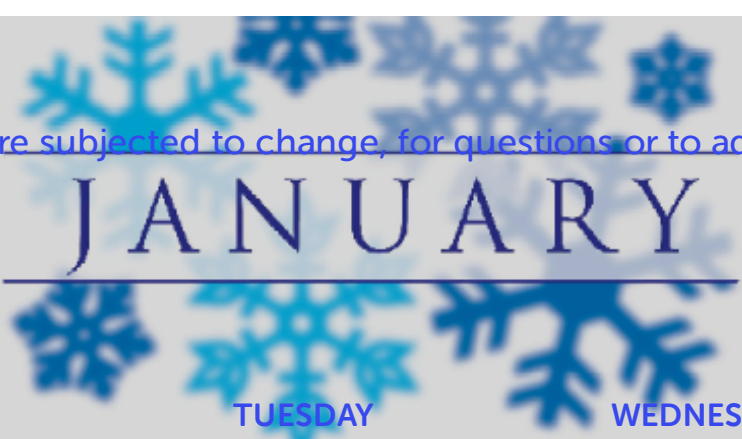


All activities are subjected to change, for questions or to add an activity please contact the Activity Department at extension 1007. Thank you



JANUARY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- A** Your Apartment
- HC** Hall Cart

Meal times:

- Breakfast: 8am-9am
- Lunch: 12pm-1pm
- Dinner: 4:30pm-5:30pm

Please help keep our community safe and healthy. While away from your apartment, wear your mask and wash your hands. Thank you

Jan 31	03	04	05	06	07	08	09						
<p>Religious Service listings:</p> <p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>11:30a Coloring Collection A</p> <p>First Christian Church: Online on FCCOC.org or on the Radio 91.1 FM 11:30-12pm</p> <p>North Christian Church: Follow on Facebook and Youtube for online services.</p> <p>Check Columbus Saturday paper for more religious service listings and times</p> <p>Please schedule a daily walk with Peyton in activities or Donna at the front desk. Lets get out and explore</p>	10	11	12	13	14	15	16						
<p>Religious Service listings:</p> <p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>11:30a Coloring Collection: Start your Portfolio A</p> <p>09:00a Independent Chair Exercise A</p> <p>11:00a MLK Day- Readings & History A</p> <p>02:00p Snack to Your Door HC</p> <p>03:00p Bingo Packet A</p>	17	<p>Birthday of Martin Luther King, Jr.</p> <p>09:00a Independent Chair Exercise A</p> <p>11:00a MLK Day- Readings & History A</p> <p>02:00p Snack to Your Door HC</p> <p>03:00p Bingo Packet A</p>	18	<p>10:00a Word Play: Word/Letter Puzzle Packets A</p> <p>01:00p Activity Cart: Pick Your Project HC</p> <p>02:30p Snack to Your Door HC</p>	19	<p>09:00a Independent Chair Exercise A</p> <p>10:30a Bingo Packet A</p> <p>11:00a Book/ Library Cart HC</p> <p>02:00p Snack to Your Door HC</p>	20	<p>11:00a Everyday Trivia Packet A</p> <p>02:00p Snack to Your Door HC</p> <p>03:00p My Life Story: Biography Project A</p>	21	<p>10:00a General Store-ToGo HC</p> <p>01:30p Ice Cream Truck HC</p> <p>03:00p Weekend Packet- Passed Out A</p>	22	<p>08:00a Work on Weekend Packet A</p> <p>09:00a Independent Chair Exercise A</p> <p>02:00p Quarantine Pen Pals A</p>	23
<p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>11:30a Coloring Collection A</p>	24	<p>09:00a Independent Chair Exercise A</p> <p>11:00a Craft Cart: VIP Gold Star HC</p> <p>02:00p Drink Cart- Toast to your new home HC</p> <p>04:00p Celebrity Trivia Packet HC</p>	25	<p>09:00a Bingo Packet A</p> <p>10:00a Broadway Musical Matching A</p> <p>01:30p Craft Cart: One of A Kind Art Work HC</p> <p>02:30p Big Apple Snack Cart HC</p>	26	<p>08:00a Independent Chair Exercise A</p> <p>09:00a Apartment Scavenger Hunt A</p> <p>02:00p Italian Dessert Cart HC</p>	27	<p>10:30a Hieroglyphics Puzzle Packet A</p> <p>02:00p Snack to Your Door in Style HC</p> <p>03:00p Craft Cart: Popsicle Stick Pyramid HC</p>	28	<p>11:30a Color a Movie Poster A</p> <p>02:30p Popcorn Snack Cart HC</p> <p>03:00p General Store-ToGo HC</p> <p>03:00p Weekend Packet- Passed Out A</p>	29	<p>08:00a Work on Weekend Packet A</p> <p>09:00a Independent Chair Exercise A</p> <p>02:00p Quarantine Pen Pals A</p>	30