

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

January 2022

1 New Years Day!

Rise and Shine

- Joke of the day!
- Daily Chronicle

Afternoon Events

- Monthly Gazette
- Happy “noon” year! (Lunch Party)
- New year resolutions - what’s yours?

Evening Action

- 5:00p Rose Bowl: OSU v. Utah

2

Rise and Shine

- Joke of the day!
- Daily Chronicle
- Non-denominational church service (10:30a)
- Catholic Service (11:00a)

Afternoon Events

- Chair Yoga
- Hot cocoa bar
- Travel to Zambia

Evening Action

- Movie night in the neighborhoods!
- Guided meditation
- Mobile library

3 Jane’s Birthday!!!

Rise and Shine

- Joke of the day!
- 10:00a Meditation with Kim
- Baking class

Afternoon Events

- 12:45pm Sing Happy Birthday to Jane!
- 2:00pm Women’s Club (invite)
- March of Dimes (Activity Connection)

Evening Action

- Daily Chronicle
- One on Ones
- Hymns with Rose

4

Rise and Shine

- Joke of the day!
- Daily Chronicle
- 11:15p Exercise with Adam
- Hydration Station

Afternoon Events

- Resident Council (2:00)
- Trivia Tuesday with Aleks & Chelsea 2:00
- Balloon toss

Evening Action

- Walking to unwind
- Movie night in the neighborhoods!
- Guided meditation

5

Rise and Shine

- Joke of the day!
- 10:00a Meditation with Kim
- Baking class

Afternoon Events

- Bird day: Trivia
- 2:30p music concert with Greg D.
- 3:45 Chair yoga

Evening Action

- Daily Chronicle
- One on Ones
- Mobile Library

6

Rise and Shine

- Joke of the day!
- Daily Chronicle
- 11:15p Exercise with Adam
- Hydration Station

Afternoon Events

- Zig Zag painting with Anna
- Manicures
- Balloon toss

Evening Action

- Walking to unwind
- Guided Meditation
- Movie night in the neighborhoods with popcorn.

7

Rise and Shine

- Joke of the day!
- 10:00a Meditation
- Surprise Birthday Party Detective

Afternoon Events

- Chair Boxing with Greg
- 2:00p Visit from our furry friends
- Community Paper Garland craft

Evening Action

- Daily Chronicle
- One on Ones
- Hymns with Rose

8 Elvis’ Birthday

Rise and Shine

- Joke of the day!
- Elvis Trivia
- Daily Chronicle

Afternoon Events

- Elvis Dance Party
- Where is Elvis? Scavenger hunt
- Remembering Elvis songs activity

Evening Action

- Walking to unwind
- Guided Meditation
- Balloon toss

9 Judy’s Birthday!!!

Rise and Shine

- Joke of the day!
- Daily Chronicle
- Non-denominational church service (10:30a)
- Catholic Service (11:00a)

Afternoon Events

- Chair Volleyball
- Hot cocoa bar
- 12th Night Detective Activity

Evening Action

- Movie night in the neighborhoods!
- One on Ones
- Guided meditation

10

Rise and Shine

- Joke of the day!
- 10:00a Meditation with Kim
- Baking class

Afternoon Events

- 2:00pm Men’s Club (invite)
- Decade flashback: Remembering
- Textile Club with Megan

Evening Action

- Daily Chronicle
- Hymns with Rose
- Hot cocoa/tea to unwind

11

Rise and Shine

- Joke of the day!
- Daily Chronicle
- 11:15p Exercise with Adam
- Hydration Station

Afternoon Events

- 3:15 Art class with John
- Funny Zingers!
- Balloon Toss

Evening Action

- Walking to unwind
- One on Ones
- Guided meditation

12 National Hot Tea Day!

Rise and Shine

- Joke of the day!
- 10:00a Meditation with Kim
- Baking class

Afternoon Events

- Tea Party
- 2:30p Music with Mark S.
- Chair yoga

Evening Action

- Daily Chronicle
- Movie night in the neighborhoods with popcorn
- Mobile library

13

Rise and Shine

- Joke of the day!
- Daily Chronicle
- 11:15p Exercise with Adam
- Hydration Station

Afternoon Events

- Cooking class with Chef
- Bus Rides: CH - 1 RH - 2 OH - 3
- Bird Slideshow

Evening Action

- Walking to unwind
- One on Ones
- Guided meditation

14

Rise and Shine

- Joke of the day!
- 10:00a Meditation
- Bird trivia

Afternoon Events

- Building with Bob
- 2:00p Visit from our furry friends
- Chair yoga

Evening Action

- Daily Chronicle
- Hymns with Rose
- Movies in the neighborhoods

15

Rise and Shine

- Joke of the day!
- Daily Chronicle
- 10:00am Beekeeping with Dave

Afternoon Events

- Motown balloon Toss
- Bowling
- Ring toss

Evening Action

- Walking to unwind
- One on Ones
- Guided Meditation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>16 World Snow Day! Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! Daily Chronicle Non-denominational church service (10:30a) Catholic Service (11:00a) <p>Afternoon Events</p> <ul style="list-style-type: none"> Chair Yoga Hot cocoa bar Flamingo craft <p>Evening Action</p> <ul style="list-style-type: none"> Movie night in the neighborhoods! 	<p>17 MLK Jr. Day Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! 10:00a Meditation with Kim Baking class <p>Afternoon Events</p> <ul style="list-style-type: none"> 2:00pm Women's Club (invite) MLK Program 3:00 Balloon toss <p>Evening Action</p> <ul style="list-style-type: none"> Daily Chronicle One on Ones Hymns with Rose 	<p>18 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! Daily Chronicle 11:15p Exercise with Adam Hydration Station <p>Afternoon Events</p> <ul style="list-style-type: none"> Tuesday Trivia and Tea Party Bus ride with Bob (2:00) Guided meditation <p>Evening Action</p> <ul style="list-style-type: none"> Walking to unwind Movie night in the neighborhoods with popcorn 	<p>19 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! 10:00a Meditation with Kim Baking class <p>Afternoon Events</p> <ul style="list-style-type: none"> 2:00p Music concert with Mark G. Chair yoga Bird coloring pages <p>Evening Action</p> <ul style="list-style-type: none"> Daily Chronicle One on Ones Mobile library 	<p>20 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! Daily Chronicle 11:15p Exercise with Adam Hydration Station <p>Afternoon Events</p> <ul style="list-style-type: none"> Bird nest craft Paint by numbers Bus Rides: CH - 1 RH - 2 OH - 3 <p>Evening Action</p> <ul style="list-style-type: none"> Walking to unwind Movie night in the neighborhoods with popcorn 	<p>21 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! 10:00a Meditation <p>Afternoon Events</p> <ul style="list-style-type: none"> Breakfast at Tiffany's Brunch (11:00) 2:00p Visit from our furry friends Chair yoga <p>Evening Action</p> <ul style="list-style-type: none"> Daily Chronicle One on Ones Hymns with Rose 	<p>22 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! Daily Chronicle Guided meditation <p>Afternoon Events</p> <ul style="list-style-type: none"> The History of Astrology Hydration station Balloon Toss <p>Evening Action</p> <ul style="list-style-type: none"> Walking to unwind One on Ones Mobile library
<p>23 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! Daily Chronicle Non-denominational church service (10:30a) Catholic Service (11:00a) <p>Afternoon Events</p> <ul style="list-style-type: none"> Chair Volleyball Hot cocoa bar with toppings! Music trivia <p>Evening Action</p> <ul style="list-style-type: none"> Movie night in the neighborhoods! One on Ones 	<p>24 National Peanut Butter Day! Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! 10:00a Meditation with Kim Baking class <p>Afternoon Events</p> <ul style="list-style-type: none"> 2:00pm Men's Club (invite) Westminster Dog Show! Textile club with Megan <p>Evening Action</p> <ul style="list-style-type: none"> Daily Chronicle Mobile library Hymns with Rose 	<p>25 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! Daily Chronicle 11:15p Exercise with Adam Hydration Station <p>Afternoon Events</p> <ul style="list-style-type: none"> Tuesday Tea Party Westminster Dog Show! Color by numbers <p>Evening Action</p> <ul style="list-style-type: none"> Walking to unwind One on Ones Evening stretches 	<p>26 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! 10:00a Meditation with Kim Baking class <p>Afternoon Events</p> <ul style="list-style-type: none"> 2:30 music concert with Summertime Band Westminster Dog Show! Chair yoga <p>Evening Action</p> <ul style="list-style-type: none"> Daily Chronicle Movies in the neighborhoods with popcorn Mobile library 	<p>27 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! Daily Chronicle 11:15p Exercise with Adam Hydration Station <p>Afternoon Events</p> <ul style="list-style-type: none"> Decades Party: 1960s Reminiscing Trivia Guided meditation <p>Evening Action</p> <ul style="list-style-type: none"> Walking to unwind One on Ones Balloon toss 	<p>28 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! 10:00a Meditation What am I? <p>Afternoon Events</p> <ul style="list-style-type: none"> Nails and hand massages with Casie 2:00p Visit from our furry friends Chair yoga <p>Evening Action</p> <ul style="list-style-type: none"> Daily Chronicle Hymns with Rose Mobile library 	<p>29 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! Daily Chronicle Mobile library <p>Afternoon Events</p> <ul style="list-style-type: none"> Hydration station Bingo with Anna Jeopardy <p>Evening Action</p> <ul style="list-style-type: none"> Walking to unwind One on Ones Guided meditation
<p>30 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! Daily Chronicle Non-denominational church service (10:30a) Catholic Service (11:00a) <p>Afternoon Events</p> <ul style="list-style-type: none"> Chair Yoga Hot cocoa bar Crafting with Kim <p>Evening Action</p> <ul style="list-style-type: none"> Movie night in the neighborhoods! Balloon Toss 	<p>31 Rise and Shine</p> <ul style="list-style-type: none"> Joke of the day! 10:00a Meditation with Kim Baking class <p>Afternoon Events</p> <ul style="list-style-type: none"> Inspire your heart with Art 2:00pm Women's Club (invite) Bus ride with Dan & Chelsea Singalong <p>Evening Action</p> <ul style="list-style-type: none"> Daily Chronicle One on Ones Hot cocoa 	<h1>Life Enrichment Monthly Theme:</h1> <h2>Birds of a Feather</h2>				