





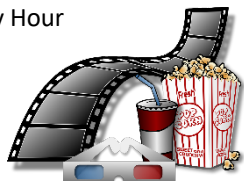











January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Snow Shovel Race 11:00 Snowball Balance 11:30 Bean Bag Target</p>  <p>PM Activities: 12:30 Rest and Relax 1:30 Word Unscramble 2:00 Charades 2:30 Afternoon Snack 3:00 Winter Tree Painting 4:00 Card Sharks 4:30 Viewer's Choice</p>	<p>4 Trivia Day</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:30 Yoga 11:00 Trivia Mining 11:30 January Trivia</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Trivia Brain Games 1:30 Cranium Crunches 2:00 Floor is Lave Balloon Race 2:30 Afternoon Snack 3:00 Snowman Slam Game 4:00 Word Puzzles 4:30 Viewer's Choice</p>	<p>5 National Bird Day</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:30 Zumba with Louann 11:00 Shuffle Board 11:30 Bird is the Word Game</p>  <p>PM Activities: 12:30 Rest and Relax 1:00 Bird Categories 1:30 Junk Drawer Detective 2:00 Bird Race 2:30 Afternoon Snack 3:00 Homemade Bird Feeders 4:00 Ring Toss 4:30 Viewer's Choice</p>	<p>6</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 FROGS 10:00 Good Morning Chat & Snack 10:30 Tai Chi 11:00 Make a Snowman Paper Chain</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Jewelry Making 1:30 Would You Rather? 2:00 Putt Putt 2:30 Afternoon Snack 3:00 Snowball Juggle 3:30 Musical Chairs 4:00 Adult Color 4:30 Viewer's Choice</p>	<p>7</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 3D Snowman Craft 11:00 Pet Visit with Sassy 11:30 Service Project</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Manicures 1:30 Winter Flower Arrangements 2:30 Afternoon Snack 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer's Choice</p> 
<p>10 Houseplant Appreciation Day</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Plant Your Own Houseplant 11:30 Plant Matching</p>  <p>PM Activities: 12:30 Rest and Relax 1:30 Name That Tune 2:00 Plant Facts 2:30 Afternoon Snack 3:00 Mad Lib Madness 3:30 Musical Act it Out 4:00 Card Sharks 4:30 Viewer's Choice</p>	<p>11</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:30 Yoga 11:00 Family Feud 11:30 Karaoke</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Men's Club 1:30 Buzz Word 2:00 Kickball 2:30 Afternoon Snack 3:00 Fluffy Snow Slime 4:00 Word Puzzles 4:30 Viewer's Choice</p>	<p>12 National Hot Tea Day</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:30 Tea Time Word Unscramble 11:30 Famous Faces Birthday</p>  <p>PM Activities: 12:30 Rest and Relax 1:00 Cornhole 1:30 Tea Jumbo Memory 2:30 Birthday Celebrations with Hot Tea 2:45 Pet Visit with SPCA 3:30 Tea Bingo 4:00 Ring Toss 4:30 Viewer's Choice</p>	<p>13</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 FROGS 10:00 Good Morning Chat & Snack 10:30 Tai Chi 11:00 Wheel of Fortune 11:30 Basketball</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Zumba 1:30 Darts 2:00 Roll & Respond 2:30 Afternoon Snack 3:00 Water Science: Make Snowflake Crystals 4:00 Adult Color 4:30 Viewer's Choice</p> 	<p>14</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 Snowman Wrap 11:00 Comedy Hour 11:30 Service Project</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Manicures 1:30 Finish the Lyrics 2:30 Afternoon Snack 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer's Choice</p> 

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
17 Martin Luther King Jr Day	18	19 National Popcorn Day	20	21 Squirrel Appreciation Day
<p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 MLK Write Word Game 11:00 MLK Word Unscramble 11:30 MLK Video & Clips</p> <p>PM Activities: 12:30 Rest and Relax 1:30 King Categories 2:00 Freeze Dance 2:30 Afternoon Snack 3:00 Sharpie Watercolor Craft 4:00 Card Sharks 4:30 Viewer's Choice</p> 	<p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:30 Yoga 11:00 Would You Rather? 11:30 Snowball Balance</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Skee Ball 1:30 Bean Bag Target 2:00 DIY Sugar Scrub 2:30 Afternoon Snack 3:00 Jokes & Funnies 3:30 Seated Weights 4:00 Word Puzzles 4:30 Viewer's Choice</p> 	<p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:30 Zumba with Louann 11:00 Snowball Knockout 11:30 Parachute Play</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Popcorn Categories 1:30 Putt Putt 2:00 Popcorn Balloon Game 2:30 Afternoon Snack 3:00 Popcorn Bingo 4:00 Ring Toss 4:30 Viewer's Choice</p> 	<p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 FROGS 10:00 Good Morning Chat & Snack 10:30 Tai Chi 11:00 Junk Drawer Detective 11:30 Snowball Toss</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Women's Club 1:30 Stomp Fitness 2:00 Jewelry Making 2:30 Afternoon Snack 3:00 Dominoes 4:00 Adult Color 4:30 Viewer's Choice</p>	<p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 Squirrel Facts & Figures 11:00 Pet Visit with Sassy 11:30 Service Project</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Manicures 1:30 Squirrel Race 2:30 Afternoon Snack 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer's Choice</p> 
24 Compliment Day	25 Opposite Day	26	27 Chocolate Cake Day	28
<p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Family Feud 11:30 Compliment Cards</p> <p>PM Activities: 12:30 Rest and Relax 1:30 Finish the Compliment 2:00 Bean Bag Target 2:30 Afternoon Snack 3:00 Roll & Respond 3:30 Music Trivia 4:00 Card Sharks 4:30 Viewer's Choice</p> 	<p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:30 Yoga 11:00 The Price is Right</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Word Opposites 1:30 Music Requests 2:00 Make Chex Mix 2:30 Afternoon Snack 3:00 Winter Scene 4:00 Word Puzzles 4:30 Viewer's Choice</p> 	<p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:30 Move to the Music 11:00 Movie Trivia 11:30 Travelogue</p> <p>PM Activities: 12:30 Rest and Relax 1:00 UNO 2:00 DIY Snow 2:30 Afternoon Snack 3:00 Winter Bingo 4:00 Ring Toss 4:30 Viewer's Choice</p> 	<p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 FROGS 10:00 Good Morning Chat & Snack 10:30 Cello with Louann 11:00 Tai Chi 11:30 Make Chocolate Cake</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Basketball 1:30 Darts 2:00 Chocolate Cake Memory 2:30 Afternoon Snack 3:00 Snowball Knockout 3:30 Sled Race 4:00 Adult Color 4:30 Viewer's Choice</p> 	<p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 Deal or No Deal 11:00 Participant Match Game 11:30 Service Project</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Manicures 1:30 Karaoke 2:30 Welcome Party 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer's Choice</p>

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
31				
<p><u>AM Activities:</u> 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Volleyball 11:00 Winter Collage</p> <p><u>PM Activities:</u> 12:30 Rest and Relax 1:30 Finish the Lyrics 2:00 Target Practice 2:30 Afternoon Snack 3:00 Beaded Suncatchers 4:00 Card Sharks 4:30 Viewer's Choice</p> 				<p style="text-align: center;">Daily Schedule: <u>9:00 am- 10:00 am</u> Group and Individual Activities <u>10:00 am-10:30 am</u> Morning Snack <u>10:30 am-12:00 pm</u> Group Activities <u>12:00 pm-1:00 pm</u> Lunch / Rest and Relax <u>1:00 pm-2:30 pm</u> Group Activities <u>2:30 pm-3:00 pm</u> Afternoon Snack <u>3:00 pm -5:00 pm</u> Group and Individual Activities</p>