



JANUARY 2022

Activity Calendar



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
 <h1 style="color: #D9534F; font-family: cursive;">Happy New Year</h1>						1 4:00 Water Walking
2 10:30 Bible Study	3 9:00a - Water Aerobics 9:15a - Resident Council Meeting 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee - "Wild Oats"	4 8:30a - <i>Yoga w/Lee</i> 9:30a - Low Impact Cardio w/ KLove 11:00a - Blood Pressure Checks 1:00p - Happy Stitchers 4:00p - Water Walking	5 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 2:00p - Gift of Years Book Club	6 10:00a - Coffee with Lisa (TBD) 12:30p - 1:30p - Book Mobile 4:00p - Water Walking * Low Impact Cardio w/ KLove CANCELLED	7 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:30p - Ping Pong No Happy Hour 6:30p - Bingo	8 4:00 Water Walking
9 10:30 Bible Study	10 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Activity Committee Meeting 1:00p - Movie Matinee - "Mrs. Miniver" (Classic Movie)	11 8:30a - <i>Yoga w/Lee</i> 9:30a - Low Impact Cardio w/ KLove 11:00a - Blood Pressure Checks 1:00p - Happy Stitchers 4:00p - Water Walking 5:00p - Dinner Out: TBD "Anjou" 🍷	12 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 11:00a - 1:00p - Honey for Sale	13 9:30a - Low Impact Cardio w/ KLove 1:00p - History Club (Don Walzer) 2:30p - Ladder Ball 4:00p - Water Walking	14 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 4:30p - Happy Hour (TBD) 6:30p - Bingo	15 4:00 Water Walking
16 10:30 Bible Study	17 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 11:00a - MLK Speech Video 1:00p - Movie Matinee - "Dear John" MLK Day!	18 8:30a - <i>Yoga w/Lee</i> 9:30a - Low Impact Cardio w/ KLove 11:00a - Blood Pressure Checks 1:00p - Happy Stitchers 2:00p - Arts & Craft 4:00p - Water Walking	19 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:00a - Nutrition Talk with Emily Barnette 2:00p - Gift of Years Book Club "National Popcorn Day"	20 9:30a - Low Impact Cardio (Video) 12:30p - 1:30p - Book Mobile (TBD) 4:00p - Water Walking	21 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - \$! Bridge 4:00p - Happy Hour (TBD) 6:30p - Bingo	22 4:00 Water Walking
23 10:30 Bible Study	24 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee - "Fatherhood"	25 8:30a - <i>Yoga w/Lee</i> 9:30a - Low Impact Cardio (Video) 11:00a - Blood Pressure Checks 1:00p - Happy Stitchers 4:00p - Water Walking	26 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics	27 9:30a - Low Impact Cardio (Video) 4:00p - Water Walking 1:30p - Resident Show & Tell	28 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 4:00p - Happy Hour (TBD) 6:30p - Bingo National Activity Professionals Day	29 4:00 Water Walking
30 10:30 Bible Study	31 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Opera - "Amahl and the Night Visitors" 3:00p - Hot Chocolate Snack National Hot Chocolate Day					