

Sunday

Monday

Tuesday

Wednesday

Thursday



Friday

Saturday

January 2022

Activity Opportunities




9:30 Independent Daily News and Chronicle Packet-AR 2	9:30 Independent Daily News and Chronicle Packet-AR 3	10:00 Therapy Dog Grappa Visits-AR(E) 10:45 Daily News and Chronicle-AR(I) 11:15 Monthly Gazette and IQ - AR (I) 1:30 Music Videos: Z to A Musical Trivia-AR(SO) 4	9:30 Daily News and Chronicle-AR(I) 10:15 Fitness with Mark - AR (P) 11:00 January Adult Coloring Pages-AR(E) 1:15 Scenic Drive - meet in 1FL (SO) 5	9:30 Daily News and Chronicle-AR(I) 10:15 Chair Exercise- AR (P) 11:15 Paint by Numbers-AR(E) 1:30 Craft: Zooming Zebras-AR(E) 2:30 Heritage Virtual Volunteers-AR(V) 6	9:30 Daily News and Chronicle-AR(I) 10:15 Chair Exercise- AR (P) 11:15 Craft: Zigzag Garland-AR(E) 1:30 Prize Bingo - AR (SO) 3:00 Cranium Crunches-AR(I) 7	9:30 Independent Daily News and Chronicle Packet-AR 8
9:30 Independent Daily News and Chronicle Packet-AR 9	9:30 Daily News and Chronicle-AR(I) 10:15 Chair Exercise- AR (P) 11:15 The History of Astrology and the Zodiac-AR(I) 1:15 Grub Club-AR(V) 2:00 Bingo-AR(SO) Happy Birthday Joan!! 10	10:00 Therapy Dog Grappa Visits-AR(E) 10:45 Daily News and Chronicle-AR(I) 11:15 Coking Demo: -Crescent Roll Kielbasa Bites-AR(E) 1:30 Music Videos: <u>Lawrence Welk: Those Were the Days</u> -AR(SO) 11	9:30 Daily News and Chronicle-AR(I) 10:15 Fitness with Mark - AR (P) 11:00 Hearing Aid Service-AR(H) 1:15 Scenic Drive - meet in 1FL (SO) 12	9:30 Daily News and Chronicle-AR(I) 10:15 Chair Exercise- AR (P) 11:15 Food for Thought - Desserts and Sweets: Desserts That Start with Z-AR(SO) 1:30 Which Happened Last? -AR(I) 2:30 Heritage Virtual Volunteers-AR(V) 13	9:30 Daily News and Chronicle-AR(I) 10:15 Chair Exercise- AR (P) 11:15 Zero Difference Dice Game-AR(SO) 1:30 Prize Bingo - AR (SO) 3:00 More ZZZ's Please-AR(H) 14	9:30 Independent Daily News and Chronicle Packet-AR 15
9:30 Independent Daily News and Chronicle Packet-AR 16	9:30 Daily News and Chronicle-AR(I) 10:15 Chair Exercise- AR (P) 11:15 Peace and Justice-AR(SO) 1:30 Prize Bingo - AR (SO) 3:00 NBA Basketball Trivia-AR(I)  17	10:00 Therapy Dog Grappa Visits-AR(E) 10:45 Daily News and Chronicle-AR(I) 11:15 YouTube & You: <u>Snow Shovel Racing</u> -AR(SO) 1:30 Music Videos: Singalongs-AR(SO) 18	9:30 Daily News and Chronicle-AR(I) 10:15 Fitness with Mark - AR (P) 11:00 Dazzling Zebras-AR(EN) 12:15 Resident Council-DR (V) 1:15 Scenic Drive - meet in 1FL (SO) 19	9:30 Daily News and Chronicle-AR(I) 10:15 Chair Exercise- AR (P) 11:15 January Puzzles-AR(I) 1:30 Black and White Ball-AR(SO) 2:30 Heritage Virtual Volunteers-AR(V) 20	9:30 Daily News and Chronicle-AR(I) 10:15 Chair Exercise- AR (P) 11:15 Junk Drawer Detective-AR(I) 1:30 Prize Bingo - AR (SO) 3:00 Picture It-AR(I) 21	9:30 Independent Daily News and Chronicle Packet-AR 22
9:30 Independent Daily News and Chronicle Packet-AR 23	9:30 Daily News and Chronicle-AR(I) 10:15 Chair Exercise- AR (P) 11:15 Jigsaw Puzzle-AR(I) 1:30 Prize Bingo - AR (SO) 3:00 Armchair Travel: <u>Zambian Safari</u> -AR(I)  24	10:00 Therapy Dog Grappa Visits-AR(E) 10:45 Daily News and Chronicle-AR(I) 11:15 Famous Lasts Trivia-AR(I) 1:30 Music Videos: Singalong-AR(SO) 25	9:30 Daily News and Chronicle-AR(I) 10:15 Fitness with Mark - AR (P) 11:00 Zingers-AR(E)-AR(I) 1:15 Scenic Drive - meet in 1FL (SO) 26	9:30 Independent Daily News and Chronicle Packet-AR 27	9:30 Independent Daily News and Chronicle Packet-AR 28	9:30 Independent Daily News and Chronicle Packet-AR 29

Australia Day (observed)

Dimensions of Wellness: SO-Social, P-Physical, I-Intellectual, E-Emotional, V-Vocational, SP-Spiritual, H- Health Services, EN-Environmental

Locations: AR- Activity Room, DR-Dining Room, L-Lobby, 1FL-First Floor Lounge, O-Outside