

January 2022



Memory Care

ACTIVITY CALENDAR

|   | Mon  | Tue   | Wed   | Thu   | Fri  | Sat  |
|---|--|---|---|---|--|--|
| <b>Snacks served at 10:00 AM and 3:00 PM</b>  |  | <b>Meal Times</b><br><b>Breakfast:</b> 8:00AM-9:00AM<br><b>Lunch:</b> 11:30AM-12:30PM<br><b>Dinner:</b> 5:00PM-6:00PM                                       | <b>Orange:</b> Church<br><b>Blue:</b> Exercise<br><b>Pink:</b> Social<br><b>Green:</b> Games & Fun<br><b>Purple:</b> Cooking Club<br><b>Red:</b> Craft Club<br><b>Black:</b> Entertainment & Family Night   |   |  | <b>1</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Manicures<br>2:45 Creative Exercise<br>3:00 Social<br>3:30 Tenzi Dice Games<br><br> |
| <b>2</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Foot Spa<br>2:45 Walking Club<br>3:00 Social<br>3:30 Puzzle Time             | <b>3</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Bingo<br>2:45 Creative Exercise<br>3:00 Social<br>3:30 Movie and Popcorn  | <b>4</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Crystal Snowflakes<br>2:45 Walking Club<br>3:00 Social<br>3:30 Balloon Toss              | <b>5</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Snowflake Watercolor<br>2:45 Creative Exercise<br>3:00 Cinnamon Roll Social  | <b>6</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Snowman Slam<br>2:45 Walking Club<br>3:00 Social<br>3:30 Creative Painting     | <b>7</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Movie and Popcorn<br>2:45 Creative Exercise<br>3:00 Social<br>3:30 Bingo  | <b>8</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Cornhole Club<br>2:45 Walking Club<br>3:00 Social<br>3:30 Baking Club               |
| <b>9</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Trivia<br>2:45 Creative Exercise<br>3:00 Social<br>3:30 Creative Coloring    | <b>10</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Movie and Popcorn<br>2:45 Walking Club<br>3:00 Social<br>3:30 Bingo      | <b>11</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Winter Window Clings<br>2:45 Creative Exercise<br>3:00 Social<br>3:30 Jenga             | <b>12</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Let it Snow<br>2:45 Walking Club<br>3:00 DQ<br>Blizzard Social  | <b>13</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Winter Snowglobe<br>2:45 Creative Exercise<br>3:00 Social<br>3:30 Puzzle Time | <b>14</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Bingo<br>2:45 Walking Club<br>3:00 Social<br>3:30 Movie and Popcorn      | <b>15</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Manicures<br>2:45 Creative Exercise<br>3:00 Social<br>3:30 Paint By Numbers        |
| <b>16</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Massage Chair<br>2:45 Walking Club<br>3:00 Social<br>3:30 Baking Club       | <b>17</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Bingo<br>2:45 Creative Exercise<br>3:00 Social<br>3:30 Movie and Popcorn | <b>18</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Cinnamon Roll Social<br>2:45 Walking Club<br>3:00 Social<br>3:30 Snowman Charm Bracelet | <b>19</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Snow Slime<br>2:45 Creative Exercise<br>3:00 Hot Toddy Social   | <b>20</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Sharpie Design Mug<br>2:45 Walking Club<br>3:00 Social<br>3:30 Snowman Slam   | <b>21</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Movie and Popcorn<br>2:45 Creative Exercise<br>3:00 Social<br>3:30 Bingo | <b>22</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Trivia Club<br>2:45 Walking Club<br>3:00 Social<br>3:30 Pictionary                 |
| <b>23</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Foot Spa<br>2:45 Walking Club<br>3:00 Social<br>3:30 Bowling                | <b>24</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Movie and Popcorn<br>2:45 Walking Club<br>3:00 Social<br>3:30 Bingo      | <b>25</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Marshmallow Igloo<br>2:45 Creative Exercise<br>3:00 Social<br>3:30 Tenzi Dice Games     | <b>26</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Snowflake Salt Art<br>2:45 Walking Club<br>3:00 Social<br>3:30 Tunnel Pong  | <b>27</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Winter Suncatcher<br>2:45 Creative Exercise<br>3:00 Hot Chocolate Social      | <b>28</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Bingo<br>2:45 Walking Club<br>3:00 Social<br>3:30 Movie and Popcorn      | <b>29</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Manicures<br>2:45 Walking Club<br>3:00 Social<br>3:30 Baking Club                  |
| <b>30</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Massage Chair<br>2:45 Walking Club<br>3:00 Social<br>3:30 Creative Coloring | <b>31</b><br>9:45 Devotions<br>10:00 Stretching & Exercise<br>10:30 Bingo<br>2:45 Creative Exercise<br>3:00 Social<br>3:30 Movie and Popcorn | <b>Salon Open Tuesday through Friday</b><br>  | <b>Help us Celebrate Our Resident Birthdays!</b><br>Mary K. 1/1      Lyle H. 1/2<br>Rick F. 1/5      Phyllis R. 1/9<br>Sharon A. 1/9      John V. 1/14<br>Marge A. 1/31<br><b>And our Staff Birthdays!</b><br>Meagan H. 1/8      Scarlet 1/3<br>Zach S. 1/13      Sheryl Y. 1/7<br>Martha A. 1/31      Meghan D. 1/13 |   |  |  |

