

JANUARY 2022

PLANNED ACTIVITIES ARE SUBJECT TO CHANGE

✓ = Sign-up Required

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p><u>Activity Location Abbreviations</u> 1st FL / 2nd FL / 3rd FL LB = Lobby LR = Living Room AR = Activities Room DR = Dining Room ER = Exercise Room</p>	<p><u>Resident Store Information Hours</u> Tuesday – Saturday 10:00 AM to 4:00 PM Visit Activities Office on the 3rd Floor or Call EXT. 305 for assistance</p>				<p>HAPPY NEW YEAR 2022!</p>	<p>1. 10:30 Communion/Meditation Service with Wendy (3-AR) 2:00 BINGO (3-AR) 3:00 MOVIE: Julie & Julia (3-LR)</p>
<p>2. 10:30 Catholic Mass (2-AR) 2:00 BINGO (3-AR) 3:30 <u>The Joy Fellowship Church Service</u> (2-LR)</p>	<p>3. 10:00 Morning Stretch (2-AR) 11:00 Word Games (3-AR) 2:00 Winter Craft (3-AR)</p> 	<p>4. <u>Happy Birthday!!!</u>  <u>Hubert Guthrie</u> 10:00 Chair Fitness 360 w/Donna (2-AR) 11:00  Fit Minds (3-AR) 2:00 BINGO (3-DR) 3:00 Ice Cream Social (3-AR)</p>	<p>5. 10:00 Morning Stretch (2-AR) 11:00 Healthy Habits Collage (3-AR) 2:00 <u>Activities Meeting</u> (3-AR)</p> 	<p>6. 10:00 Chair Fitness 360 w/Donna (2-AR) 2:00  <u>Faith Life Church Bible Study</u> (3-AR) 3:00 <u>The Windsor's</u> (3-AR)</p>	<p>7. ✓ 9:30 <u>BUS OUTING: Publix</u> 10:00 Morning Stretch (2-AR) 10:30 Watercolors Class with Carolyn (3-AR) 2:00 <u>Happy Hour with Doug Mulhollen</u> (3-LR)</p>	<p>8. 10:30 Communion/Meditation Service with Wendy (3-AR) 2:00 BINGO (3-AR) 3:00 MOVIE: Pay it Forward (3-LR)</p>
<p>9. <u>Happy Birthday!!!</u>  <u>Jack Watson</u> 10:30 Catholic Mass (2-AR) 2:00 BINGO (3-AR) 3:30 Church Service with Marylyn (2-LR)</p>	<p>10. 10:00 Morning Stretch (2-AR) 11:00 Conversation Ball (3-AR) 2:00 Mini Manicures(3-AR)</p> 	<p>11. 10:00 Chair Fitness 360 w/Donna (2-AR) 11:00  Fit Minds (3-AR) 2:00 BINGO (3-DR) 3:00 Ice Cream Social (3-AR)</p>	<p>12. 10:00 Morning Stretch (2-LR) 10:30 <u>Wellness Day</u> (2-AR) 2:00 <u>Dietary Meeting</u> (3-AR)</p> 	<p>13. 10:00 Chair Fitness 360 w/Donna (2-AR) 2:00  <u>Faith Life Church Bible Study</u> (3-AR) 3:00 <u>The Windsor's</u> (3-AR)</p>	<p>14. ✓ 9:30 <u>BUS OUTING: Goodwill</u> 10:00 Morning Stretch with  InstruMix! (2-AR) 2:00 <u>Happy Hour with Duane Freeman</u> (3-LR)</p>	<p>15. 10:30 Communion/Meditation Service with Wendy (3-AR) 2:00 BINGO (3-AR) 3:00 MOVIE: The Secret (3-LR)</p>
<p>16. 10:30 Catholic Mass (2-AR) 2:00 BINGO (3-AR) 3:30 <u>The Joy Fellowship Church Service</u> (2-LR)</p>	<p>17.  10:00 Morning Stretch (2-AR) 11:00 Spelling Bee (3-AR)</p> 	<p>18. <u>Happy Birthday!!!</u>  <u>Fran Morehead</u> 10:00 Chair Fitness 360 w/Donna (2-AR) 11:00  Fit Minds (3-AR) 2:00 BINGO (3-DR) 3:00 Ice Cream Social (3-AR)</p>	<p>19. <u>National Popcorn Day</u> 10:00 Morning Stretch (2-AR) 11:00 Jewelry Making (3-AR) 2:00 <u>Resident Council Mtg.</u> (3-AR) 3:00 <u>Movie & Popcorn</u> (3-LR) "Eat, Pray, Love"</p>	<p>20. 10:00 Chair Fitness 360 w/Donna (2-AR) 2:00  <u>Faith Life Church Bible Study</u> (3-AR) 3:00 <u>The Windsor's</u> (3-AR)</p>	<p>21. <u>National Granola Bar Day</u> ✓ 9:30 <u>BUS OUTING: Target</u> 10:00 Morning Stretch (2-AR) 10:30 Watercolors Class with Carolyn (3-AR) 2:00 <u>Friends & Family "Freshly Inspired"</u> with Rick Davis (3-DR)</p>	<p>22. 10:30 Communion/Meditation Service with Wendy (3-AR) 2:00 BINGO (3-AR) 3:00 MOVIE: The Bucket List (3-LR)</p>
<p>23. 10:30 Catholic Mass (2-AR) 2:00 BINGO (3-AR) 3:30 Church Service with Marylyn (2-LR)</p> <hr/> <p>30. 10:30 Catholic Mass (2-AR) 2:00 BINGO (3-AR)</p>	<p>24. 10:00 Morning Stretch (2-AR) 10:30 Hymn Singing (3-AR) 2:00 Mini Manicures (3-AR)</p> <hr/> <p>31. <u>National Hot Chocolate Day</u> 10:00 Morning Stretch (2-AR) 11:00 Food Trivia (3-AR) 2:00 Hot Chocolate Social (3-AR)</p>	<p>25. 10:00 Chair Fitness 360 w/Donna (2-AR) 11:00  Fit Minds (3-AR) 2:00 BINGO (3-DR) 3:00 Ice Cream Social (3-AR)</p> 	<p>26. 10:00 Morning Stretch (2-AR) 11:00 Let's Write A Story (3-AR) 2:00 <u>Armchair Travel to Costa Rica</u> (3-AR)</p> 	<p>27. 10:00 Chair Fitness 360 w/Donna (2-AR) 2:00  <u>Faith Life Church Bible Study</u> (3-AR) 3:00 <u>The Windsor's</u> (3-AR)</p> 	<p>28. ✓ 9:30 <u>BUS OUTING: Dollar Tree</u> 10:00 Morning Stretch with  InstruMix! (2-AR) 2:00 <u>Happy Hour with Johnny "T"</u> (3-LR)</p> 	<p>29. 10:30 Communion/Meditation Service with Wendy (3-AR) 2:00 BINGO (3-AR) 3:00 MOVIE: Our Town (3-LR)</p> 