

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2022



## Memory Care

New Year's Day

Exercise Music & Puzzles Get up & Move Coloring/painting Social Calls	<b>2</b> Exercise Manicures & Hand Massages Sensory Time <b>3:50p-4:50p: Tender Heart</b>	<b>3</b> Exercise Whiteboard Games Sorting & Folding <b>3:45 Entertainment by Tom Smela</b> Get up & Move	<b>4</b> Exercise Sensory Time <b>Food Demo-Margarita Pie</b> Movie & Popcorn Social Calls	<b>5</b> Exercise Topix Time Whiteboard Games Painting and Coloring Indoor Walk	<b>6</b> Exercise Morning Chat Balloon & Noodle Creative Building Get up & Move	<b>7</b> Exercise Spa Day & Self-Care Bean Bag Toss Singalong With Katie Social Calls	<b>8</b> Exercise Spa Day & Self-Care Bean Bag Toss Social Calls
Exercise Music & Puzzles Get up & Move Singalong With Katie Coloring/painting Social Calls	<b>9</b> Exercise Manicures & Hand Massages Sensory Time <b>3:50p-4:50p: Tender Heart</b>	<b>10</b> Exercise Whiteboard Games <b>11:30 Freedom Center Service</b> Sorting & Folding <b>Craft-Instasnow</b> Get up & Move	<b>11</b> Exercise Sensory Time <b>Food Demo-Trail Mix</b> Movie & Popcorn Social Calls	<b>12</b> Exercise Topix Time Whiteboard Games Painting and Coloring Indoor Walk	<b>13</b> Exercise Morning Chat Balloon & Noodle Creative Building Get up & Move	<b>14</b> Exercise Spa Day & Self-Care Bean Bag Toss Social Calls	<b>15</b> Exercise Spa Day & Self-Care Bean Bag Toss Social Calls
Exercise Music & Puzzles Get up & Move Coloring/painting Social Calls	<b>16</b> Exercise Manicures & Hand Massages Sensory Time <b>3:50p-4:50p: Tender Heart</b>	<b>17</b> Exercise <b>11:30 Freedom Center Service</b> Whiteboard Games Sorting & Folding <b>Craft-Popcorn Cups</b> Get up & Move	<b>18</b> Exercise Sensory Time <b>Food Demo-PuppyChow</b> Movie & Popcorn Social Calls	<b>19</b> Exercise Topix Time Whiteboard Games Painting and Coloring Indoor Walk	<b>20</b> Exercise Morning Chat Balloon & Noodle Creative Building Get up & Move	<b>21</b> Exercise Spa Day & Self-Care Bean Bag Toss Social Calls	<b>22</b> Exercise Spa Day & Self-Care Bean Bag Toss Social Calls
Exercise Music & Puzzles Get up & Move Coloring/painting Social Calls	<b>23</b> Exercise Manicures & Hand Massages Sensory Time <b>3:50p-4:50p: Tender Heart</b>	<b>24</b> Exercise <b>11:30 Freedom Center Service</b> Sorting & Folding <b>2:00 Entertainment by Daniel Bryson</b> Get up & Move	<b>25</b> Exercise Sensory Time <b>Craft-Snowflakes</b> Movie & Popcorn Social Calls	<b>26</b> Exercise Topix Time Whiteboard Games Painting and Coloring Indoor Walk	<b>27</b> Exercise Morning Chat Balloon & Noodle Creative Building Get up & Move	<b>28</b> Exercise Spa Day & Self-Care Bean Bag Toss Social Calls	<b>29</b> Exercise Spa Day & Self-Care Bean Bag Toss Social Calls
Exercise Music & Puzzles Get up & Move Coloring/painting Social Calls	<b>30</b> Exercise Manicures & Hand Massages Sensory Time <b>3:50p-4:50p: Tender Heart</b>	<b>31</b> Exercise Manicures & Hand Massages Sensory Time <b>3:50p-4:50p: Tender Heart</b>					

\*\*\*ALL ACTIVITIES ARE SUBJECT TO CHANGE\*\*\*