

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



Northeast = A, Northwest = B, South E and W = C

10:00 Stretching **1**
2:00 Manicures or Pampering
6:00 Movies or Resident's choice.
New Year's Day

10:00 Church Svcs **2**
on IN2L
2:00 Board Games
6:00 Resident's Choice

10:00 Exercise **3**
Accordion Music
1:30 A
2:30 B
3:30 C

10:00 Stretching **4**
Bean Bags
1:30 A
2:30 B
3:30 C

10:00 Exercise **5**
Bingo Nation
1:30 A
2:30 B
3:30 C

10:00 Stretching **6**
Puzzling over Puzzles
1:30 A
2:30 B
3:30 C

10:00 Exercise **7**
Baking Muffins
1:30 A
2:30 B
3:30 C

10:00 Stretching **8**
2:00 Manicures or Pampering
6:00 Movies or Resident's choice

10:00 Church Svcs **9**
on IN2L
2:00 Board Games
6:00 Resident's Choice

10:00 Exercise **10**
Piano Music
1:30 A
2:30 B
3:30 C

10:00 Stretching **11**
Beach ball Toss
1:30 A
2:30 B
3:30 C

10:00 Exercise **12**
Bingo Bango
1:30 A
2:30 B
3:30 C

10:00 Stretching **13**
Let's Paint
1:30 A
2:30 B
3:30 C

10:00 Exercise **14**
Grasshopper's and room visits
1:30 A
2:30 B
3:30 C

10:00 Stretching **15**
2:00 Manicures or Pampering
6:00 Movies or Resident's choice

10:00 Church Svcs **16**
on IN2L
2:00 Board Games
6:00 Resident's Choice

10:00 Exercise **17**
Accordion Fun
1:30 A
2:30 B
3:30 C
Martin Luther King Jr. Day

10:00 Stretching **18**
Creation Craft
1:30 A
2:30 B
3:30 C

10:00 Exercise **19**
Bingo Bongo
1:30 A
2:30 B
3:30 C

10:00 Stretching **20**
Let's play Cards
1:30 A
2:30 B
3:30 C

10:00 Exercise **21**
Baking Treats
1:30 A
2:30 B
3:30 C

10:00 Stretching **22**
2:00 Manicures or Pampering
6:00 Movies or Resident's choice

10:00 Church Svcs **23**
on IN2L
2:00 Board Games
6:00 Resident's Choice
Activity Professionals Week

10:00 Exercise **24**
Piano Tunes
1:30 A
2:30 B
3:30 C

10:00 Stretching **25**
Balloons and Pool Noodles
1:30 A
2:30 B
3:30 C

10:00 Exercise **26**
Bingo Fun
1:30 A
2:30 B
3:30 C
Australia Day (observed)

10:00 Stretching **27**
Snow Flake Garland
1:30 A
2:30 B
3:30 C

10:00 Exercise **28**
Happy Hour and room visits
1:30 A
2:30 B
3:30 C

10:00 Stretching **29**
2:00 Manicures or Pampering
6:00 Movies or Resident's choice

10:00 Church Svcs **30**
on IN2L
2:00 Board Games
6:00 Resident's Choice

10:00 Exercise **31**
Accordion Sing
1:30 A
2:30 B
3:30 C

