

# HAPPY NEW YEAR

If you would like an activity/service not reflected on the calendar, please see RSC/ Administrator.

Activities are subject to change.

## JANUARY 2022

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

#### Jan 30

08:30 | Good Morning!  
09:30 | Move to Music  
10:30 | Group Games  
03:00 | Staff Choice  
04:00 | 4-7pm Intentional Moments

#### Jan 31

08:30 | Good Morning!  
09:30 | Drum Aerobics  
10:30 | What Am I?  
02:30 | Zero Difference  
04:00 | 4-7pm Intentional Moments

Jan Birthdays:  
Arvella Jan 4th

#### Meal Times:

Breakfast 7:30 am  
Lunch 11:30 am  
Supper 5:00 pm  
  
Snack & social: 10am & 2pm



Church service is on Ch 13 every Sunday at 9:30am & 11am  
  
Solan is open every Thursday at 10am

#### 01 New Year's Day

08:30 | Good Morning!  
09:30 | Move to Music  
10:30 | Staff Choice  
01:30 | Coloring Pages  
04:00 | 4-7pm Intentional Moments

#### 02

08:30 | Good Morning!  
09:30 | Move to Music  
10:30 | Group Games  
03:00 | Staff Choice  
04:00 | 4-7pm Intentional Moments

#### 03

08:30 | Good Morning!  
09:30 | Drum Aerobics  
10:30 | Travel Brief  
02:30 | Surprise Detective  
04:00 | 4-7pm Intentional Moments

#### 04

08:30 | Good Morning!  
09:30 | Balloon Swat  
10:30 | More ZZs please  
02:30 | Bingo  
04:00 | 4-7pm Intentional Moments

#### 05

08:30 | Good Morning!  
09:30 | Youtube Yoga  
10:30 | Zambian Safari  
01:00 | Communion  
02:30 | Hello January  
04:00 | 4-7pm Intentional Moments

#### 06

08:30 | Good Morning!  
09:30 | Balloon Swat  
10:30 | Zero Difference  
02:30 | Star of the Month  
04:00 | 4-7pm Intentional Moments

#### 07

08:30 | Good Morning!  
09:30 | Chair Exercise  
10:30 | Boggle  
01:00 | Van Ride  
02:00 | Mocktail Happy Hour  
04:00 | 4-7pm Intentional

#### 08

08:30 | Good Morning!  
09:30 | Move to Music  
10:30 | Staff Choice  
01:30 | Coloring Pages  
04:00 | 4-7pm Intentional Moments

#### 09

08:30 | Good Morning!  
09:30 | Move to Music  
10:30 | Group Games  
03:00 | Staff Choice  
04:00 | 4-7pm Intentional Moments

#### 10

08:30 | Good Morning!  
09:30 | Drum Aerobics  
10:30 | Po-ke-noo  
02:30 | All About Z  
04:00 | 4-7pm Intentional Moments

#### 11

08:30 | Good Morning!  
09:30 | Balloon Swat  
10:30 | Dazzling Zebras  
02:30 | Food For Thought  
04:00 | 4-7pm Intentional Moments

#### 12

08:30 | Good Morning!  
09:30 | Youtube Yoga  
10:30 | Who Am I?  
01:00 | Communion  
02:30 | Craft  
04:00 | 4-7pm Intentional Moments

#### 13

08:30 | Good Morning!  
09:30 | Bingo  
10:30 | Balloon Swat  
02:30 | Trivia  
04:00 | 4-7pm Intentional Moments

#### 14

08:30 | Good Morning!  
09:30 | Chair Exercise  
10:30 | What Am I?  
02:00 | Mocktail Happy Hour  
02:30 | Baking with Britney  
04:00 | 4-7pm Intentional

#### 15

08:30 | Good Morning!  
09:30 | Move to Music  
10:30 | Staff Choice  
01:30 | Coloring Pages  
04:00 | 4-7pm Intentional Moments

#### 16 Night of Tu B'Shevat

08:30 | Good Morning!  
09:30 | Move to Music  
10:30 | Group Games  
03:00 | Staff Choice  
04:00 | 4-7pm Intentional Moments

#### 17 Tu B'Shevat

08:30 | Good Morning!  
09:30 | Drum Aerobics  
10:30 | MLK Trivia  
02:30 | The Lost Locket  
04:00 | 4-7pm Intentional Moments

#### 18

08:30 | Good Morning!  
09:30 | Balloon Swat  
10:30 | Zero Difference  
02:30 | Bingo  
04:00 | 4-7pm Intentional Moments

#### 19

08:30 | Good Morning!  
09:30 | Youtube Yoga  
10:30 | History of Astrology  
01:00 | Communion  
02:30 | Po-ke-noo  
04:00 | 4-7pm Intentional Moments

#### 20

08:30 | Good Morning!  
09:30 | Balloon Swat  
10:30 | Twelfth Detective  
02:30 | MLK Memorial  
04:00 | 4-7pm Intentional Moments

#### 21

08:30 | Good Morning!  
09:30 | Chair Exercise  
10:30 | Zingers  
01:00 | Van Ride  
02:00 | Mocktail Happy Hour  
04:00 | 4-7pm Intentional

#### 22

08:30 | Good Morning!  
09:30 | Move to Music  
10:30 | Staff Choice  
01:30 | Coloring Pages  
04:00 | 4-7pm Intentional Moments

#### 23

08:30 | Good Morning!  
09:30 | Move to Music  
10:30 | Group Games  
03:00 | Staff Choice  
04:00 | 4-7pm Intentional Moments

#### 24

08:30 | Good Morning!  
09:30 | Drum Aerobics  
10:30 | Be Kind- Server Kindness  
02:30 | Order Up  
04:00 | 4-7pm Intentional Moments

#### 25

08:30 | Good Morning!  
09:30 | Balloon Swat  
10:30 | Trivia  
02:30 | Dominoes Game  
04:00 | 4-7pm Intentional Moments

#### 26

08:30 | Good Morning!  
09:30 | Youtube Yoga  
10:30 | Craft  
01:00 | Communion  
02:30 | What Happened Last  
04:00 | 4-7pm Intentional Moments

#### 27

08:30 | Good Morning!  
09:30 | Bingo  
09:30 | Balloon Swat  
02:30 | Who Am I?  
04:00 | 4-7pm Intentional Moments

#### 28

08:30 | Good Morning!  
09:30 | Chair Exercise  
10:30 | Po-ke-noo  
02:00 | Mocktail Happy Hour  
04:00 | 4-7pm Intentional Moments

#### 29

08:30 | Good Morning!  
09:30 | Move to Music  
10:30 | Staff Choice  
01:30 | Coloring Pages  
04:00 | 4-7pm Intentional Moments

Dimensions of Wellness  
Physical  
Spiritual  
Social  
Intellectual  
Nutritional  
Purposeful

1-1:30pm is reserved for quite time, a time for the resident to relax and refresh before afternoon activities.

Intentional Moments 4-7pm this time is to be used for staff, family, and other residents to engage in 1:1 activities. These activities can be reading a book, listening to music, time at one of the hobby stations, etc.