

JANUARY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 11:00 CROSSWORD PUZZLES 1:00 REST AND RELAXATION 3:00 SNACKS AND REFRESHMENTS 6:00 SATURDAY MOVIE MATINEE
2 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 11:00 BOARD GAMES 3:00 DEVOTIONAL READINGS 6:00 EVENING SHOW	3 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 BALLON VOLLEYBALL 3:00 BINGO 6:00 EVENING SHOW	4 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 Writing Exercise 2:00 SWEETS AND TREATS 3:00 SNOWMAN BOWLING 3:30 REINDEER BOWLING 4:30 HAPPY HALF HOUR 6:00 EVENING SHOW	5 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 1:00 SNACKS AND REFRESHMENTS 2:00 MID-WEEK MINI-SPA 4:00 HAPPY HOUR 6:00 EVENING SHOW	6 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 COLORING PAGES 2:00 ICE CREAM AND SOCIAL GROUP ACTIVITIES 4:00 GOLF 4:30 HAPPY HALF HOUR 6:00 EVENING SHOW	7 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 BASKETBALL 2:00 HAPPY HOUR 3:00 HOLIDAY CRAFTS 6:00 EVENING SHOW	8 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 11:00 CROSSWORD PUZZLES 1:00 REST AND RELAXATION 3:00 SNACKS AND REFRESHMENTS 6:00 SATURDAY MOVIE MATINEE
9 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 11:00 BOARD GAMES 3:00 DEVOTIONAL READINGS 6:00 EVENING SHOW	10 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 BALLON VOLLEYBALL 3:00 BINGO 6:00 EVENING SHOW	11 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 Writing Exercise 2:00 SWEETS AND TREATS 3:00 SNOWMAN BOWLING 4:30 HAPPY HALF HOUR 6:00 EVENING SHOW	12 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 1:00 SNACKS AND REFRESHMENTS 2:00 MID-WEEK MINI-SPA 4:00 HAPPY HOUR 6:00 EVENING SHOW	13 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 COLORING PAGES 2:00 ICE CREAM AND SOCIAL GROUP ACTIVITIES 4:00 GOLF 4:30 HAPPY HALF HOUR 6:00 EVENING SHOW	14 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 BASKETBALL 2:00 HAPPY HOUR 3:00 HOLIDAY CRAFTS 6:00 EVENING SHOW	15 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 11:00 CROSSWORD PUZZLES 1:00 REST AND RELAXATION 3:00 SNACKS AND REFRESHMENTS 6:00 SATURDAY MOVIE MATINEE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 11:00 BOARD GAMES 3:00 DEVOTIONAL READINGS 6:00 EVENING SHOW	17 Martin Luther King Day 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 BALLON VOLLEYBALL 3:00 BINGO 6:00 EVENING SHOW	18 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 Writing Exercise 2:00 SWEETS AND TREATS 3:00 SNOWMAN BOWLING 4:30 HAPPY HALF HOUR 6:00 EVENING SHOW	19 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 1:00 SNACKS AND REFRESHMENTS 2:00 MID-WEEK MINI-SPA 4:00 HAPPY HOUR 6:00 EVENING SHOW	20 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 COLORING PAGES 2:00 ICE CREAM AND SOCIAL GROUP ACTIVITIES 4:00 GOLF 4:30 HAPPY HALF HOUR 6:00 EVENING SHOW	21 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 BASKETBALL 2:00 HAPPY HOUR 3:00 HOLIDAY CRAFTS 6:00 EVENING SHOW	22 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 11:00 CROSSWORD PUZZLES 1:00 REST AND RELAXATION 3:00 SNACKS AND REFRESHMENTS 6:00 SATURDAY MOVIE MATINEE
23 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 11:00 BOARD GAMES 3:00 DEVOTIONAL READINGS 6:00 EVENING SHOW	24 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 BALLON VOLLEYBALL 3:00 BINGO 6:00 EVENING SHOW	25 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 Writing Exercise 2:00 SWEETS AND TREATS 3:00 SNOWMAN BOWLING 4:30 HAPPY HALF HOUR 6:00 EVENING SHOW	26 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 1:00 SNACKS AND REFRESHMENTS 2:00 MID-WEEK MINI-SPA 4:00 HAPPY HOUR 6:00 EVENING SHOW	27 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 COLORING PAGES 2:00 ICE CREAM AND SOCIAL GROUP ACTIVITIES 4:00 GOLF 4:30 HAPPY HALF HOUR 6:00 EVENING SHOW	28 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 BASKETBALL 2:00 HAPPY HOUR 3:00 HOLIDAY CRAFTS 6:00 EVENING SHOW	29 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 11:00 CROSSWORD PUZZLES 1:00 REST AND RELAXATION 3:00 SNACKS AND REFRESHMENTS 6:00 SATURDAY MOVIE MATINEE
30 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 11:00 BOARD GAMES 3:00 DEVOTIONAL READINGS 6:00 EVENING SHOW	31 10:00 Yoga and Morning Exercise 10:30 HYDRATION STATION 10:45 BALLON VOLLEYBALL 3:00 BINGO 6:00 EVENING SHOW					