

## Special Days & Events

January 1st

New Year's Day

January 6th

Epiphany

January 14th

Makar Sankranti (Hindu Harvest Festival)

Orthodox New Year

January 16-17

Tu B'Shevat (Jewish Arbor Day)

January 17th

MLK Jr. Day



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2022



*New Year, New Adventures!*

9:30 Morning Movers 10:30 Morning Rundown 1:30 Uno! <b>2:30 Saturday Movie Matinee: Blue Hawaii</b>  <i>New Year's Day</i>						<b>1</b>							
9:30 Spiritual Eldercare 10:30 IN2L Fitness 11:00 Daily Chronicle & Trivia 1:30 Balloon Toss 3:00 Jukebox Hour	<b>2</b>	9:30 HASFITNESS 10:30 Daily Chronicle 1:30 Mandala Coloring 2:00 IN2L Fun 3:00 Sing Along w/ Susy Q	<b>3</b>	9:00 Music Therapy w/ Alex 10:30 Famous Lasts Trivia 1:30 Manicures 3:30 Relaxation & Meditation	<b>4</b>	9:30 Golden Zumba 10:30 Candy Bingo 1:00 Family Feud 3:30 Singing Along w/Gary	<b>5</b>	9:30 Morning Movers 10:30 Name that Sound <b>1:30 Eldergrow w/ Mary Grace</b> 3:00 Exploring Google Earth	<b>6</b>	9:30 Morning Movers 10:30 Trivia <b>12:30 Outing: National Western Stock Show</b> 2:00 Corn Hole 3:30 UNO!	<b>7</b>	9:30 Morning Movers 10:30 Elvis Trivia 1:30 What did it Cost? <b>2:30 Saturday Movie Matinee: The Sound of Music</b>	<b>8</b>
9:30 Spiritual Eldercare 10:30 IN2L Fitness 11:00 Daily Chronicle & Trivia 1:30 Beach Ball 3:00 Jukebox Hour	<b>9</b>	9:30 HASSFITNESS <b>10:30 Song Circle w/ David</b> 2:00 IN2L Fun 3:00 Rick Steve's Travels	<b>10</b>	9:00 Morning Movers 10:30 Manicures <b>1:30 Sensory Outing w/ Meghan</b> 3:00 Relaxation & Meditation	<b>11</b>	9:00 Golden Zumba 10:00 Candy Bingo <b>2:00 Outing: Museum of Nature and Science</b> 3:30 Finish the Phrase	<b>12</b>	9:30 Morning Movers <b>10:30 Curious Dragonfly</b> 2:00 Telephone Game 3:00 The History of Tea	<b>13</b>	9:30 Morning Movers <b>10:30 Craft: Custom China Plates</b> 1:30 Name that Tune 3:00 Word Categories	<b>14</b>	9:30 Morning Movers 10:30 Morning Rundown 1:30 Jeopardy <b>2:30 Saturday Movie Matinee: My Fair Lady</b>	<b>15</b>
9:30 Spiritual Eldercare 10:30 IN2L Fitness 11:00 Daily Chronicle & Trivia 1:30 Bowling 3:00 Jukebox Hour	<b>16</b>	9:30 HASFITNESS 10:30 Daily Chronicle 2:00 IN2L Fun 3:00 Sing Along w/ Susy Q  <i>Martin Luther King Jr. Day</i>	<b>17</b>	9:00 Music Therapy w/ Alex 10:30 Hawaiian Fun Facts & Trivia 1:30 Manicures 3:00 Relaxation & Meditation	<b>18</b>	9:30 Golden Zumba <b>10:00 Outing: Cat Cafe</b> 1:00 Record Hop <b>2:30 January Celebration</b> 3:45 Uno!	<b>19</b>	9:30 Morning Movers 10:30 Cheese Categories <b>1:30 Eldergrow w/ Mary Grace</b> 3:00 Candy Bingo	<b>20</b>	9:30 Morning Movers <b>10:30 Craft: Canvas Paintings</b> 1:30 Group Reading 3:00 Old Maid	<b>21</b>	9:30 Morning Movers 10:30 Morning Rundown 1:30 Animal Hibernation <b>2:30 Saturday Movie Matinee: Breakfast at Tiffany's</b>	<b>22</b>
9:30 Spiritual Eldercare 10:30 IN2L Fitness 11:00 Daily Chronicle & Trivia 1:30 Balloon Toss 3:00 Jukebox Hour  <i>Activity Professionals Week</i>	<b>23</b>	9:30 HASFITNESS <b>10:30 Song Circle w/ David</b> 2:00 IN2L Fun 3:00 Rick Steve's Travels	<b>24</b>	9:00 Morning Movers 10:30 Manicures <b>1:30 Sensory Outing w/ Meghan</b> 3:00 Relaxation & Meditation	<b>25</b>	9:30 Golden Zumba 10:30 Candy Bingo 1:00 Travel Logue <b>2:00 Outing: Scenic Drive</b> 3:30 Record Hop  <i>Australia Day (observed)</i>	<b>26</b>	9:30 Morning Movers <b>10:30 Curious Dragonfly</b> 2:00 Mozart Fun Facts 3:00 Family Feud	<b>27</b>	9:30 Morning Movers <b>10:30 Craft: No Sew Blankets</b> 1:30 Travels on Google Earth 3:00 Farkle	<b>28</b>	9:30 Morning Movers 10:30 Morning Rundown 1:30 Reading Group <b>2:30 Saturday Movie Matinee: Alice in Wonderland</b>	<b>29</b>
9:30 Spiritual Eldercare 10:30 IN2L Fitness 11:00 Daily Chronicle & Trivia 1:30 Bowling 3:00 Jukebox Hour	<b>30</b>	9:30 HASFITNESS 10:30 Daily Chronicle 2:00 IN2L Fun 3:00 Sing Along w/ Susy Q	<b>31</b>	<b>Snack Schedule</b> Morning Snack 10:00 AM Afternoon Snack 3:00 PM				<b>Meal Times</b> Breakfast 8:00 AM Lunch 12:00 PM Dinner 5:00 PM					

\*Activities are subject to change