


# January 2022 First Floor Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> 10:00 Daily News 10:30 Fitness Fun 2:00 Hymn Sing 2:30 Worship 3:15 Winter Sports 6:30 Musical Melodies	<b>31</b> 10:00 Armchair Fitness 10:30 Current Events <b>2:00 Rob Balonoff</b> <b>MDR</b> 3:00 Music Review 6:30 Cold Weather Words					<b>1</b> 10:00 AM Fitness 10:30 Newsworthy 2:00 It's a New Year 3:00 The New Game 6:30 Name that Tune
<b>2</b> 10:00 Daily News 10:00 Fitness Fun 2:00 Hymn Sing 2:30 Worship Service 3:15 January Facts 6:30 Cookies and Cocoa	<b>3</b> 10:00 Armchair Fitness 10:30 Current Events 2:00 Pudding Surprise 3:00 Pudding Facts 6:30 Nordic Travel	<b>4</b> 10:00 Exercise 10:30 News &Views 1:30 Rosary 2:00 Manicures & Music 3:00 Hydration Station 6:30 Left, Right , Center	<b>5</b> 10:00 Morning Stretch 10:30 News and Views <b>2:00 Bingo</b> 3:00 Snack and Chat 6:30 Prayer Meeting	<b>6</b> 10:00 Armchair Swing 10:30 Bible Study 2:00 Sherlock Holmes 3:00 Detective Quiz 6:30 Mystery Game	<b>7</b> 10:00 Exercise 10:30 Daily News 2:00 Crafttime 3:00 Sweet Treat 6:30 Tongue Twisters	<b>8</b> 10:00 AM Fitness 10:30 Current Events <b>2:00 Elvis Presley's</b> <b>Birthday-MDR</b> 6:30 Snack and Chat
<b>9</b> 10:00 Daily News 10:00 Fitness Fun 2:00 Hymn Sing 2:30 Worship Service 3:15 Odd Word Out	<b>10</b> 10:00 Armchair Fitness 10:30 Current Events <b>2:00 Rob Balonoff</b> <b>MDR</b> 3:00 Residents Choice	<b>11</b> 10:00 Lets Move 10:30 News &Views 1:30 Mass 2:00 Pasta Month 3:00 Taste test	<b>12</b> 10:00Morning Stretch 10:30 News and Views <b>2:00 Bingo</b> 3:00 Hydration Station 6:30 Prayer Meeting	<b>13</b> 10:00 Armchair Swing 10:30 Bible Study 2:00 Crossword Puzzle 3:00 Refreshment 6:30 Frisbees	<b>14</b> 10:00 Exercise 10:30 Daily News 2:00 Card game 3:00 Name Five 6:30 Trivia	<b>15</b> 10:00 AM Fitness 10:30 Newsworthy 2:00 Hot Chocolate Party 3:00 Beverage bar 6:30 Poetry Circle
<b>16</b> 10:00 Daily News 10:30 Fitness Fun 2:00 Hymn Sing 2:30 Worship Service 3:15 Peron,Place or Thing 6:30 Memory Game	<b>17 Martin Luther King Day</b> 10:00 Armchair Fitness 10:30 Current Events <b>2:00 Armchair Travel</b> 3:00 Vacation Destinations 2 6:30 Music of the 60's	<b>18</b> 10:00 Lets Move 10:30 News &Views 1:30 Rosary 2:00 Winnie the Pooh Day 3:00 Canteen 6:30 Who am I ?	<b>19</b> 10:00 Morning Stretch 10:30 News and Views <b>2:00 Bingo</b> 3:00 Prize Time! 6:30 Prayer Meeting	<b>20</b> 10:00 Bible Study 10:30 Resident Council <b>2:00 Winter Fest</b> 3:00 Simple Phrases 6:30 Hats	<b>21</b> 10:00 Exercise 10:30 Daily News 2:00 Baking Surprise 3:00 Taste Testing 6:30 Winter Birds	<b>22</b> 10:00 AM Fitness 10:30 Morning News 2:00 Winter Camping 3:00 Story Time 6:30 Strange but True
<b>23</b> 10:00 Daily News 10:00 Fitness Fun 2:00 Hymn Song 2:30 Worship Service 3:15 Trivia time 6:30 Trip tp Alaska	<b>24</b> 10:00 Armchair Fitness 10:30 Current Events 2:00 Novelty Game 3:00 Beverage Bar 6:30 Winter Foods	<b>25</b> 10:00 Lets Move 10:30 News &Views 1:30 Mass 2:00 Peanut Butter Day 3:00 Peanut Butter Recipes 6:30 Mystery Game	<b>26</b> 10:00 Morning Stretch 10:30 News and Views <b>2:00 Bingo</b> 3:00 Looking Back 6:30 Prayer Meeting	<b>27</b> 10:00 Armchair Swing 10:30 Bible Study 2:00 China 3:00 Chinese Inventions 6:30 Chinese Holidays	<b>28</b> 10:00 Exercise 10:30 Daily News 2:00 Valentine Craft 3:00 Penguins 6:30 Higher or Lower	<b>29</b> 10:00 AM Fitness 10:30 Newsworthy 2:00 Sled craft 3:00 Snow Facts 6:30 Fish wrapper