



# Activities Calendar

# January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:15</b> Sit and Be Fit (U) <b>30</b> <b>10:00</b> Lutheran Church (U2) <b>11:00</b> Trivia (U) <b>2:00</b> Spa Time (U) <b>3:30</b> Happy Hour (U4)	<b>9:00</b> Dancercise (U) <b>31</b> <b>10:00</b> Hymn Sing (U2) <b>2:00</b> Qi Gong (U2) <b>2:15</b> Smoothies and Chat (U4) <b>4:00</b> Jingo (U2) <b>7:00</b> Beat the Clock (U2)	<b>LOCATION KEY</b>  <b>U1- Unit One</b> <b>A- Activities Room</b> <b>U2- Unit Two</b> <b>SR- Sensory Room</b> <b>U4- Unit Four</b> <b>P- Patio</b> <b>U- All Units</b> <b>\$\$- Cost Involved</b> <b>** Please Sign Up with Activities</b>		Offered Daily Neighborhood Visits		<b>9:15</b> Simply Stretch (U) <b>1</b> <b>10:00</b> Cardinal in the Snow Paint and Sip (U2) <b>11:30</b> Choice Trivia (U2) <b>2:00</b> Bingo (A) <b>3:00</b> Yoga Fun (U2)
New Year's Day						
<b>9:15</b> Sit and Be Fit (U) <b>2</b> <b>10:00</b> Lutheran Church (U2) <b>11:00</b> Trivia (U) <b>2:00</b> Wild About Reading (U) <b>3:30</b> Happy Hour (U4)	<b>9:00</b> Dancercise (U) <b>3</b> <b>10:00</b> Hymn Sing (U2) <b>2:00</b> Qi Gong (U2) <b>2:15</b> Smoothies and Chat (U4) <b>4:00</b> Jingo (U2) <b>7:00</b> I Love Lucy (U2)	<b>9:00</b> Wake Up Exercise (U) <b>4</b> <b>10:00</b> Bingo (U2) <b>2:00</b> Bible Study (U2) <b>2:15</b> Friendship Poetry <b>3:30</b> Move it or Lose It (U) <b>5:15</b> Table Talk (U2) <b>7:00</b> Sweet Treats (U2)	<b>9:00</b> Moving to Music (U) <b>5</b> <b>10:00</b> Catholic Prayer (U2) <b>11:15</b> File and Shine (U2) <b>2:00</b> Famous American Authors SP/SM (BL) <b>3:15</b> History of Audio Books SP (AL)	<b>9:00</b> Fun Fitness (U) <b>6</b> <b>10:00</b> Zoom Bible Study <b>With Dave E (U2)</b> <b>2:00</b> Social Club (U) <b>4:15</b> Card Games (U4) <b>7:00</b> Relaxation (U)	<b>9:15</b> Music in Motion (U) <b>7</b> <b>10:00</b> Protestant Video (U) <b>2:00</b> Snacks and Music Hour (U) <b>3:00</b> Rehab Rounds (U4) <b>7:00</b> Book Club (U4)	<b>9:15</b> Simply Stretch (U) <b>8</b> <b>10:00</b> All About Elvis (U2) <b>11:30</b> Choice Trivia (U2) <b>2:00</b> Bingo (A) <b>3:00</b> Yoga Fun (U2)
<b>9:15</b> Sit and Be Fit (U) <b>9</b> <b>10:00</b> Lutheran Church (U2) <b>11:00</b> Trivia (U) <b>2:00</b> My Favorite Tea Reminisce (U) <b>3:30</b> Happy Hour (U4)	<b>9:00</b> Dancercise (U) <b>10</b> <b>10:00</b> Hymn Sing (U2) <b>2:00</b> Qi Gong (U2) <b>2:15</b> Smoothies and Chat (U4)	<b>9:00</b> Wake Up Exercise (U) <b>11</b> <b>10:00</b> Bingo (U2) <b>2:00</b> Guess the Tea (U) <b>3:30</b> Move it or Lose It (U)	<b>9:00</b> Moving to Music (U) <b>12</b> <b>10:00</b> Catholic Prayer (U2) <b>11:15</b> File and Shine (U2) <b>2:00</b> Pull N Read Teacup Cards	<b>9:00</b> Fun Fitness (U) <b>13</b> <b>10:00</b> Zoom Bible Study <b>With Dave E (U2)</b> <b>2:00</b> Social Club (U) <b>4:45</b> Card Games (U4)	<b>9:15</b> Music in Motion (U) <b>14</b> <b>10:00</b> Protestant Video (U) <b>2:00</b> Snacks and Music Hour (U) <b>3:00</b> Rehab Rounds (U4) <b>7:00</b> Book Club (U4)	<b>9:15</b> Simply Stretch (U) <b>15</b> <b>10:00</b> Tea Hour (U2) <b>11:30</b> Choice Trivia (U2) <b>2:00</b> Bingo (A) <b>3:00</b> Yoga Fun (U2)
Martin Luther King Jr. Day						
<b>9:15</b> Sit and Be Fit (U) <b>16</b> <b>10:00</b> Lutheran Church (U2) <b>11:00</b> Trivia (U) <b>2:00</b> Fun Facts about Penguins (U) <b>3:30</b> Happy Hour (U4)	<b>9:00</b> Dancercise (U) <b>17</b> <b>10:00</b> MLK Reminisce <b>2:00</b> Qi Gong (U2) <b>3:00</b> Jingo (U2)	<b>9:00</b> Wake Up Exercise (U) <b>18</b> <b>10:00</b> Bingo (U2) <b>2:00</b> How to Draw Penguin SP/SM (BL) <b>3:30</b> Move it or Lose It (U)	<b>9:00</b> Moving to Music (U) <b>19</b> <b>10:00</b> Catholic Prayer (U2) <b>11:15</b> File and Shine (U2) <b>2:00</b> All About Antarctica SP (AL)	<b>9:00</b> Fun Fitness (U) <b>20</b> <b>10:00</b> Zoom Bible Study <b>With Dave E (U2)</b> <b>2:00</b> Social Club (U) <b>4:45</b> Card Games (U4)	<b>9:15</b> Music in Motion (U) <b>21</b> <b>10:00</b> Protestant Video (U) <b>2:00</b> Snacks and Music Hour (U) <b>3:00</b> Rehab Rounds (U4) <b>7:00</b> Book Club (U4)	<b>9:15</b> Simply Stretch (U) <b>22</b> <b>10:00</b> I Got it Game (U) <b>11:30</b> Choice Trivia (U2) <b>2:00</b> Bingo (A) <b>3:00</b> Yoga Fun (U2)
<b>9:15</b> Sit and Be Fit (U) <b>23</b> <b>10:00</b> Lutheran Church (U2) <b>11:00</b> Trivia (U) <b>2:00</b> Brain Busters January (U) <b>3:30</b> Happy Hour (U4)	<b>9:00</b> Dancercise (U) <b>24</b> <b>10:00</b> Hymn Sing (U2) <b>2:00</b> Qi Gong (U2) <b>2:15</b> Smoothies and Chat (U4) <b>4:00</b> Jingo (U2) <b>7:00</b> You Be the Judge (U2)	<b>9:00</b> Wake Up Exercise (U) <b>25</b> <b>9:45</b> Fine Art Miracles (A) <b>10:00</b> Bingo (U2) <b>2:00</b> Bible Study (U2) <b>2:15</b> Spelling Bee (U) <b>3:30</b> Move it or Lose It (U) <b>5:15</b> Table Talk (U2) <b>7:00</b> Sweet Treats (U2)	<b>9:00</b> Moving to Music (U) <b>26</b> <b>10:00</b> Catholic Prayer (U2) <b>11:15</b> File and Shine (U2) <b>2:00</b> Winter Scenes and Ice Formation Reminisce (BL) <b>2:15</b> Creative Expressions	<b>9:00</b> Fun Fitness (U) <b>27</b> <b>10:00</b> Zoom Bible Study <b>With Dave E (U2)</b> <b>2:00</b> Social Club (U) <b>4:15</b> Card Games (U4) <b>7:00</b> Relaxation (U)	<b>9:15</b> Music in Motion (U) <b>28</b> <b>10:00</b> Protestant Video (U) <b>2:00</b> Snacks and Music Hour (U) <b>3:00</b> Rehab Rounds (U4) <b>7:00</b> Book Club (U4)	<b>9:15</b> Simply Stretch (U) <b>29</b> <b>10:00</b> Wacky Wordies Fun (U) <b>11:30</b> Choice Trivia (U2) <b>2:00</b> Bingo (A) <b>3:00</b> Yoga Fun (U2)



# Activities Calendar

## January 2022 Seasons

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10:00</b> Lutheran Church (AL) <b>30</b> <b>10:45</b> File and Shine (L) <b>2:30</b> Move It or Lose It SP/SM (BL) <b>3:15</b> Life Skills Baking SM/A (DR) <b>3:45</b> Evening Wake Up SM (DR)	<b>10:00</b> Hymn Sing SP/SM(AL) <b>31</b> <b>10:45</b> Jingo Fun SP/SM (BL) <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> Life Skills for Parents SM (BL) <b>3:30</b> Balloon Volleyball SP (AL)	<b>LOCATION KEY</b>  <b>AL A side Lounge</b> <b>BL B Side Lounge</b> <b>P Patio</b> <b>R Sensory Room</b> <b>A Activities Room</b> <b>DR Dining Room</b>  <b>A- Autumn ACL, SM- Summer ACL, SP Spring ACL</b>		<b>Offered Daily</b> <b>9:00 Morning Exercise</b> <b>9:45 Morning Wake Up</b> <b>11:30 Choice Trivia</b> <b>1:30 Sensory Balance Program</b>		<b>10:00</b> January IQ SP/SM (BL) <b>1</b> <b>10:45</b> Bowling Fun SM (AL) <b>3:00</b> Cardinal in the Snow Paint and Sip SP/SM (BL) <b>4:00</b> Move it or Lose It (AL)
<b>10:00</b> Lutheran Church (AL) <b>2</b> <b>10:45</b> Wild About Reading SP (L) <b>2:30</b> Move It or Lose It SP/SM (BL) <b>3:15</b> Life Skills Baking SM/A (DR) <b>3:45</b> Evening Wake Up SM (DR)  <i>Fun with Reading</i>	<b>10:00</b> Hymn Sing SP/SM (AL) <b>3</b> <b>10:45</b> Word Games SP/SM (BL) <b>2:30</b> RE Walk with Me SP (L) <b>3:30</b> Life Skills for Parents SM (BL)	<b>10:00</b> Friendship Poetry (L) <b>4</b> <b>10:45</b> Sing A Long SP/SM (AL) <b>2:00</b> RE Walk with Me SP (L) <b>3:00</b> Move It or Lose It SP/SM (BL) <b>5:15</b> Evening Wake Up SM (L) <b>7:00 BPO Virtual Concert (BL)</b>	<b>10:30</b> Rosary SP/SM (AL) <b>5</b> <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> Famous American Authors SP/SM (BL) <b>3:15</b> History of Audio Books SP (AL) <b>5:15</b> Evening Wake Up (L) <b>7:30</b> Relaxation (AL)	<b>10:00</b> Poetry Writing SP (AL) <b>6</b> <b>10:45</b> Life Skill Laundry SM (BL) <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> Move It or Lose It SP/SM (BL) <b>3:30</b> Daily Chronicle SP (AL) <b>7:30</b> Short Stories SP/SM (BL)	<b>10:00</b> Protestant Video (AL) <b>7</b> <b>10:45</b> Book Club SP/SM (BL) <b>2:45</b> RE Walk with Me SP (L) <b>3:30</b> Qi Gong SP/SM (AL)	<b>10:00</b> New Beginnings Quotes SP/SM (BL) <b>8</b> <b>10:45</b> All about Elvis SP/SM (AL) <b>3:00</b> Favorite Book Reminisce SP/SM (BL) <b>4:00</b> Move it or Lose It (AL)
<b>10:00</b> Lutheran Church (AL) <b>9</b> <b>10:45</b> My Favorite Tea Reminisce SP/SM (BL) <b>2:30</b> Move It or Lose It SP/SM (BL) <b>3:15</b> Life Skills Baking SM/A (DR) <b>3:45</b> Evening Wake Up SM (DR)  <i>Tea Week</i>	<b>10:00</b> Hymn Sing SP/SM(AL) <b>10</b> <b>10:45</b> Jingo Fun SP/SM (BL) <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> Life Skills for Parents SM (BL) <b>3:30</b> Hot Tea or Cold Tea SP/SM (AL)	<b>10:00</b> Guess the Tea SP (BL) <b>11</b> <b>10:45</b> Balloon Volleyball (AL) <b>2:00</b> RE Walk with Me SP (L) <b>3:00</b> Move It or Lose It SP/SM (BL) <b>5:15</b> Evening Wake Up SM (L) <b>7:00 BPO Virtual Concert (BL)</b>	<b>10:30</b> Rosary SP/SM (AL) <b>12</b> <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> Pull N Read Teacup Cards SP/SM (BL) <b>3:15</b> Who Wore It Best SP (AL) <b>5:15</b> Evening Wake Up (L) <b>7:30</b> Relaxation (AL)	<b>10:00</b> Morsels and More lemon Blueberry Bars SP (AL) <b>13</b> <b>10:45</b> Life Skill Laundry SM (BL) <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> Move It or Lose It SP/SM (BL) <b>3:30</b> Daily Chronicle SP (AL) <b>7:30</b> Short Stories SP/SM (BL)	<b>10:00</b> Protestant Video (AL) <b>14</b> <b>10:45</b> Andy Rooney Quotes SP/SM (BL) <b>2:45</b> RE Walk with Me SP (L) <b>3:30</b> Qi Gong SP/SM (AL)	<b>10:00</b> Ladies Tea SP/SM (BL) <b>15</b> <b>10:45</b> Dice and Card Football SP/SM (AL) <b>3:00</b> I Got It SP/SM (BL) <b>4:00</b> Move it or Lose It (AL)
<b>10:00</b> Lutheran Church (AL) <b>16</b> <b>10:45</b> Fun Facts About Penguins SP/SM (BL) <b>2:30</b> Move It or Lose It SP/SM (BL) <b>3:15</b> Life Skills Baking SM/A (DR) <b>3:45</b> Evening Wake Up SM (DR)  <i>Penguin Week</i>	<b>10:00</b> MLK Reminisce (AL) <b>17</b> <b>10:45</b> Jingo Fun SP/SM (BL) <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> Life Skills for Parents SM (BL) <b>3:30</b> Silly Penguin Jokes SP (AL)  <i>Martin Luther King Jr. Day</i>	<b>10:00</b> Drum Circle SP/SM (BL) <b>18</b> <b>10:45</b> Sing A Long SP/SM (AL) <b>2:00</b> RE Walk with Me SP (L) <b>3:00</b> Move It or Lose It SP/SM (BL) <b>5:15</b> Evening Wake Up SM (L) <b>7:00 BPO Virtual Concert (BL)</b>	<b>10:30</b> Rosary SP/SM (AL) <b>19</b> <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> How to Draw Penguin SP/SM (BL) <b>3:15</b> All About Antarctica SP (AL) <b>5:15</b> Evening Wake Up (L) <b>7:30</b> Relaxation (AL)	<b>10:00</b> Sparkly Snow Craft (AL) <b>20</b> <b>10:45</b> Life Skill Laundry SM (BL) <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> Move It or Lose It SP/SM (BL) <b>3:30</b> Daily Chronicle SP (AL) <b>7:30</b> Short Stories SP/SM (BL)	<b>10:00</b> Protestant Video (AL) <b>21</b> <b>10:45</b> Playful Penguins Crossword SP/SM (BL) <b>2:45</b> RE Walk with Me SP (L) <b>3:30</b> Qi Gong SP/SM (AL)	<b>10:00</b> Drawing Penguins SP/SM (BL) <b>22</b> <b>10:45</b> Breaking Bread Puzzle SM (AL) <b>3:00</b> Winter Scenes and Ice Formation Reminisce (BL) <b>4:00</b> Move it or Lose It (AL)
<b>10:00</b> Lutheran Church (AL) <b>23</b> <b>10:45</b> Brain Busters "January" SP(BL) <b>2:30</b> Move It or Lose It SP/SM (BL) <b>3:15</b> Life Skills Baking SM/A (DR) <b>3:45</b> Evening Wake Up SM (DR)  <i>Brain Teasers Week</i>	<b>10:00</b> Hymn Sing SP/SM(AL) <b>24</b> <b>10:45</b> Jingo Fun SP/SM (BL) <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> Life Skills for Parents SM (BL) <b>3:30</b> Cranium Crunches	<b>10:00</b> Table Talk Tidbits SP (L) <b>25</b> <b>10:45</b> Spelling Bee SP/SM (AL) <b>2:00</b> RE Walk with Me SP (L) <b>3:00</b> Move It or Lose It SP/SM (BL) <b>5:15</b> Evening Wake Up SM (L) <b>7:00 BPO Virtual Concert (BL)</b>	<b>10:30</b> Rosary SP/SM (AL) <b>26</b> <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> Scrabble SP (BL) <b>3:15</b> Brain Busters "Mad Hatter" SP/SM (AL) <b>5:15</b> Evening Wake Up (L) <b>7:30</b> Relaxation (AL)	<b>10:00</b> Trivial Pursuit SP/SM (AL) <b>27</b> <b>10:45</b> Life Skill Laundry SM (BL) <b>2:00</b> RE Walk with Me SP (L) <b>2:45</b> Move It or Lose It SP/SM (BL) <b>3:30</b> Daily Chronicle SP (AL) <b>7:30</b> Short Stories SP/SM (BL)	<b>10:00</b> Protestant Video (AL) <b>28</b> <b>10:45</b> Hang Man SP/SM (BL) <b>2:45</b> RE Walk with Me SP (L) <b>3:30</b> Qi Gong SP/SM (AL)	<b>10:00</b> Wacky Wordies Fun SP/SM (BL) <b>29</b> <b>10:45</b> Name that Tune SP/SM (AL) <b>3:00</b> Favorite Winter Sport Reminisce SP/SM (BL) <b>4:00</b> Move it or Lose It (AL)