





# JANUARY 2022 MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>9:30 CHAIR YOGA</p> <p>10:00 TABLE GAMES</p> <p>2:00 CARDS</p> <p>3:00 MUSIC</p>	<p>31</p> <p>9:30 CHAIR EXERCISE</p> <p>10:00 WORD GAMES</p> <p>1:30 WATERCOLORS</p> <p>3:00 MUSIC /SNACK</p> <p>6:00 RING TOSS</p>					<p>1</p> <p>9:30 CHAIR YOGA</p> <p>10:30 CARDS</p> <p>LUNCH</p> <p>1:00 BEACH BALL</p> <p>3:00 BINGO W/ STAFF</p> <p>4:00 MOVIE PICK SATURDAY</p>
<p>2</p> <p>9:30 CHAIR YOGA</p> <p>10:00 HYMS</p> <p>1:30 CARDS</p> <p>3:00 MUSIC</p>	<p>3</p> <p>9:30 CHAIR EXERCISE</p> <p>10:00 TRIVIA</p> <p>1:30 BRAIN GAMES</p> <p>3:00 MUSIC/SNACK</p> <p>6:00 RING TOSS</p>	<p>4</p> <p>9:30 MORNING STRETCH</p> <p>10:00 BALLOON BALL</p> <p>1:30 PUT PUT GOLF</p> <p>3:00 MUSIC HOUR</p> <p>6:00 CHAIR TRAVEL</p>	<p>5</p> <p>9:30 CHAIR YOGA</p> <p>10:00 CORNHOLE</p> <p>1:00 FOOT DOCTOR</p> <p>1:30 PAINTING</p> <p>3:00 SNACK and TIC -TAC- TOE</p> <p>6:00 POPCORN AND MOVIE</p>	<p>6</p> <p>9:30 CHAIR EXERCISES</p> <p>10:00 BINGO</p> <p>1:30 BAKING WITH ROSE</p> <p>3:00 MUSIC HOUR</p> <p>6:00 RESIDENT CHOICE</p>	<p>7</p> <p>9.30 CHAIR EXERCISE</p> <p>10:30 MYSTERY RIDE</p> <p>2:00 BOWLING</p> <p>3:00 SNACK</p> <p>4:00 RESIDENT CHOICE</p> <p>6:00 MOVIE</p>	<p>8</p> <p>9:30 CHAIR YOGA</p> <p>10:00 REMINISCE</p> <p>1:00 CARDS OR BINGO</p> <p>3:00 SNACK/SOCIAL</p> <p>6:00 RESIDENT CHOICE</p>
<p>9</p> <p>9:30 CHAIR YOGA</p> <p>10:00 TABLE GAMES</p> <p>2:00 CARDS</p> <p>3:00 MUSIC</p>	<p>10</p> <p>9:30 CHAIR EXERCISE</p> <p>10:00 WORD GAMES</p> <p>1:30 WATERCOLORS</p> <p>3:00 MUSIC /SNACK</p> <p>6:00 RING TOSS</p>	<p>11</p> <p>9:30 MORNING STRETCH</p> <p>10:00 BALLOON BALL</p> <p>1:30 PUT PUT GOLF</p> <p>3:00 MUSIC HOUR</p> <p>6:00 SING-A-LONG</p>	<p>12</p> <p>9:30 CHAIR YOGA</p> <p>10:00 CORN HOLE</p> <p>2:00 ENTERTAINMENT WITH JIM</p> <p>6:00 POPCORN AND MOVIE</p>	<p>13</p> <p>9:30 CHAIR EXERCISES</p> <p>10:00 BINGO</p> <p>1:30 BAKING WITH ROSE</p> <p>3:00 MUSIC HOUR</p> <p>6:00 ARTIST CORNER</p>	<p>14</p> <p>9.30 CHAIR EXERCISE</p> <p>10:30 MYSTERY RIDE</p> <p>1:30 BOWLING</p> <p>3:00 SNACK</p> <p>4:00 RESIDENT CHOICE</p> <p>6:00 MOVIE</p>	<p>15</p> <p>9:30 - CHAIR YOGA</p> <p>10:00 REFERSHEMENT AND SNACKS W/STAFF</p> <p>10:30 CARDS</p> <p>LUNCH</p> <p>1:00 CARDS OR BINGO</p> <p>3:30 MUSIC TIME</p>
<p>16</p> <p>9:30 CHAIR YOGA</p> <p>10:00 PUZZLE FUN</p> <p>2:00 CARDS</p> <p>3:00 MUSIC</p>	<p>17</p> <p>9:30 CHAIR EXERCISE</p> <p>10:00 BRAIN GAMES</p> <p>SNACKS W/STAFF</p> <p>1:30 BASKET BALL</p> <p>3:00 MUSIC/SNACK</p> <p>4:00 CARDS</p> <p>6:00 MOVIE AND POPCORN</p>	<p>18</p> <p>9:30 MORNING STRETCH</p> <p>10:00 BALLOON BALL</p> <p>1:30 PUT PUT GOLF</p> <p>3:00 MUSIC HOUR</p> <p>5:30</p> <p>6:00 CHAIR TRAVEL</p>	<p>19</p> <p>9:30 CHAIR YOGA</p> <p>10:00 CORNHOLE</p> <p>1:00 FOOT DOCTOR</p> <p>1:30 NATURE WALK</p> <p>3:00 MUSIC HOUR/SNACK</p> <p>6:00 POPCORN AND MOVIE</p>	<p>20</p> <p>9:30 CHAIR EXERCISES</p> <p>1:30 RING TOSS</p> <p>3:00 MUSIC HOUR</p> <p>6:00 RESIDENT CHOICE</p>	<p>21</p> <p>9.30 CHAIR EXERCISE</p> <p>10:30 MYSTERY RIDE</p> <p>10:30-1:00 EYE DOCTOR</p> <p>1:30 BOWLING</p> <p>3:00 SNACK</p> <p>4:00 RESIDENT CHOICE</p> <p>6:00 MOVIE</p>	<p>22</p> <p>9:30 - CHAIR YOGA</p> <p>10:00 REFERSHEMENT AND SNACKS</p> <p>LUNCH</p>
<p>23</p> <p>9:30 CHAIR YOGA</p> <p>10:00 PUZZLE FUN</p> <p>2:00 CARDS</p> <p>3:00 MUSIC</p>	<p>24</p> <p>9:30 CHAIR EXERCISE</p> <p>10:00 WORD GAMES</p> <p>LUNCH</p> <p>1:30 RING TOSS</p> <p>3:00 MUSIC HOUR</p>	<p>25</p> <p>9:30 MORNING STRETCH</p> <p>10:00 BALLOON BALL</p> <p>1:30 PUT PUT GOLF</p> <p>3:00 MUSIC HOUR</p> <p>6:00 SING-A-LONG</p>	<p>26</p> <p>9:30 CHAIR YOGA</p> <p>10:00 CORN HOLE</p> <p>2:00 ENTERTAINMENT WITH JIM</p> <p>3:00 SNACK and TIC -TAC- TOE</p> <p>6:00 POPCORN AND MOVIE</p>	<p>27</p> <p>9:30 CHAIR EXERCISES</p> <p>10:00 BINGO</p> <p>1:30 BAKING WITH ROSE</p> <p>3:00 MUSIC HOUR</p> <p>6:00 ARTIST CORNER</p>	<p>28</p> <p>9.30 CHAIR EXERCISE</p> <p>10:30 MYSTERY RIDE</p> <p>3:00 SNACK</p> <p>4:00 RESIDENT CHOICE</p> <p>6:00 MOVIE</p>	<p>29</p> <p>9:30 - CHAIR YOGA</p> <p>10:00 REFERSHEMENT AND SNACKS W/STAFF</p> <p>10:30 CARDS</p> <p>LUNCH</p> <p>1:00 CARDS OR BINGO</p> <p>3:30 MUSIC TIME</p>