

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Avondale January 2025

**1**  
**Happy New Year!**  
  
New Year's Day

**2**  
**King of the Road Day**  
11:00: Balloon Tennis  
11:15: Hula Hoop Bean Bag Toss  
11:30: Sit and Stretch with Butterfly Scenery with Fun Facts on Butterfly Migration  
11:45: Roger Miller Spotlight, Reminisce, Name that Song & Finish the Lyric  
  
**1:30: Dog Therapy with Golden Retriever, Barley**

**3**  
**Keep Watch Day**  
1:00: Music, Manicures & Aromatherapy

**4**  
**Happy Saturday**  
1:30 Pool Noodle Balloon Toss  
1:45: Chair One Exercise  
2:00 Saturday Spa Day

**5**

**6**  
**Wheel of Fortune Day**  
11:00: Hula Hoop Balloon Toss with Polka Music  
11:15: Bean Bag Toss  
11:30: Morning Stretch with Guided Breathing & Havening and Winter Wonderland Guided Meditation Story  
11:45: Name the Doris Day Song & Spin the Wheel  
  
**2:00: Joe Marchetti Performance**  
3:15: Let's Bake Cookies & Paint Ceramic Snowmen with Hot Chocolate

**7**  
**Funny Basketball Day**  
11:00 Pool Noodle Balloon Toss with Sports Tunes  
11:15: Hopscotch  
11:30: Tone It Up Tuesday with Kickball  
11:45 Spotlight & Reminisce: Harlem Globetrotters with Name A Sport  
  
**1:30: Dog Therapy with Gunny**  
3:15: Ice Cream Social & Singing  
4:00: Scrapbooking

**8**  
**Happy Birthday, Elvis!**  
11:00: Balloon Badminton with Elvis  
11:15: Pong Toss  
11:30: King of Rock & Roll Fitness  
11:40: Musical Memories with Elvis Presley: Fun Facts & Trivia  
11:45: Finish the Elvis Lyric & Name that King of Rock and Roll Song  
1:30: Sing & Stretch  
2:00: Hand Massages with Aromatherapy  
3:00: Snowman Birthday Social

**9**  
**Joan Baez Day**  
11:00: Balloon Tennis with Folk Music  
11:15: Basketball  
11:30: Roll the Exercise Dice & Musical Movement with Exercise Balls  
11:40: Fill in the Blank and Finish the Name of the Landmark  
11:50: Feel Good Animal Short Story  
  
1:00: Music, Manicures & Aromatherapy

**10**

**11**  
**Happy Saturday**  
11:00: Balloon Badminton  
11:15: Bean Bag Toss  
11:30: Morning Stretch  
11:45: Name that Occupation  
  
3:00: Ice Cream Social

**12**

**13**

**14**  
**International Kite Day**  
11:00 Pool Noodle Balloon Toss  
11:15: Kickball & Twister Toss  
11:30: Egg Shaking Egg-cercise  
11:45: Positive Affirmations and Positive News of the Day  
11:50: Famous Faces & Names Brain Fitness- Who Am I?  
  
**1:30: Dog Therapy with Gunny**  
3:15: Let's Paint Ceramic Penguins

**15**  
**Wacky Wednesday**  
11:00: Balloon Badminton & Ball Toss with Blues Music  
11:15: Jumbo Ring Toss  
11:30: Wacky Wednesday Workout  
11:45: Brain Fitness: Things That Go Together  
11:50: Let's List: What Are You Grateful For?  
**1:00: Look Who's Dancing'**  
**2:00: Connor Kirk Performance**  
3:15: Winter Wonderland Happy Hour  
3:45: Musical Bingo

**16**  
**"Mr. Sandman" Day**  
11:00: Balloon Tennis with the Rat Pack  
11:15: Cornhole  
11:30: Roll an Exercise & Glenn Miller Dance Workout  
11:45: Musical Memories: Name that Musical Group or Artist  
  
**1:30: Dog Therapy with Golden Retriever, Barley**  
3:15: Ice Cream Social Spectacular  
3:45: Musical Jeopardy with Singing!

**17**  
**Happy Birthday, James Earl Jones**  
11:00: Baseball Batting with Fabulous Female Artists  
11:15: Dice Basketball  
11:30: Chair Yoga with Grounding, Guided Breathing & Calming Sensory Poem  
11:40: Family Feud Friday  
11:50: Spotlight: James Earl Jones & More Voice Actors  
  
1:00: Music, Manicures & Aromatherapy

**18**

**19**

**20**  
**Martin Luther King Jr. Day**  
11:00: Balloon Badminton  
11:15: Snowball Toss  
11:30: Drum Fitness  
11:45 Spotlight & Historical Reminiscing: Martin Luther King with Reading of I Have A Dream Speech  
  
1:30: Sing & Stretch with Octaband  
2:00: Snowman Craft Corner  
3:00: Royalty Wine Down Wednesday with Tiaras & Teacups  
3:30: Craft Corner: Snow Globes

**21**  
**Squirrel Appreciation Day**  
11:00: Pool Noodle Balloon Toss with Jazz Tunes  
11:15: Knock It Down!  
11:30: JAZZ-ercise with Props!  
11:40: Animal Spotlight and Fun Facts: Squirrels  
11:50: Mad Libs - Create a Story  
  
**1:30: Dog Therapy with Gunny**  
3:15: Snowman Craft Corner

**22**  
**Minnie Mouse Day**  
11:00: Balloon Badminton with Disney Music  
11:15: Twister Toss  
11:30: Musical Movement with Minnie & Mickie Props  
11:40: Roll the Musical/Movie Dice  
11:50: Spotlight & Reminisce: Minnie & Finish the Name of the Famous Character  
1:30: Sing & Stretch  
**2:00: Abigail's Garden Performance**  
3:30: Glam Shots

**23**  
**Casablanca Day**  
11:00: Balloon Tennis with Songs from Classic Movies  
11:15: Kan Jam  
11:30: Pom Fitness  
11:40: Finish the Name of the Classic Movie or Musical  
11:50: Casablanca Spotlight with Movie Reminiscing  
**1:30: Dog Therapy with Golden Retriever, Barley**  
3:15: Time to Paint: Water Painting and Winter Watercolor Painting

**24**  
**Compliment Day**  
11:00: Baseball Batting & Football Throw  
11:15: Bean Bag Toss  
11:30: Stretch & Sing A Long- Head Shoulders Knees Toes Musical Movement  
11:45: Conversation Ball & Compliments  
11:50: Finish the Famous Name, President, Song or Landmark  
  
1:00: Music, Manicures & Aromatherapy

**25**  
**Happy Saturday**  
10:00-Balloon Toss  
10:15 Chair Fitness  
10:30-Finish the Phrase

**26**

**27**  
**Chocolate Cake Day**  
11:00: Balloon Badminton  
11:15: Floor Darts  
11:30: Classical Music Stretch  
11:45: Spotlight & Listen to Mozart: The First Rock Star  
11:50: Name 3  
2:00: Sing & Stretch  
2:15: Yoga Ball Drum Fitness  
3:00: Baking Chocolate Cupcakes and Homemade Hot Coco  
3:30: Scented Playdough / Make a Clay Snowman

**28**  
**Trivia Tuesday**  
11:00: Pool Noodle Balloon Toss with Country Classics  
11:15: Snowball Toss  
11:30: Tai Chi and QiGong Movements with Guided Breathing and Positive Affirmations  
11:45: Going on a Vacation Game & Trivia  
  
**1:30: Dog Therapy with Gunny**  
3:15: Musical Movement & Singing with Props  
4:00: Hand Massages & Aromatherapy

**29**  
**Chinese New Year Begins**  
11:00: Balloon Badminton  
11:15: Musical Baseball Game  
11:30: Musical Movement  
11:40: Spotlight: Chinese New Year  
11:45: Finish the Name of the Athlete, Movie, Song & More!  
**2:00: Rock & Roll Party with Jeff Krick: Elvis Presley Performer**  
3:15: Banana Ice Cream Social  
4:00: Elvis Photobooth  
  
Chinese New Year

**30**  
**Patsy Day**  
11:00: Balloon Tennis with Patsy Cline  
11:15: Bean Bag Toss  
11:30 Country Music Fitness  
11:45: CLUE  
11:40: Spotlight & Reminisce: Patsy Cline with Name that Patsy Cline Song  
  
**1:30: Dog Therapy with Golden Retriever, Barley**  
3:15: Sherbet Social & Sing A Long  
3:45: Musical Octaband & Rhyme Time

**31**  
**Twist Off Day**  
11:00: Baseball Batting & Baseball Tunes  
11:15: Baseball Bean Bag Toss with Fun Facts on Jackie Robinson  
11:30: Do The Twist: Dance Fitness  
11:45: Finish the Rockin' Lyric & Name that Rock & Roll Singer  
  
1:00: Music, Manicures & Aromatherapy



# 2025 Berwyck Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 New Year Day</b> 9:30 Mummers Parade (B:LR) 10:00 Jewelry Club (B:ACT) 1:30 Zulu-friendship pins (B:ACT) 3:30-5 Watercolor Painting (B:ACT)	<b>2 Slow Down Day</b> 9:30 Puzzle Club (B:SR) 10:30 Wii Bowling 10:30 Board Game Time (B:ACT) 1:00 Rosary (B:LR) 1:45 Rummikub (B:SR)	<b>3 Alaska Day</b> Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	<b>4 Trivia Day</b> Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!
<b>5 National Bird Day</b>  3:00 Manicures and Movie Time (B:ACT)	<b>6 Master Sleuth Day</b> Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	<b>7 Wonderful Wonderland Day</b> 9:30 Rummikub (B:SR) 10:30 Woodshop (B:ACT) 1:30-3:00 Craft Corner (B:ACT)	<b>8 Elvis Lives Day</b> 9:30 Bag-O Toss (B:LR) 10:00 Bridge (B:SR) 10:00 Jewelry Club (B:ACT) 1:30 Craft Corner (B:ACT) 3:30-5 Watercolor Painting (B:ACT)	<b>9 Orange Bowl Day</b> 9:30 Puzzle Club (B:SR) 10:30 Wii Bowling 10:30 Board Game Time (B:ACT) 1:15 Rosary (B:LR) 2:00 Craft Corner (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)	<b>10 House Plant Day</b> 9:30 Chair Dance Class (B:LR) 10:30 Wii Bowling 10:30 Open Studio 1:00 Rummikub 1:30 Ceramic Tree (B:ACT) 2:30 Creative Coloring (B:ACT) 3:30-5 Bingo (B:ACT)	<b>11 Surprise Saturday</b> Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!
<b>12 Hot Tea Day</b> Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	<b>13 Wolf Moon Day</b> 9:30 Chair Dance Class (B:LR) 10:00 Bridge (B:SR) 10:00-12 Scrapbooking (B:ACT) 1:30 Communion Service (B:LR) 2:00 Manicures and Movie (B:ACT) 3:30-5 Bingo and Word Games (B:ACT)	<b>14 Wintertime Memories day</b> 9:30 Rummikub (B:SR) 10:30 Woodshop (B:ACT) 1:30-3:00 Craft Corner (B:ACT)	<b>15 Coin Day</b> 9:30 Bag-O Toss (B:LR) 10:00 Bridge (B:SR) 10:00 Jewelry Club (B:ACT) 1:30 Craft Corner (B:ACT) 3:30-5 Watercolor Painting (B:ACT)	<b>16 Mr Sandman Day</b> 9:30 Puzzle Club (B:SR) 10:30 Wii Bowling 10:30 Board Game Time (B:ACT) 1:15 Rosary (B:LR) 2:00 Snow Flake Craft (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)	<b>17 Snowflake Day</b> 9:30 Chair Dance Class (B:LR) 10:30 Wii Bowling 10:30 Open Studio 1:00 Rummikub 1:30 Craft Corner (B:ACT) 2:30 Creative Coloring (B:ACT) 3:30-5 Bingo (B:ACT)	<b>18 Cary Grant Day</b> Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!

# JANUARY

## 2025 Berwyck Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19 Activity Professionals Weeks</b>  Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	<b>20 Martin Luther King Jr Day</b> 9:30 Chair Dance Class (B:LR) 10:00 Bridge (B:SR) 10:00-12 Scrapbooking (B:ACT) 1:30 Manicures and Movie (B:ACT) 3:30-5 Bingo and Word Games (B:ACT)	<b>21 Disco Day</b> 9:30 Rummikub (B:SR) 10:30 Woodshop (B:ACT) 1:30-3:00 Craft Corner (B:ACT)	<b>22 Minnie Mouse Day</b> 9:30 Bag-O Toss (B:LR) 10:00 Bridge (B:SR) 10:00 Jewelry Club (B:ACT) 1:30 Soap Making (B:ACT) 3:30-5 Watercolor Painting (B:ACT)	<b>23 National Pie Day</b> 9:30 Puzzle Club (B:SR) 10:30 Wii Bowling 10:30 Board Game Time (B:ACT) 1:15 Rosary (B:LR) 2:00 Craft Corner (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)	<b>24 Belly Laugh Day</b> 9:30 Chair Dance Class (B:LR) 10:30 Wii Bowling 10:30 Open Studio 1:00 Rummikub 1:30 Craft Corner (B:ACT) 2:30 Creative Coloring (B:ACT) 3:30-5 Bingo (B:ACT)	<b>25 Opposite Day</b> Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!
<b>26 Peanut Brittle Day</b>  1:30 Bingo (B:ACT)	<b>27 Mad Hatter Day</b> 9:30 Chair Dance Class (B:LR) 10:00 Bridge (B:SR) 10:00-12 Scrapbooking (B:ACT) 1:30 Manicures and Movie (B:ACT) 3:30-5 Bingo and Word Games (B:ACT)	<b>28 Trivia Tuesday</b> 9:30 Rummikub (B:SR) 10:30 Woodshop (B:ACT) 1:30-3:00 Craft Corner (B:ACT)	<b>29 Chinese New Year</b> 9:30 Bag-O Toss (B:LR) 10:00 Bridge (B:SR) 10:00 Jewelry Club (B:ACT) 1:30 Chinese New Year Tea Party (B:ACT) 3:30-5 Watercolor Painting (B:ACT)	<b>30 "Hi-Yo, Silver! Away!" Day</b> 9:30 Puzzle Club (B:SR) 10:30 Wii Bowling 10:30 Board Game Time (B:ACT) 1:15 Rosary (B:LR) 2:00 Craft Corner (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)	<b>31 Fun At Work Day</b> 9:30 Chair Dance Class (B:LR) 10:30 Wii Bowling 10:30 Open Studio 1:00 Rummikub 1:30 Craft Corner (B:ACT) 2:30 Creative Coloring (B:ACT) 3:30-5 Bingo (B:ACT)	

Catholic service on TV every day on Ch 291 8am & 12 noon.  
Christian Song & Scripture on Ch 19 & Ch 287 every day

**SEATED EXERCISE**  
Monday-Friday  
9:00am & 10:00am  
On Channel 98  
Channel 98



Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

# January 2025 Chatham Activities

**Happy  
New Year!**

			1 10:00: Chair Fitness 10:30: Balloon Toss and Dice Basketball 10:50: Hangman 11:15: Daily Chronicle  1:30: Board Games in the Lounge 2:30: BINGO!  4:00: Dance until Dinner and Sing-Along!	2 10:00: Chair Fitness 10:30: Balloon Toss and Beach Ball Basket Throw 10:50: Name 5 11:15: Daily Chronicle  1:30: Board Games in the Lounge 2:30: BINGO!  4:00: Dance until Dinner and Sing-Along!	3 10:00: Chair Fitness 10:30: Pool Noodle Bat 10:50: Scattergories 11:15: Daily Chronicle  1:30: Crosswords 2:00: Movie Matinee!  4:00: Quiz Show	4 Open Art Studio! Let Your Creative Side Go Wild!
5 10:00 Chair Fitness 10:30 Daily Chronicles 10:45-12 Sunday Spa Day	6 10:00: Chair Fitness 10:30: Balloon Tennis 10:50: List 10 11:15: Daily Chronicle  3:00: Musical Mondays! 3:00-4:45: Manicures	7 10:00: Chair Fitness 10:30: Balloon Toss and Bean Bag Throw 10:50: Trivia 11:15: Daily Chronicle  1:30: Craft Corner in the Art Studio 3:00: Televised Orchestral Concert	8 10:00: Chair Fitness 10:30: Balloon Badminton 10:50: Guess the, The Game 11:15: Daily Chronicle  2:00: <b>Magic Show with Al Grout!</b> 3:15: Wine Down Wednesday 3:30: Nintendo Switch Games	9 10:00: Chair Fitness 10:30: Balloon Toss and Beach Ball Basket Throw 10:50: Name 5 11:15: Daily Chronicle  1:30: Board Games in the Lounge 2:30: BINGO!  4:00: Dance until Dinner and Sing-Along!	10 10:00: Chair Fitness 10:30: Pool Noodle Bat 10:50: Alphabet Game 11:15: Daily Chronicle  1:30: Crosswords 2:00: Movie Matinee!  4:00: Quiz Show	11 1:00: Balloon Badminton 1:15: Bean Bag Toss 1:30: Pool Noodle Stretch 1:45: Trivia
12 Open Art Studio! Let Your Creativity Shine!	13 10:00: Chair Fitness 10:30: Balloon Tennis 10:50: Hangman 11:15: Daily Chronicle  3:00: Musical Mondays! 3:00-4:45: Manicures	14 10:00: Chair Fitness 10:30: Balloon Toss and Corn Hole 10:50: Scattergories 11:15: Daily Chronicle  1:30: Craft Corner in the Art Studio 3:00: Televised Orchestral Concert	15 10:00: Chair Fitness 10:30: Balloon Badminton 10:50: List 10 11:15: Daily Chronicle  2:00: <b>Live Music w/ Mike and Tina!</b> 3:15: Wine Down Wednesday 3:30: Nintendo Switch Games	16 10:00: Chair Fitness 10:30: Balloon Toss and Can Jam 10:50: Trivia 11:15: Daily Chronicle  1:30: Board Games in the Lounge 2:30: BINGO!  4:00: Dance until Dinner and Sing-Along!	17 10:00: Chair Fitness 10:30: Pool Noodle Bat 10:50: Guess the, the Game 11:15: Daily Chronicle  1:30: Crosswords 2:00: Movie Matinee!  4:00: Quiz Show	18 Open Art Studio Enjoy Some Creative Fun!
19 Open Art Studio! Let Your Inner Artist Go Free!	20 10:00: Chair Fitness 10:30: Balloon Tennis 10:50: Name 5 11:15: Daily Chronicle  3:00: Musical Mondays! 3:00-4:45: Manicures	21 10:00: Chair Fitness 10:30: Balloon Toss Football Basket Goal 10:50: Alphabet Game 11:15: Daily Chronicle  1:30: Craft Corner in the Art Studio 3:00: Televised Orchestral Concert	22 10:00: Chair Fitness 10:30: Balloon Badminton 10:50: Hangman 11:15: Daily Chronicle  2:00: <b>Live Music Performance!</b> 3:15: Wine Down Wednesday 3:30: Nintendo Switch Games	23 10:00: Chair Fitness 10:30: Balloon Toss and Bowling 10:50: Scattergories 11:15: Daily Chronicle  1:30: Board Games in the Lounge 2:30: BINGO!  4:00: Dance until Dinner and Sing-Along!	24 10:00: Chair Fitness 10:30: Pool Noodle Bat 10:50: List 10 11:15: Daily Chronicle  1:30: Crosswords 2:00: Movie Matinee!  4:00: Quiz Show	25 1:30: Chair Fitness 2:00: Balloon Tennis 2:15: Name Five
26 Open Art Studio! Let Your Artistic Side Out!	27 10:00: Chair Fitness 10:30: Balloon Tennis 10:50: Trivia 11:15: Daily Chronicle  3:00: Musical Mondays! 3:00-4:45: Manicures	28 10:00: Chair Fitness 10:30: Balloon Toss and Dice Basketball 10:50: Guess the, the Game 11:15: Daily Chronicle  1:30: Craft Corner in the Art Studio 3:00: Televised Orchestral Concert	29 10:00: Chair Fitness 10:30: Balloon Badminton 10:50: Name 5 11:15: Daily Chronicle  2:00: <b>Live Music Performance!</b> 3:15: Wine Down Wednesday 3:30: Nintendo Switch Games	30 10:00: Chair Fitness 10:30: Balloon Toss and Bean Bag Throw 10:50: Alphabet Game 11:15: Daily Chronicle  1:30: Board Games in the Lounge 2:30: BINGO!  4:00: Dance until Dinner and Sing-Along!	31 Open Art Studio with Games, and Puzzles!	

Activities are subject to change.

# Chatham C January 2025

<b>Happy New Year!</b>  New Year's Day	<b>1</b>	<b>King of the Road Day</b> 10:00: Balloon Tennis 10:15: Hula Hoop Bean Bag Toss 10:30: Sit and Stretch with Butterfly Scenery and What Kind of Butterfly Is That? 10:45: Roger Miller Spotlight: Reminisce, Name that Song & Finish the Lyric  <b>1:00: Dog Therapy with Golden Retriever, Barley</b>	<b>2</b>	<b>Keep Watch Day</b> 3:15: Music, Manicures & Aromatherapy	<b>3</b>	<b>Trivia Day</b> 9:30: Pool Noodle Balloon Toss 9:45: Chair One Exercise 10:00-12 Saturday Spa Day	<b>4</b>
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<b>5</b>	<b>Wheel of Fortune Day</b> 10:00: Hula Hoop Balloon Toss with Polka Music 10:15: Bean Bag Toss 10:30: Morning Stretch with Guided Breathing, Self-Havening & Winter Wonderland Guided Meditation Story 10:45: Spin the Wheel / Wheel of Fortune  1:30: Balloon Toss and Balloon Tennis 1:45: Bean Bag Throw 2:00: List 10 2:15: Song Sing A-Long!	<b>6</b>	<b>Funny Basketball Day</b> 10:00: Pool Noodle Balloon Toss with Sports Tunes 10:15: Hopscotch 10:30: Tone It Up Tuesday with Kickball 10:45: Spotlight & Reminisce: Harlem Globetrotters with Name A Sport : <b>1:00: Dog Therapy with Gunny</b>  2:15: Ceramic Snowmen Painting & Water Painting	<b>7</b>	<b>Happy Birthday, Elvis!</b> 10:00: Balloon Badminton & Ball Pong with Best of Elvis Tunes 10:15: Pong Toss 10:30: King of Rock & Roll Fitness with Elvis Presley Fun Facts & Trivia 10:45: Musical Memories: Finish the Elvis Lyric & Name that King of Rock and Roll Song  <b>2:00: Magic Show with Al Grout!</b>	<b>8</b>	<b>Joan Baez Day</b> 10:00: Balloon Tennis with Folk Music 10:15: Basketball 10:30: Roll the Exercise Dice & Musical Movement with Exercise Balls 10:45: Name the Occupation with Feel Good Animal Short Story  1:00: Music, Manicures & Aromatherapy	<b>9</b>	<b>10</b>	<b>Happy Saturday</b> 10:00: Balloon Badminton 10:15: Bean Bag Toss 10:30: Pool Noodle Stretch	<b>11</b>
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<b>12</b>	<b>13</b>	<b>International Kite Day</b> 10:00: Pool Noodle Balloon Toss with Mary Poppins 10:15: Twister Toss & Kickball 10:30: Egg Shaking Egg-cercise with Positive Affirmations 10:45: Famous Faces & Names Brain Fitness- Who Am I?  <b>1:00: Dog Therapy with Gunny</b> 2:15: Root Beer Floats Social 2:45: Roll the Dice & Conversation Ball	<b>14</b>	<b>Wacky Wednesday</b> 10:00: Balloon Badminton & Ball Toss with Blues Music 10:15: Jumbo Ring Toss 10:30: Wacky Wednesday Workout 11:45: Brain Fitness: Things That Go Together 11:50: Let's List: What Are You Grateful For?  <b>2:00: Live Music with Mike and Tina!</b>	<b>15</b>	<b>"Mr. Sandman" Day</b> 10:00: Balloon Tennis with the Rat Pack 10:15: Cornhole 10:30: Roll an Exercise & Glenn Miller Dance Workout 10:45: Brain Fitness: Categories & ABC Game  <b>1:00: Dog Therapy with Golden Retriever, Barley</b> 2:15: Musical Movement 2:30: Musical Jeopardy	<b>16</b>	<b>Happy Birthday, James Earl Jones</b> 10:00: Baseball Batting & Beach Ball Toss with Fabulous Female Artists 10:15: Cornhole 10:30: Chair Yoga with Grounding, Guided Breathing & Calming Sensory Poem 10:40: Family Feud Friday & Spotlight: James Earl Jones & More Voice Actors  3:15: Music, Manicures & Aromatherapy	<b>17</b>	<b>18</b>
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<b>19</b>	<b>Martin Luther King Jr. Day</b> 10:00: Balloon Badminton 10:15: Snowball Toss 10:30: Drum Fitness 10:45: Spotlight & Historical Reminiscing: Martin Luther King with Reading of I Have A Dream Speech  1:30: Balloon Toss and Balloon Tennis 1:45: Can Jam 2:00: Alphabet Game 2:15: Song Sing A-Long!  Martin Luther King Jr. Day	<b>20</b>	<b>Squirrel Appreciation Day</b> 10:00: Pool Noodle Balloon Toss with Jazz Tunes 10:15: Knock it Down! 10:30: JAZZ-ercise 10:40: Animal Spotlight and Fun Facts: Squirrels 10:50: Mad Libs - Create a Story  <b>1:00: Dog Therapy with Gunny</b> 2:15: Watercolor & Water Painting	<b>21</b>	<b>Minnie Mouse Day</b> 10:00: Balloon Badminton with Disney Music 10:15: Twister Toss 10:30: Musical Movement with Minnie & Mickie Props 10:40: Roll the Musical/Movie Dice 10:50: Spotlight & Reminisce: Minnie & Finish the Name of the Famous Character  <b>2:00: Live Music Performance!</b>	<b>22</b>	<b>Casablanca Day</b> 10:00: Balloon Tennis with Songs from Classic Movies 10:15: Kan Jam 10:15: Pom Fitness 10:30: Name that Singer 10:40: Finish the Name of the Classic Movie or Musical 10:50: Casablanca Spotlight with Movie Reminiscing  1:30: Snowman Social	<b>23</b>	<b>Compliment Day</b> 10:00: Baseball Batting & Football Throw 10:15: Bean Bag Toss 10:15: Stretch & Sing A Long- Head Shoulders Knees Toes Musical Movement 10:30: Finish the Famous Name, President, Song or Landmark 10:45: Roll the Dice & Chat/Compliment!  3:15: Music, Manicures & Aromatherapy	<b>24</b>	<b>Happy Saturday</b> 3:15 Balloon Toss 3:30 Chair Fit 3:45-Finish the Phrase 4:00-Name Three	<b>25</b>
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<b>26</b>	<b>Chocolate Cake Day</b> 10:00: Balloon Badminton 10:15: Floor Darts 10:30: Classical Music Stretch with Spotlight & Listen to Mozart: The First Rock Star 10:45: Name 5  1:30: Balloon Toss and Balloon Tennis 1:45: Dice Basketball 2:00: Finish the Phrase  2:15: Song Sing A-Long!	<b>27</b>	<b>Trivia Tuesday</b> 10:00: Pool Noodle Balloon Toss with Country Classics 10:15: Match the Color Toss 10:30 Tai Chi and QiGong Movements with Guided Breathing and Positive Affirmations 10:45: Going on a Vacation Game & Trivia  <b>1:00: Dog Therapy with Gunny</b>  2:15: Balloon Circle & Finish the Phrase 2:30: Musical Bingo	<b>28</b>	<b>Chinese New Year Begins</b> 10:00: Balloon Badminton 10:15: Baseball Bean Bag Toss 10:30: Musical Movement 10:40: On This Day in History: Sports Edition and Roll the Famous Athlete Dice 10:45: Finish the Name of the Athlete & Famous Faces 10:50: Spotlight: Chinese New Year  <b>2:00: Live Music Performance!</b>  Chinese New Year	<b>29</b>	<b>Patsy Day</b> 10:00: Balloon Tennis with Patsy Cline 10:15: Bean Bag Toss 10:30: Country Music Fitness 10:45: CLUE 10:50: Spotlight & Reminisce: Patsy Cline with Name that Patsy Cline Song  <b>1:00: Dog Therapy with Golden Retriever, Barley</b> 2:15: Musical Octaband & Parachute 2:30: Sherbet Social & Sing A Long	<b>30</b>	<b>Twist Off Day</b> 10:00: Baseball Batting & Baseball Tunes 10:15: Baseball Bean Bag Toss with Jackie Robinson Fun Facts 10:30: Do The Twist: Dance Fitness 10:40: Finish the Rockin' Lyric & Name that Rock & Roll Singer  3:15: Music, Manicures & Aromatherapy	<b>31</b>	
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Activities are subject to change

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



			1 New Year's Day	2 9:30-Fitness Fun 9:45-Daily Chronicle Short Story 10:00- Snowflake Making 10:45-Bananagrams 1:30-Bowling	3 9:30-Fitness Fun 9:45-Daily Chronicle Short Story 10:00-Name 5 10:45-Upwords  1:30- Weekly Movie and Popcorn	4
5 1:30-2:30 Bingo with Melissa	6 9:30-Fitness Fun 9:45-Daily Chronicle, Short Story 10:00-Music, Mingle, and Manicures 1:30-Bingo	7 9:30-Fitness Fun 9:45-Daily Chronicle, Short Story 10:00-Crafty Tuesday 10:45-Snowball dice 1:30-Uno	8 9:30-Fitness Fun 9:45-Daily Chronicle, Short Story 10:00-Bingo 1:30-Mike and Tina Perform	9 9:30-Fitness Fun 9:45 Daily Chronicle and short Story 10:00-Baking for Nurses 1:30-Jeopardy	10 9:30-Fitness Fun 9:45 Daily Chronicle and short Story 10:00-Badmitton 10:45-Ball Bounce  1:30-Weekly Movie and Popcorn	11
12 10:00- Musical Movement 10:15- Daily Chronicle & Feel Good Short Story 10:30- Let's Bake Muffins	13 9:30-Fitness Fun 9:45-Daily Chronicle, Short Story 10:00-Music, Mingle, and Manicures 1:30-Communion (Berwyck) 2:00-Bingo 3:00-Music, Mingle, and Manis	14 9:30-Fitness Fun 9:45-Daily Chronicle and Short Story 10:00-Crafty Tuesday/ 10:45-Crokinole 1:30-Crosswords 2:00-Rummikubb 3:00-CanJam 3:30-Alphabet Game	15 9:30-Fitness Fun 9:45-Daily Chronicle and Short Story 10:00-Bingo 1:30-Entertainment 2:45-Shut The Box 3:15-Pinbo 3:45-Ubunga!	16 9:30-Fitness Fun 9:45-Daily Chronicle and Short Story 10:00-Apples to Apples 10:45-Pickle Ball 11:00 Prayers With Roy 1:30-Scattogories 2:45-Cookies & Hot Chocolate 3:45-Rummikubb	17 9:30-Fitness Fun 9:45-Daily Chronicle and Short Story 10:00-Balloon Tennis 10:45-Bunko 1:30-Weekly Movie and Popcorn 3:30 Movie Talk and Ice Cream	18
19 Activity Professionals Week	20 9:30-Fitness Fun 9:45-Daily Chronicle, Short Story 10:00-Music, Mingle, and Manicures 1:30-Bingo 2:45-Music, Mingle, & Manis  Martin Luther King Jr. Day	21 9:30-Fitness Fun 9:45 Daily Chronicle and Short Story 10:00-Crafty Tuesday 10:45-Puzzletime 1:30-Family Feud 2:30-Rummikubb 3:45-Name Five	22 9:30-Fitness Fun 9:45-Daily Chronicle and Short Story 10:00-Bingo 1:30-Entertainment 2:45-Wordspiel Card Game 3:45-Cornhole	23 9:30-Fitness Fun 9:45-Daily Chronicle and Short Story 10:00-Yahtzee 10:45-Crokinole 1:30-Ladder Ball, Axe Throw 2:45-Cheese and Crackers Social 3:45-Racko!	24 Enjoy games in the Activity Room	25
26 9:30-Fitness Fun 9:45 Daily Chronicle/Short Story 10:00-Hangman 10:30-Balloon Badminton  Australia Day (Observed)	27 Enjoy games in the Activity Room	28 9:30-Fitness Fun 9:45-Daily Chronicle and Short story 10:00-Crafty Tuesday 10:45-Incohearent Game 1:30 Resident Council-Bwck 2:15-Checkers 2:45-Scrabble 3:45-Chicken Toss	29 9:30 Fitness Fun 9:45-Daily Chronicle and Short Story 10:00-Bingo 1:30-Entertainment 2:45- Balloon Tennis/  Chinese New Year (Year of the Snake)	30 9:30-Fitness Fun 9:45-Daily Chronicle and Short Story 10:00-Kings Corner 10:45-Magnet Game  1:30-January Birthday Party 2:30-UpWords 3:30-Matching Game	31 9:30-Fitness Fun 9:45-Daily Chronicle and Short Story 10:00-Hangman 10:45- Pool Noodle Baseball 1:30-Weekly Movie & Popcorn 3:30-Movie Talk & Ice Cream	<b>The Inn</b> Catholic Service Channel 291@ 8am & 12 noon 