

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



Intermediate Care

New Year's Day

							1						
Exercise Music & Puzzles Bingo Get up & Move Social Calls	2	Exercise Manicures & Hand Massages 2:45-3:45p: Tender Heart	3	Exercise Whiteboard Games Sorting & Folding Craft-Snowflakes Indoor Walking	4	10:45 Bible Study Exercise Food Demo- Margarita Pie Movie & Popcorn Social Calls	5	Exercise Topix Time Whiteboard Games Kickball Painting and Coloring	6	Exercise Morning Chat Balloon & Noodle Whiteboard Games Get up & Move	7	Exercise Spa Day & Self- Care Bean Bag Toss Music & Dancing Social Calls	8
Exercise Music & Puzzles Bingo Get up & Move Social Calls	9	Exercise Manicures & Hand Massages 2:45-3:45p: Tender Heart	10	Exercise Whiteboard Games 11:30 Freedom Center Service Sorting & Folding Craft-Instasnow Indoor Walking	11	10:45 Bible Study Exercise Food Demo-Trail Mix Movie & Popcorn Social Calls	12	Exercise Topix Time Whiteboard Games Kickball Painting and Coloring	13	Exercise Morning Chat Balloon & Noodle Whiteboard Games Get up & Move	14	Exercise Spa Day & Self- Care Bean Bag Toss Music & Dancing Social Calls	15
Exercise Music & Puzzles Bingo Get up & Move Social Calls	16	Exercise Manicures & Hand Massages 2:45-3:45p: Tender Heart <small>Martin Luther King Jr. Day</small>	17	Exercise Whiteboard Games 11:30 Freedom Center Service Sorting & Folding Craft-Popcorn Cups Indoor Walking	18	10:45 Bible Study Exercise Food Demo- PuppyChow Movie & Popcorn Social Calls	19	Exercise Topix Time 11:30 Lunch Bunch Whiteboard Games Kickball	20	Exercise Morning Chat Balloon & Noodle Whiteboard Games Get up & Move	21	Exercise Spa Day & Self- Care Bean Bag Toss Music & Dancing Social Calls	22
Exercise Music & Puzzles Bingo Get up & Move Social Calls <small>Activity Professionals Week</small>	23	Exercise Manicures & Hand Massages 2:45-3:45p: Tender Heart	24	Exercise 11:30 Freedom Center Service Sorting & Folding 3:00 Entertainment by Daniel Bryson Indoor Walking	25	10:45 Bible Study Exercise Craft-Snowmen Movie & Popcorn Social Calls <small>Australia Day (observed)</small>	26	Exercise Topix Time Whiteboard Games Kickball Painting and Coloring	27	Exercise Morning Chat Balloon & Noodle Whiteboard Games Get up & Move	28	Exercise Spa Day & Self- Care Bean Bag Toss Music & Dancing Social Calls	29
Exercise Music & Puzzles Bingo Get up & Move Social Calls	30	Exercise Manicures & Hand Massages 2:45-3:45p: Tender Heart	31										

ALL ACTIVITIES SUBJECT TO CHANGE