



January 2022

- FL Front Lobby
- AR Activity Room
- DR Dining Room
- AC Arts & Crafts Room
- PD Private Dining Room
- GR Game Room
- † Religious

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|---|
| January Theme NEW BEGINNINGS | <u>Intellectual</u> Ted Talk: Goal Setting Ted Talk: Find Your Happy <u>Spiritual</u> Mindfulness Meditation Technique Class | <u>Emotional</u> New Year Resolution Accountability Social <u>Physical</u> Get Focused & Get Fit | <u>Environmental</u> Christmas Pack Away Party <u>Vocational</u> Host a Cookie Drive By Event | | | 9:30 Morning Fitness 10:30 Weekend Walkers 10:30 AR Wii Bowling 2:00 AR New Resident Drop by Social 6:00 AR Evening Movie |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9:00 AR Corporate Prayer 10:30 Weekend Walkers 11:00 AR First Baptist (tv) † 2:00 FL Bible Word Search 3:00 AR Movie Matinee 6:00 FL Fireplace Chats | 9:30 AR Get Focused & Get Fit Fitness Class w/Rachel 10:00 FL Fireplace Treats & Winter Trivia 11:00 AR Bank / Pharmacy Runs 1:30 AR Hand Bell Practice 3:30 AC Craft Corner: Winter Mason Jars 6:00 GR Hand and Foot Card Game | 9:30 AR Morning Fitness 10:00 FL Crochet Corner 10:30 AR Quarter Bingo 1:30 AR Christmas Pack Away Party 3:30 AC Acting Class Returns (1st meeting) 4:30 AR Wii Bowling | 9:30 AR Live Fitness w/ Sebastian (Select Rehab) 10:00 WalMart 10:30 PD Catholic Communion 1:30 GR Bridge Club 2:00 AR Wellness with Sebastian (Select Rehab) 3:30 AR Popcorn & Games 6:00 AR Evening Movie | 9:30 AR Morning Fitness 10:00 FL Crochet Corner 10:30 New Resident Roundtable w/ Management Team 1:30 AC Let's Farkle 2:00 PD Resident Council Meeting 3:30 AR New Year Resolution Accountability Party | 9:30 Mindfulness Meditation Techniques Class 10:00 AR Live Fitness w/ Sebastian (Select Rehab) 10:30 DR Guitar Greats w/Kevin 1:30 AR Prize Bingo 3:00 GR Rummikub Tile Challenge 4:00 AR TGIF Dance Party | 9:30 Morning Fitness 10:30 Weekend Walkers 10:30 AR Wii Bowling 1:30 AR Candy Bingo w/Martha 3:00 GR Brain Games: Dominos 6:00 AR Evening Movie |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 9:00 AR Windsor United Methodist Church Service 10:30 Weekend Walkers 11:00 AR First Baptist (tv) † 2:00 FL Bible Word Search 3:00 AR Movie Matinee 6:00 FL Fireplace Chats | 9:30 AR Get Focused & Get Fit Fitness Class w/Rachel 10:00 FL Fireplace Treats & Winter Trivia 11:00 AR Bank / Pharmacy Runs 1:30 AR Hand Bell Practice 3:30 AR Hot Potato w prizes 6:00 GR Hand and Foot Card Game | 9:30 AR Morning Fitness 10:00 FL Crochet Corner 10:30 AR Ted Talk: Goal Setting 1:30 AC Book Club Meeting 3:00 AR Activity Department Meeting 4:00 Cookie Drive By Event | 9:30 AR Live Fitness w/ Sebastian (Select Rehab) 10:00 WalMart 10:30 PD Catholic Communion 1:30 GR Bridge Club 1:30 AR Wii Bowling 3:30 AR Popcorn & Games 6:00 AR Evening Movie | 9:30 AR Morning Fitness 10:00 FL Crochet Corner 10:30 FL Cups & Conversation 2:00 DR Resident Town Hall Meeting 3:30 AR Sing & Share w/ Anne Abel 4:30 Charades | 9:30 Mindfulness Meditation Techniques Class 10:00 AR Live Fitness w/ Sebastian (Select Rehab) 10:30 AR Sing-A-Long with Rachel 1:30 AR Prize Bingo 3:00 GR Rummikub Tile Challenge 4:00 AR TGIF Dance Party | 9:30 Morning Fitness 10:30 Weekend Walkers 10:30 AR Wii Bowling 1:30 AR Candy Bingo w/Martha 3:00 GR Brain Games: Checkers 6:00 AR Evening Movie |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 9:00 AR Corporate Prayer 10:30 Weekend Walkers 11:00 AR First Baptist (tv) † 2:00 FL Bible Word Search 3:00 AR Movie Matinee 6:00 FL Fireplace Chats | Martin Luther King Jr. Day 9:30 AR Get Focused & Get Fit Fitness Class w/Rachel 10:00 FL Fireplace Treats & Winter Trivia 11:00 AR Bank / Pharmacy Runs 1:30 AR Hand Bell Practice 3:30 AC Craft Corner 6:00 GR Hand and Foot Card Game | 9:30 AR Morning Fitness 10:00 FL Crochet Corner 10:30 AR Quarter Bingo 1:30 GR UNO Card Game 3:00 FL Name That Tune 4:00 AR Live Jeopardy | 9:30 AR Live Fitness w/ Sebastian (Select Rehab) 10:00 WalMart 10:30 PD Catholic Communion 1:30 GR Bridge Club 2:00 AR Wellness with Sebastian (Select Rehab) 3:30 AR Popcorn & Games 6:00 AR Evening Movie | 9:30 AR Morning Fitness 10:00 FL Crochet Corner 10:30 FL Cups & Conversation 1:30 FL Chicken Soup for the Soul Read-Aloud 3:30 AR Red Hat Ladies Social 4:00 FL Pepsi-Pretzels & Pool | 9:30 Mindfulness Meditation Techniques Class 10:00 AR Live Fitness w/ Sebastian (Select Rehab) 11:00 Lunch Date to Texas Roadhouse 1:30 AR Prize Bingo 3:00 GR Rummikub Tile Challenge 4:00 AR TGIF Dance Party | 9:30 Morning Fitness 10:30 Weekend Walkers 10:30 AR Wii Bowling 1:30 AR Candy Bingo w/Martha 3:00 GR Brain Games: Scrabble 6:00 AR Evening Movie |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 9:00 AR Windsor United Methodist Church Service 3:00 AR Movie Matinee 6:00 FL Fireplace Chats | 9:30 AR Get Focused & Get Fit Fitness Class w/Rachel 9:30 AR Get Focused & Get Fit Fitness Class w/Rachel 10:00 FL Fireplace Treats & Winter Trivia 11:00 AR Bank / Pharmacy Runs 3:30 AC Craft Corner | 9:30 AR Morning Fitness 10:00 FL Crochet Corner 10:30 AR Ted Talk: Find Your Happy 2:00 AR Ball Drumming Class 3:30 AC UNO Card Game 5:00 DR Resident Monthly Birthday Party w/ Ron Brinnon | 9:30 AR Live Fitness w/ Sebastian (Select Rehab) 10:00 WalMart 10:30 PD Catholic Communion 1:30 GR Bridge Club 1:30 AR Wii Bowling 3:30 AR Popcorn & Games 6:00 AR Evening Movie | 9:30 AR Morning Fitness 10:00 FL Crochet Corner 10:30 FL Cups & Conversation 1:30 AR Meditation Techniques Class 3:30 AR Hot Potato w prizes 6:00 GR Canasta | 9:30 Mindfulness Meditation Techniques Class 10:00 AR Live Fitness w/ Sebastian (Select Rehab) 11:00 FL Winter Trivia 1:30 AR Prize Bingo 3:00 GR Rummikub Tile Challenge 4:00 AR TGIF Dance Party | 9:30 Morning Fitness 10:30 Weekend Walkers 10:30 AR Wii Bowling 1:30 AR Candy Bingo w/Martha 3:00 GR Brain Games: Yahtzee 6:00 AR Evening Movie |
| 30 | 31 | | | | | |
| 9:00 AR Corporate Prayer 3:00 AR Movie Matinee 6:00 FL Fireplace Chats | 9:30 AR Get Focused & Get Fit Fitness Class w/Rachel 9:30 AR Get Focused & Get Fit Fitness Class w/Rachel 10:00 FL Fireplace Treats & Winter Trivia 11:00 AR Bank / Pharmacy Runs 3:30 AC Craft Corner | | | | | |