

January Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Years Day. 1 10:00 🌹 Rose Parade with refreshments 1:15 BINGO	2 🩺 Weight & Blood Pressure 1:30 🍵 Tea Social	3 9:00 ✚ Communion 10:30 🪑 Chair Dancing 11:00 😊 Morning Chat 1:15 BINGO	4 10:00 🍽️ Snack Cart 10:30 🎨 Weekend Coloring 1:15 🎵 Music with Mark Jasper 2:00 🍽️ Snack Cart
5 10:30 🎵 Sing-Along 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍽️ Snack Cart	6 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Michael 1:15 BINGO	7 10:00 🪑 Chair Stretching 10:15 🎱 Ball Toss 10:30 😊 Word Games 1:15 🌿 Waterleaf Spa Day	8 10:00 🧘 Aromatherapy Yoga 10:30 🎨 Ceramic Class 1:15 BINGO	9 10:00 🧘 Balance/Strength 10:30 🏐 Volleyball 1:15 🎵 Music with Julian	10 9:00 ✚ Communion 10:30 😊 Trivia/Quiz 1:15 BINGO	11 10:00 🍽️ Snack Cart 10:15 ✈️ Armchair Travel 1:15 🎻 Violin Concert with Antonio 2:00 🍽️ Snack Cart
12 10:30 🗺️ Famous Places & Faces 12:00 🍽️ Lunch 1:30 🏛️ Church Service 2:00 🍽️ Snack Cart	13 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	14 10:00 🪑 Chair Stretching 10:15 🎱 Ball Toss 10:30 🍴 Food Tasting 1:15 🌿 Mapleleaf Spa Day	15 10:00 🧘 Aromatherapy Yoga 10:30 🎨 Ceramic Class 1:15 BINGO	16 10:00 🧘 Balance/Strength 10:30 😊 Memory Lane 1:15 🗳️ Resident Council Meeting	17 9:00 ✚ Communion 10:30 🪑 Chair Dancing 11:00 😊 Word Search 1:15 BINGO	18 10:00 🍽️ Snack Cart 10:30 🎨 Weekend Coloring 1:30 🎬 Afternoon Movie 2:00 🍽️ Snack Cart
19 10:30 🏐 Volleyball 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍽️ Snack Cart	Martin Luther King Jr. Day 20 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Michael 1:15 BINGO	21 10:00 🪑 Chair Stretching 10:15 🎱 Ball Toss 10:30 🐎 Horse Racing Game 1:15 🎨 Arts & Crafts	22 10:00 🧘 Aromatherapy Yoga 10:30 😊 Trivia/Quiz 1:15 BINGO	23 10:00 🧘 Balance/Strength 10:30 😊 Remembering 1970's 1:15 🎳 Bowling	24 9:00 ✚ Communion 10:30 🪑 Chair Dancing 11:00 😊 Charades 1:15 BINGO	25 10:00 🍽️ Snack Cart 10:15 🏃 Exercise with Rowena 1:15 🎻 Violin Concert with Antonio 2:00 🍽️ Snack Cart
26 10:30 🎵 Sing-Along 12:00 🍽️ Lunch 1:30 🏛️ Church Service 2:00 🍽️ Snack Cart	27 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	28 10:00 🪑 Chair Stretching 10:15 🎱 Ball Toss 10:30 🛍️ Whats In The Bag? 1:15 🎮 Poker Club	Chinese New Year. 29 10:00 🧘 Aromatherapy Yoga 10:30 🍵 Chinese Tea 1:15 BINGO	30 10:00 🧘 Balance/Strength 10:30 😊 Mix & Mingle 1:15 🏠 Room Visits & Hand Massages	31 9:00 ✚ Communion 10:30 🪑 Chair Dancing 11:00 🎵 Finishing Lyrics 1:15 BINGO	