

If you would like a service/activity not reflected on the calendar, see RSC/Administrator. Activities are subject to change.

Monthly Nursing Wellness Checks 1st-10th



HAPPY NEW YEAR



JANUARY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	Jan 30	Jan 31						New Year's Day 01
Dimensions of Wellness Physical Spiritual Social Intellectual Nutritional Purposeful	09:00 Channel 3 "In Touch" EB 12:00 Independent TV of Choice EB 06:30 Bible Study with Roger AR	09:30 Exercise \$\$ AR 02:00 Birthday bash AR 03:00 Country Store CS	Fresh Year, Fresh Start. We are having an open house on January 21,2021. We invite you to come and look at our wonderful facility and help yourself to fresh fruit and other nutritional snacks. We are excited to see everyone there!					08:00 New Year activity packets! (located in activity room) AR 12:00 Independent TV of Choice EB 02:00 Cheers to the New Year! (Cocktails and cheese tray) EB
Meeting Places AR Activity Room EB Entire Building DR Dining Room CS Country Store ML Main Lobby	02 09:00 Channel 3 "In Touch" EB 12:00 Independent TV of Choice EB 06:30 Bible Study with Roger AR	03 09:30 Exercise \$\$ AR 02:00 Bingo \$\$ DR 03:00 Country Store CS	04 09:00 Transportation to MD appointments (until 2:00pm) ML 01:00 Exercise \$\$ AR	05 09:30 Exercise \$\$ AR 02:00 Bus ride ML 03:00 Country Store CS	06 10:00 Shopping Day ML 01:00 Exercise \$\$ AR 02:00 Nails AR	07 09:30 Exercise \$\$ AR 02:00 Bingo with Candy Rodgers DR 03:00 Country Store CS	08 09:00 Mobile Activity Cart-puzzles & activity packets EB 12:00 Independent TV of Choice EB	
January Birthday's Virginia M 1/5 Grace R 1/8 Norma P 1/19 Raymond S 1/21	09 09:00 Channel 3 "In Touch" EB 12:00 Independent TV of Choice EB 06:30 Bible Study with Roger AR	10 09:30 Exercise \$\$ AR 02:00 Bingo \$\$ DR 03:00 Country Store CS	11 09:00 Transportation to MD appointments (until 2:00pm) ML 02:00 Making Cherry fluff (low carb) AR	12 09:30 Exercise \$\$ AR 02:00 Bus ride ML 03:00 Country Store CS	13 10:00 Shopping Day ML 01:00 Exercise \$\$ AR 02:00 Bingo \$\$ DR	14 09:30 Exercise \$\$ AR 02:00 Resident council \$\$ DR 03:00 Country Store CS	15 09:00 Mobile Activity Cart-puzzles & activity packets EB 12:00 Independent TV of Choice EB	
Karen A 1/25 Walter A 1/25	Night of Tu B'Shevat 16 09:00 Channel 3 "In Touch" EB 12:00 Independent TV of Choice EB 06:30 Bible Study with Roger AR	Tu B'Shevat 17 09:30 Exercise \$\$ AR 02:00 Bingo \$\$ DR 03:00 Country Store CS	18 09:00 Transportation to MD appointments (until 2:00pm) ML 01:00 Exercise \$\$ AR	19 09:30 Exercise \$\$ AR 02:00 Bus ride ML 03:00 Country Store CS	20 10:00 Shopping Day ML 01:00 Exercise \$\$ AR 02:00 Bingo Sponsored by Nature Trail DR	21 09:30 Exercise \$\$ AR 02:00 Lunch Bunch ML 03:00 Country Store CS	22 09:00 Mobile Activity Cart-puzzles & activity packets EB 12:00 Independent TV of Choice EB	
	23 09:00 Channel 3 "In Touch" EB 12:00 Independent TV of Choice EB 06:30 Bible Study with Roger AR	24 09:30 Exercise \$\$ AR 02:00 Bingo \$\$ DR 03:00 Country Store CS	25 09:00 Transportation to MD appointments (until 2:00pm) ML 02:00 Darts! AR	26 09:30 Exercise \$\$ AR 02:00 Bus ride ML 03:00 Country Store CS	27 10:00 Shopping Day ML 01:00 Exercise \$\$ AR 02:00 Bingo \$\$ DR	28 09:30 Exercise \$\$ AR 02:00 Valentine Craft AR 03:00 Country Store CS	29 09:00 Mobile Activity Cart-puzzles & activity packets EB 12:00 Independent TV of Choice EB	

