

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2022

## Memory Care Community Activities



1  
 9:30 Morning Readings  
 10:30 Bingo  
 1:00 Relaxing Music  
 2:00 New Year Celebration  
 3:00 Snack & Hydrate  
 4:00 Nature Walk by the River  
 6:00 Tea & the Classics  
 New Year's Day

2  
 9:30 Morning Readings  
 10:00 Live Church Service  
 11:00 Chair Volleyball  
 1:00 Relaxing Music  
 2:00 Color & Puzzles  
 3:00 Trivia & Reminiscing  
 4:00 Walk by the River  
 6:00 Late Snack with Soft Music

3  
 9:30 Morning Readings  
 10:00 Fitness Fun by Dancing  
 11:00 Life Station Activity  
 1:00 Relaxing Music  
 2:00 **Armchair Travel**  
 3:00 Nature Walk by the River  
 4:00 Gardening  
 6:00 Music to Sooth the Soul

4  
 9:30 Morning Readings  
 10:00 Chair Basketball  
 11:00 Bingo  
 1:00 Relaxing Music  
 2:00 Karaoke Fun  
 3:00 **January Scavenger Hunt**  
 4:00 Nature Walk by the River  
 6:00 Late Snack with Soft Music

5  
 9:30 Morning Readings  
 10:00 Fitness Fun with Noodles  
 11:00 Life Station Activity  
 1:00 Relaxing Music  
 2:00 Reminiscing Therapy  
 3:00 Snack & Hydrate  
 4:00 Gardening  
 6:00 Late Snack with Soft Music

6  
 9:30 Morning Readings  
 10:00 Exercise with Parachute  
 11:00 Bingo  
 1:00 Relaxing Music  
 2:00 Happy Hour & Snack Time  
 3:30 Nature Walk by the River  
 6:00 Tea & Hand Massage

7  
 9:30 Morning Readings  
 10:00 **Baking Swiss Bread**  
 10:30 Chair Dancing  
 11:00 Golf Putty  
 2:00 Snack & Trivia  
 3:00 Life Station Activity  
 4:00 Nature Walk by the River  
 6:00 Late Snack with Soft Music

8  
**Happy Birthday Jean!**  
 9:30 Morning Readings  
 10:30 Bingo  
 1:00 Relaxing Music  
 2:00 Bean Bag Toss  
 3:00 Snack & Hydrate  
 4:00 Nature Walk by the River  
 6:00 Tea & the Classics

9  
 9:30 Morning Readings  
 10:00 Live Church Service  
 11:00 Chair Volleyball  
 1:00 Relaxing Music  
 2:00 Color & Puzzles  
 3:00 Trivia & Reminiscing  
 4:00 Walk by the River  
 6:00 Late Snack with Soft Music

10  
 9:30 Morning Readings  
 10:00 Fitness Fun by Dancing  
 11:00 Life Station Activity  
 1:00 Relaxing Music  
 2:00 **Armchair Travel**  
 3:00 Nature Walk by the River  
 4:00 Gardening  
 6:00 Music to Sooth the Soul

11  
**Happy Birthday Clay & Ann**  
 9:30 Morning Readings  
 10:00 Chair Basketball  
 11:00 Bingo  
 1:00 Relaxing Music  
 2:00 Karaoke Fun  
 3:00 **Makeover Party**  
 4:00 Nature Walk by the River  
 6:00 Late Snack with Soft Music

12  
 9:30 Morning Readings  
 10:00 Fitness Fun with Noodles  
 11:00 Life Station Activity  
 1:00 Relaxing Music  
 2:00 Reminiscing Therapy  
 3:00 Snack & Hydrate  
 4:00 Gardening  
 6:00 Late Snack with Soft Music

13  
 9:30 Morning Readings  
 10:00 Exercise with Parachute  
 11:00 Bingo  
 1:00 Relaxing Music  
 2:00 Happy Hour & Snack Time  
 3:30 Nature Walk by the River  
 6:00 Tea & Hand Massage

14  
 9:30 Morning Readings  
 10:00 **Zesty GingerLime Spritzer**  
 10:30 Chair Dancing  
 11:00 Golf Putty  
 2:00 Snack & Trivia  
 3:00 Life Station Activity  
 4:00 Nature Walk by the River  
 6:00 Late Snack with Soft Music

15  
 9:30 Morning Readings  
 10:30 Bingo  
 1:00 Relaxing Music  
 2:00 Bean Bag Toss  
 3:00 Snack & Hydrate  
 4:00 Nature Walk by the River  
 6:00 Tea & the Classics

16  
 9:30 Morning Readings  
 10:00 Live Church Service  
 11:00 Chair Volleyball  
 1:00 Relaxing Music  
 2:00 Color & Puzzles  
 3:00 Trivia & Reminiscing  
 4:00 Walk by the River  
 6:00 Late Snack with Soft Music

17  
**Happy Birthday Lisa**  
 9:30 Morning Readings  
 10:00 Fitness Fun by Dancing  
 11:00 Life Station Activity  
 1:00 Relaxing Music  
 2:00 **Armchair Travel**  
 3:00 Nature Walk by the River  
 4:00 Gardening  
 6:00 Music to Sooth the Soul

18  
 9:30 Morning Readings  
 10:00 Chair Basketball  
 11:00 Bingo  
 1:00 Relaxing Music  
 2:00 Karaoke Fun  
 3:00 **Junk Drawer Detective**  
 4:00 Nature Walk by the River  
 6:00 Late Snack with Soft Music

19  
 9:30 Morning Readings  
 10:00 Fitness Fun with Noodles  
 11:00 Life Station Activity  
 1:00 Relaxing Music  
 2:00 Reminiscing Therapy  
 3:00 Snack & Hydrate  
 4:00 Gardening  
 6:00 Late Snack with Soft Music

20  
 9:30 Morning Readings  
 10:00 Exercise with Parachute  
 11:00 Bingo  
 1:00 Relaxing Music  
 2:00 Karaoke Fun  
 3:30 Nature Walk by the River  
 6:00 Tea & Hand Massage

21  
 9:30 Morning Readings  
 10:00 **Simple Egg Salad**  
 10:30 Chair Dancing  
 11:00 Golf Putty  
 1:00 Relaxing Music  
 2:00 Snack & Trivia  
 3:30 Friends & Family Party  
 6:00 Late Snack with Soft Music

22  
 9:30 Morning Readings  
 10:30 Bingo  
 1:00 Relaxing Music  
 2:00 Bean Bag Toss  
 3:00 Snack & Hydrate  
 4:00 Nature Walk by the River  
 6:00 Tea & the Classics

23  
 9:30 Morning Readings  
 10:00 Live Church Service  
 11:00 Chair Volleyball  
 1:00 Relaxing Music  
 2:00 Color & Puzzles  
 3:00 Trivia & Reminiscing  
 4:00 Walk by the River  
 6:00 Late Snack with Soft Music

24  
 9:30 Morning Readings  
 10:00 Fitness Fun by Dancing  
 11:00 Life Station Activity  
 1:00 Relaxing Music  
 2:00 **Armchair Travel**  
 3:00 Nature Walk by the River  
 4:00 Gardening  
 6:00 Music to Sooth the Soul

25  
 9:30 Morning Readings  
 10:00 Chair Basketball  
 11:00 Bingo  
 1:00 Relaxing Music  
 2:00 Karaoke Fun  
 3:00 **Zambia Safari**  
 4:00 Nature Walk by the River  
 6:00 Late Snack with Soft Music

26  
 9:30 Morning Readings  
 10:00 Fitness Fun with Noodles  
 11:00 Life Station Activity  
 1:00 Relaxing Music  
 2:00 Reminiscing Therapy  
 3:00 Snack & Hydrate  
 4:00 Gardening  
 6:00 Late Snack with Soft Music

27  
 9:30 Morning Readings  
 10:00 Exercise with Parachute  
 11:00 Bingo  
 1:00 Relaxing Music  
 2:00 Happy Hour & Snack Time  
 3:30 Nature Walk by the River  
 6:00 Tea & Hand Massage

28  
 9:30 Morning Readings  
 10:00 **Hazelnut Merengues**  
 10:30 Chair Dancing  
 11:00 Golf Putty  
 2:00 Snack & Trivia  
 3:00 Life Station Activity  
 4:00 Nature Walk by the River  
 6:00 Late Snack with Soft Music

29  
 9:30 Morning Readings  
 10:30 Bingo  
 1:00 Relaxing Music  
 2:00 Bean Bag Toss  
 3:00 Snack & Hydrate  
 4:00 Nature Walk by the River  
 6:00 Tea & the Classics

30  
 9:30 Morning Readings  
 10:00 Live Church Service  
 11:00 Chair Volleyball  
 1:00 Relaxing Music  
 2:00 Color & Puzzles  
 3:00 Trivia & Reminiscing  
 4:00 Walk by the River  
 6:00 Late Snack with Soft Music

31  
 9:30 Morning Readings  
 10:00 Fitness Fun by Dancing  
 11:00 Life Station Activity  
 1:00 Relaxing Music  
 2:00 **Armchair Travel**  
 3:00 Nature Walk by the River  
 4:00 Gardening  
 6:00 Music to Sooth the Soul



Happy New Year!!!! Welcome New Adventures!!!  
 Weekly Cooking Demos on Friday Mornings  
 Monthly Scavenger Hunts  
 Armchair Travel where we will be visiting a new Country each month  
 Finally, Friends and family parties are back once a month

