

# JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b><u>HAPPY NEW YEAR!!!</u></b> 1 10:00am Watch the Rose Bowl Parade 3:00pm Watch The Rose Bowl: Ohio Utes @ Ohio State Buckeyes
12:00pm <b>DOLPHINS @ TITANS</b> 2	9:30am Exercise in Your Rooms-do 20 leg lifts 1:30pm Let's Walk Outside!! 3	9:30am Exercise in Your Rooms-do 20 breast strokes 10:15am Brain Activity Packets 4	9:30am Exercise in Your Rooms-do head, shoulders, knees & toes 20 times 5	9:30am Exercise in Your Room-do 20 Arm Circles & 10 crisscrosses with Arms and Legs 1:00pm Book Mobile 1:30pm Walk Outside 6	9:30am Fun Fit Friday 3:00pm Let's Walk 7	<b><u>ELVIS PRESLEY BIRTHDAY!!!</u></b> 8 9:30am <i>Watch an Elvis Movie</i> 1:00pm <i>Listen to Music by Elvis</i>
12:00pm <b>TITANS @ TEXANS</b> 9 1:30pm Church Services with Ty Truitt	<b><u>HAPPY BIRTHDAY HAZEL!!</u></b> 10 9:30am Monday Movements 10:15am Large Crossword Puzzle 1:30pm Let's Walk Together!! 2:00pm Sequence 3:00pm Indoor Bowling	9:30am Training Together 11 10:15am Brain Activity 1:30pm Go for A Walk!! 2:00pm Mexican Train Dominoes 3:00pm Quarter Bingo 6:30pm Classical Music	<b><u>NATIONAL HOT TEA DAY!!</u></b> 12 9:30am Wednesday Weights 10:00am Thigpen Hearing Aid Maintenance 10:15am Chair Volleyball 1:00pm Chef Chat with Ryan 1:30pm Coffee with The Guys!!! 1:30pm <i>Women's Teatime</i> 3:00pm UNO Attack	9:30am Toughen Up Thursday 13 10:15am Scrabble Time 1:00pm Book Mobile 1:30pm Walk This Way 1:45pm Quarter Bingo 3:00pm Social Hour	<b><u>NATIONAL HAT DAY!!</u></b> 14 9:00am Don't Forget Your Hat!!!! 9:30am Fun Fit Friday 10:15am Ring Toss 1:00pm Wear Your Hat While We Walk 2:00pm Trivia Time 3:00pm Nail Painting	1:00pm Classical Music 15 2:30pm Quarter Bingo
1:30pm Church Services with Jim Sandman from Calvary Baptist Church 16	<b><u>Martin Luther King Birthday</u></b> 17 9:30am Monday Movements 10:15am Large Crossword Puzzle 1:30pm Let's Walk Together!! 2:00pm Operation--New Game 3:00pm Bean Bag Toss	9:30am Training Together 18 10:15am Brain Activity 1:30pm <i>Painting with Laura</i> 3:00pm Quarter Bingo 6:30pm Classical Music	<b><u>NATIONAL POPCORN DAY!!</u></b> 19 <b><u>MANI &amp; PEDIS with LAURA</u></b> 9:30am Wednesday Weights 10:15am <i>Adoration Auction with Robin</i> 1:30pm Rummikub 3:00pm <i>What Kind of Popcorn Is This?</i>	9:30am Toughen Up Thursday 20 10:15am <i>Resident Council Meeting</i> 1:00pm Book Mobile 1:30pm Walk This Way 1:45pm Quarter Bingo 3:00pm <i>Monthly Birthday Celebration!!!</i>	9:30am Fun Fit Friday 21 10:15am Racko 1:30pm Book Club Meeting 3:00pm Uno Attack	1:00pm Classical Music 22 2:30pm Quarter Bingo
1:30pm Church Services with Ty Truitt 23	<b><u>NATIONAL PIE DAY!!!</u></b> 24 9:30am Monday Movements 10:00am <i>Let's Bake Some Pies</i> 10:15am Large Crossword Puzzle 1:30pm Let's Walk Together!! 2:00pm Sequence 3:00pm Chair Yoga	9:30am Training Together 25 10:15am Brain Activity 1:30pm Go for A Walk!! 2:00pm Mexican Train Dominoes 3:00pm Quarter Bingo 6:30pm Classical Music	9:30am Wednesday Weights 26 10:15am Coffee & Chatter 1:00pm Chef Chat with Ryan 2:00pm Chair Yoga 3:00pm Shopping @ Walmart	<b><u>MOZART'S BIRTHDAY</u></b> 27 9:30am Toughen Up Thursday 10:15am <i>Adult Coloring &amp; Listening to Mozart</i> 1:00pm Book Mobile 1:30pm Walk This Way 2:00pm Bunco 3:00pm Social Hour	<b><u>NATIONAL KAZOO DAY!!!</u></b> 28 9:30am Fun Fit Friday 10:15am Mexican Train Dominoes 11:30am <i>Bring Your Kazoos to Lunch!!</i> 2:00pm Rummikub 3:00pm Jenga	<b><u>NATIONAL PUZZLE DAY</u></b> 29 9:00am <i>Get a Puzzle Packet</i> 1:00pm Classical Music 2:30pm Quarter Bingo
1:30pm Church Services with Ty Truitt 30	<b><u>YOUR TALENTS ON DISPLAY</u></b> 31 9:30am Monday Movements 10:15am Mexican Train 1:30pm Let's Walk Together!! 2:00pm <i>Show Us Your "Talent"</i>					