>K 9:30 Memory Box</p> <p>CC 10:45 Caramel Cookie Cups</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Watercolor Bubble Art</p>	<p>18</p> <p>V 9:00 Drum Circle</p> <p>K 9:30 Tell Me Something Good</p> <p>CC 10:45 Chocolate Ice Cream</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Snowman Craft</p>	<p>19</p> <p>V 9:00 Quick Qigong</p> <p>K 9:30 Famous Pairs</p> <p>CC 10:45 Peanut Butter Chocolate Chip Energy Bites</p> <p>12:45 Relax & Recharge</p>	<p>20</p> <p>V 9:00 80s Flashback</p> <p>K 9:30 Life Story</p> <p>CC 10:45 Veggie Quesadillas</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Creative Storytelling</p> <p>M 3:30 Hippy Dance</p>	<p>21</p> <p>V 9:00 Mindfulness Matters</p> <p>K 9:30 Rolling 31 Days</p> <p>CC 10:45 Candy Truffles</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Snow Sensory Bottle</p> <p>M 3:30 Float With Me Happy</p>	<p>22</p> <p>V 9:00 Roll in the New Year</p> <p>K 9:30 New Year Word Poem</p> <p>CC 10:45 Salami Cheese Balls</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Art Appreciation-Starry Night</p>
<p>23</p> <p>V 9:00 Balance</p> <p>K 9:30 Guess the Animal</p> <p>CC 10:45 Caprese Hawaiian Sliders</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Kindness Flowers</p>	<p>24</p> <p>V 9:00 What a Wonderful World Chair Yoga</p> <p>K 9:30 Memory Box</p> <p>CC 10:45 Cookies & Cream Cookie Cups</p> <p>12:45 Relax & Recharge</p>	<p>25</p> <p>V 9:00 Drum Circle</p> <p>K 9:30 Tell Me Something Good</p> <p>CC 10:45 Caramel Ice Cream</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Paper Plate Penguins</p>	<p>26</p> <p>V 9:00 Quick Qigong</p> <p>K 9:30 Famous Pairs</p> <p>CC 10:45 Sweet and Salty Energy Bites</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Paint Pouring</p>	<p>27</p> <p>V 9:00 80s Flashback</p> <p>K 9:30 Life Story</p> <p>CC 10:45 PB & J S'mores Quesadilla</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Creative Storytelling</p>	<p>28</p> <p>V 9:00 Mindfulness Matters</p> <p>K 9:30 Rolling 31 Days</p> <p>CC 10:45 Cranberry Truffles</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Winter Process Art</p> <p>M 3:30 Float With Me Happy</p>	<p>29</p> <p>V 9:00 Roll in the New Year</p> <p>K 9:30 New Year Word Poem</p> <p>CC 10:45 Nutty Pimento Cheese Balls</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 Art Appreciation-Mona</p>
<p>30</p> <p>V 9:00 Balance</p> <p>K 9:30 Guess the Animal</p> <p>CC 10:45 Roasted Veggie Hawaiian Sliders</p> <p>12:45 Relax & Recharge</p> <p>A 2:00 No Sew Fleece</p>	<p>31</p> <p>V 9:00 What a Wonderful World Chair Yoga</p> <p>K 9:30 Memory Box</p> <p>CC 10:45 Dark Chocolate Cookie Cups</p> <p>12:45 Relax & Recharge</p>					