

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



Assisted Living

New Year's Day

Exercise 2 Morning Chat Free Style Painting Music & Dancing		Exercise 3 Hand Massages & Manicures 1:30-2:30: Tender Heart Balloon & Noodle		Exercise 4 Morning Chat Card Games 2:30 Entertainment by Tom Smela Indoor Walking		10:00 Bible Study Exercise 5 Whiteboard Games BINGO Movie & Popcorn Social Calls		Exercise 6 Painting and Coloring Food Demo- Margarita Pie Kickball		Exercise 7 Morning Chat BINGO Topix Time Corn Hole		Exercise 8 Spa Day & Self-Care Get up & Move	
Exercise 9 Morning Chat Free Style Painting Music & Dancing		Exercise 10 Hand Massages & Manicures 1:30-2:30: Tender Heart Balloon & Noodle		Exercise 11 Morning Chat Card Games 12:15 Freedom Center Service Craft-Snowflakes Indoor Walking		10:00 Bible Study Exercise 12 11:15 Art a la Cart @ FIA BINGO Movie & Popcorn Social Calls		Exercise 13 Painting and Coloring Food Demo-Trail Mix Kickball		Exercise 14 Morning Chat BINGO Topix Time Corn Hole		Exercise 15 Spa Day & Self-Care Get up & Move	
Exercise 16 Morning Chat Free Style Painting Music & Dancing		Exercise 17 Hand Massages & Manicures 1:30-2:30: Tender Heart Balloon & Noodle <small>Martin Luther King Jr. Day</small>		Exercise 18 Morning Chat Card Games 12:15 Freedom Center Service Craft-Popcorn Cups Indoor Walking		10:00 Bible Study Exercise 19 BINGO Movie & Popcorn Social Calls		Exercise 20 Painting and Coloring 11:30 Lunch Bunch Kickball		Exercise 21 Morning Chat BINGO Topix Time Corn Hole		Exercise 22 Spa Day & Self-Care Get up & Move	
Exercise 23 Morning Chat Free Style Painting Music & Dancing <small>Activity Professionals Week</small>		Exercise 24 Hand Massages & Manicures 1:30-2:30: Tender Heart Kickball		10:15 Entertainment by Daniel Bryson Exercise 12:15 Freedom Center Service Craft-Snowmen Indoor Walking		10:00 Bible Study Exercise 26 BINGO Movie & Popcorn Social Calls <small>Australia Day (observed)</small>		Exercise 27 Painting and Coloring Food Demo- Puppy Chow Kickball		Exercise 28 Morning Chat BINGO Topix Time Corn Hole		Exercise 29 Spa Day & Self-Care Get up & Move	
Exercise 30 Morning Chat Free Style Painting Music & Dancing		Exercise 31 Hand Massages & Manicures 1:30-2:30: Tender Heart Balloon & Noodle											

ALL ACTIVITIES SUBJECT TO CHANGE