

# January 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Breakfast 9:00**  
**Refreshments 10:30**  
**Lunch 12:00**  
**Snacks/Drinks 3:00**  
**Dinner 5:00**

10:00 Exercise  
 10:30 Balloon Tennis  
 11:30 Aromatherapy  
**1:00 Polar Bear Swim 2021**  
 1:30 Folding material/patterns  
**2:00 Marshmallow Polar bears**  
 3:00 Movie/Snack

8:00 Spiritual Music  
 10:00 FaceTime Visits  
 1:00 Rest/Relaxation  
 3:00 Movie/Snack  
 4:00 FaceTime Visits

8:00 Spiritual Music  
 10:00 Church  
 11:00 FaceTime Visits  
 1:00 Rest/Relaxation  
 3:00 Movie/Snack  
 4:00 FaceTime Visits

**Thank God its Monday**  
 10:00 Exercise **Keep it UP!**  
**10:30 Spiritual Sing a Long**  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation (TRIVIA)  
**2:00 Pasta Necklaces**  
 3:00 Movie and a snack

10:00 Exercise  
 10:30 Free Dance  
 11:30 Aromatherapy  
 1:00 Copy Coloring (BIRDS)  
 1:30 Fiddling fingers (Feathers)  
 2:00 Arts & Crafts  
 3:00 Movie and snack

10:00 Exercise  
 10:30 Bowling  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation  
 1:30 Book Reading  
 2:00 Arts/Crafts  
 3:00 Movie/Snack

10:00 Exercise  
 10:30 Sing-along songs  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation  
**1:00 Salt Dough Handprints**  
**2:00 Salt Dough Handprints**  
 3:00 Movie/Snack

**ELVIS BIRTHDAY**  
 10:00 Exercise  
 10:30 Balloon Tennis  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation  
 2:00 Arts/Crafts  
 3:00 Movie/Snack (ELVIS)

8:00 Spiritual Music  
 10:00 FaceTime Visits  
 1:00 Rest/Relaxation  
 3:00 Movie/Snack  
 4:00 FaceTime Visits

8:00 Spiritual Music  
 10:00 Church  
 11:00 FaceTime Visits  
 1:00 Rest/Relaxation  
 3:00 Movie/Snack  
 4:00 FaceTime Visits

10:00 Exercise  
 10:30 BOWLING  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation  
 1:30 Book Reading  
**2:00 Marbled Milk Paper**  
 3:00 Movie and a snack

10:00 Exercise  
 10:30 Free Dance  
 11:30 Aromatherapy  
 1:00 Copy Coloring  
 1:30 Fiddling fingers  
 2:00 Arts & Crafts  
 3:00 Movie and snack

**National Sticker Day**  
 10:00 Exercise  
 10:30 Bowling  
 11:30 Aromatherapy  
 1:30 Book Reading  
**2:00 Sticker Books**  
 3:00 Movie/Snack

10:00 Exercise **Ball Toss**  
 10:30 Sing-along songs  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation  
 1:00 Reminiscing  
 2:00 Arts/Crafts  
 3:00 Movie/Snack

**Wear a Hat Day**  
 10:00 Exercise  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation  
 1:30 Hat Décor/Pictures  
 2:00 Arts/Crafts  
 3:00 Movie/Snack

8:00 Spiritual Music  
 10:00 FaceTime Visits  
 1:00 Rest/Relaxation  
 3:00 Movie/Snack  
 4:00 FaceTime Visits

8:00 Spiritual Music  
 10:00 Church  
 11:00 FaceTime Visits  
 1:00 Rest/Relaxation  
 3:00 Movie/Snack  
 4:00 FaceTime Visits

**Winnie the Pooh Day**  
 10:00 Exercise  
 10:30 **Kool Chee, BOWLING**  
 11:30 Aromatherapy  
 1:30 Book Reading  
 2:00 Arts & Crafts  
 3:00 **Goodbye Christopher Robin**

10:00 Exercise  
 10:30 Free Dance  
 11:30 Aromatherapy  
 1:00 Copy Coloring  
 1:30 Fiddling fingers  
 2:00 Arts & Crafts  
 3:00 Movie and snack

10:00 Exercise  
 10:30 **Taking Selfies**  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation  
 1:30 Book Reading  
 2:00 Arts/Crafts  
 3:00 Movie/Snack

10:00 **ANIMAL YOGA**  
 10:30 Sing-along songs  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation  
 1:00 Reminiscing  
 2:00 Arts/Crafts  
 3:00 Movie/Snack

**Celebration of Life**  
 10:00 Exercise  
 10:30 Free Dance  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation  
 2:00 Arts/Crafts  
 3:00 Movie/Snack

8:00 Spiritual Music  
 10:00 FaceTime Visits  
 1:00 Rest/Relaxation  
 3:00 Movie/Snack  
 4:00 FaceTime Visits

8:00 Spiritual Music  
 10:00 Church  
 11:00 FaceTime Visits  
 1:00 Rest/Relaxation  
 3:00 Movie/Snack  
 4:00 FaceTime Visits

10:00 Exercise  
 10:30 Balloon Tennis  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation  
 1:30 **Cardboard Quilts**  
**2:00 Cardboard Quilts**  
 3:00 Movie and a snack

10:00 Exercise  
 10:30 **Visit to Nat. Parks**  
 11:30 Aromatherapy  
 1:00 Copy Coloring  
 1:30 Fiddling fingers  
 2:00 **Aboriginal Dot Painting**  
 3:00 Movie and snack

10:00 Exercise **Ball Toss**  
 10:30 Bowling  
 11:30 Aromatherapy  
 1:00 Rest/Relaxation  
 1:30 Book Reading  
 2:00 Arts/Crafts  
 3:00 Movie/Snack

**National Daisy Day**  
 10:00 Exercise  
 10:30 Sing-along songs  
 11:30 Aromatherapy  
 1:00 Reminiscing  
**2:00 Cardboard Quilts**  
 3:00 Movie/Snack

**National PUZZLE DAY**  
 10:00 Exercise  
 10:30 Balloon Tennis  
 11:30 Aromatherapy  
 1:00 Rest/PUZZLES  
 2:00 Arts/Crafts  
 3:00 Movie/Snack

8:00 Spiritual Music  
 10:00 FaceTime Visits  
 1:00 Rest/Relaxation  
 3:00 Movie/Snack  
 4:00 FaceTime Visits

8:00 Spiritual Music  
 10:00 Church  
 11:00 FaceTime Visits  
 1:00 Rest/Relaxation  
 3:00 Movie/Snack  
 4:00 FaceTime Visits

**Activities are subject to change**