

JANUARY 2022

| / Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------|--|--|--|---|--|---|
| | | | | | | 1 6:45pm-Movie Night “Where The Heart Is” (Part II) |
| 2 12:30pm-Brunch | 3 10am-Morning Stretch 11am-Exercise 12pm Soup and Salad 1pm Pinochle 1pm-Coloring Therapy 2:30pm “Undeck” the halls | 4 10am Hannaford/Aldi/Save-A-Lot 10am-Morning Stretch 11am-Tai Chi 12pm Takeout Tuesday/ Jade! (Sign-Up/ Menu on Activity board) | 5 10am-Morning Stretch 11am Exercise 12pm Soup and Salad 1pm-Penny Poker 1pm-Upwords 1pm-Bridge | 6 9:30am-Shuffleboard 10:30-Sister Jackie 10:30am-Mexican Train 11am-Chair Yoga 12pm-Omelets 1pm-Mah Jongg | 7 10am-Yandos 10am-Morning Stretch 11am Exercise 12pm-Michigans! (sign up) 1pm Hearts 1:30pm Trivia | 8 6:45pm-Movie Night “Mary Poppins” (Part I) About 70 minutes |
| 9 12:30pm-Brunch | 10 10am-Morning Stretch 11am Nails by Jana 11am-Exercise 12pm Soup and Salad 1pm Pinochle 1pm-Coloring Therapy | 11 10am-PC/Dollar Store 10am-Morning Stretch 10am Nails by Jana 11am-Tai Chi 2pm-Bingo | 12 10am-Morning Stretch 11am Nails by Jana 11am Exercise 12pm Soup and Salad 1pm-Penny Poker 1pm-Upwords 1pm-Bridge | 13 9:30am-Shuffleboard 10:30am-Mexican Train 11am-Chair Yoga 12pm-Omelets 1pm-Mah Jongg | 14 10am-Yandos 10am-Morning Stretch 11am Exercise 12pm Soup and Salad 1pm Hearts 1:30pm Trivia | 15 12pm—PIZZA PARTY! Sign-up sheet is on the activity board. “Mary Poppins” (Part II) About 70 minutes |
| 16 12:30pm-Brunch | 17 10am-Morning Stretch 11am-Exercise 12pm Soup and Salad 1pm Pinochle 1pm-Coloring Therapy 3pm-Themed Book Club | 18 10am-Kinneys 10am-Morning Stretch 11am-Tai Chi 1pm-Free Hearing Aid Cleaning w/ Jeff from ‘ProCare’ (Sign up) 2pm-Bingo | 19 10am-Morning Stretch 11am Exercise 1pm-Penny Poker 1pm-Upwords 1pm-Bridge 3pm-Storytelling 6:30pm Jay LeSage!! | 20 9am-Pancake Breakfast 9:30am-Shuffleboard 10:30am Mexican Train 11am Chair Yoga 1pm-Mah Jongg | 21 10am-Yandos 10am-Morning Stretch 11am-Exercise 12pm Soup & Salad 1pm Hearts 1:30pm Trivia 4pm-’Cooie’ performs | 22 6:45pm-Movie Night “The House Of Elliott” About 1 hour |
| 23 12:30pm-Brunch | 24 10am-Morning Stretch 12pm Soup and Salad 1pm Pinochle 1pm Coloring Therapy 2pm-”Margarita Monday” | 25 10:30am-Target/Mall (pick-up at Noon) 10am-Morning Stretch 11am Tai Chi 2pm Bingo | 26 10am-Morning Stretch 11am Exercise 1pm-Penny Poker 1pm-Upwords 1pm-Bridge | 27 9:30am-Shuffleboard 11am-Chair Yoga 12pm-Omelets 1pm-Mah Jongg 2:30pm-Birthday Party with Mitch Willett | 28 10am-Yandos 10am-Morning Stretch 11am-Exercise 1pm Hearts 1:30pm Trivia | 29 6:45pm-Movie Night “The House Of Elliott” About 1 hour |
| 30 12:30pm-Brunch | 31 10am-Morning Stretch 10am-Tai Chi Review 12pm Soup and Salad 1pm Pinochle 1pm-Coloring Therapy 6:30pm-Steve Collier!!!! | | | | <i>Calendar is subject to change</i> | |