

# JANUARY ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:30 -Scarf Dancing 3:00 - Movie Night	10:30 – Saturday Sit and Stretch  3: 00 – Bingo
3	4	5	6	7	8	9
10:30 -Devotion Time  3:30 – Making Pinecone Bird Feeders	10:30 - Chair Yoga  3:00 - Manicures/Hand Massages	10:30 – Snow Ball Fight  3:00- Tea Time and Trivia	10:30 - Chair Stretching  3: 00 – Bingo	10:30 - Keep It Up !!  3:00 – Snowball Fight	10:30 – Toss & Talk  3:00- ELVIS PARTY	10:30 – Saturday Sing-A-Long  3: 00 – Bingo
10	11	12	13	14	15	16
10:30 -Devotion Time  3:30 – Tea Time and Music	10:30 - Chair Yoga  3:00 - Bingo	10:30 -Toss and Talk  3:00- Make Snowflakes	10:30 - Chair Stretching  3: 00 – Bingo	10:30 - Chair Soccer  3: 00 – WII Bowling	10:30 -Scarf Dancing  3:00 – MLK DAY FUN	10:30 – Saturday Sing-A-Long  3: 00 – Bingo
17	18	19	20	21	22	23
10:30 -Devotion Time  3:30 - Baking Club	10:30 - Chair Yoga  3:00 -Manicures/Hand Massages	10:30 -Scarf Dancing  3:00- Tea Time & Trivia Hour	10:30 Chair Stretching  3:00 - Bingo	10:30 - Keep It Up !!  3:00 – Snowball Fight	10:30 – Toss & Talk  3:00- Happy Hour	10:30 – Saturday Sing-A-Long  3: 00 – Bingo
24/31	25	26	27	28	29	30
10:30 -Devotion Time  3:30 – Tea Time and Music	10:30 - Chair Yoga  3:00 BINGO	10:30 -Toss and Talk  3:00- Craft Painting Signs	10:30 Chair Stretching  3:00 – Mozart Birthday Listen and Enjoy	10:30 - Chair Soccer  3: 00 – WII Bowling	10:30 -Scarf Dancing  3:00 - Movie Night	10:30 – Saturday Sing-A-Long  3: 00 – Bingo