

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

							New Year's Day 1 11:00 Rose Bowl Parade 2:00 New You: 2022 2:30 Town Hall 5:00 Rose Bowl <small>New Year's Day</small>
2 10:15 Virtual Chapel Service 2:15 Weekend Manicures	3 10:15 Morning Manicures 11:00 Sparkling Specs 2:00 Bible Study 2:30 Hymn Sing	Tone It Up Tuesday 4 10:15 Chaplain Visits 10:30 Health & Fitness Word Search 1:30 Physio Exercises 2:30 Sit Fit	National Bird Day 5 10:15 Bird Trivia 10:30 Bird Watching 1:30 Physio Exercises 2:15 Dance to the Music	The New You 2022 6 10:15 Hair & Make Up 11:00 Individual Visits 2:15 Glamour Shots	7 10:15 Bingo 1:30 Physio Exercises 2:15 You're Never To Old...	8 1:30 Physio Exercises 6:30 Chaplain Visits	
9 2:15 Chapel Service with Chris	Forever Young Day 10 10:15 Rod Stewart Birthday 11:00 Young at Heart 2:15 Music & Moves	11 10:15 Gaither Gospel with Jack 11:15 Morning Visits 1:30 Physio Exercises 2:15 Sing-a-long	12 10:15 Hope & Reflection 1:30 Physio Exercises 2:15 Chaplain Visits	13 10:15 Remember When 11:00 Individual Visits 2:15 Old Music Videos	14 10:15 Bingo 11:00 Individual Visits 1:30 Physio Exercises 2:15 Kids Say The Truth	15 1:30 Physio Exercises 2:00 Left Center Right Game 2:45 Individual Visits	
16 10:15 Virtual Chapel Service 2:15 Weekend Manicures	17 10:00 The Puppet Lady 2:00 Daily Gratitude 2:30 Inspire 6:00 Chaplain Visits <small>Martin Luther King Jr. Day</small>	Tone It Up Tuesday 18 10:30 Health & Fitness Word Search 1:30 Physio Exercises 2:15 Chaplain Visits <i>Recreation staff in a meeting</i>	19 10:15 Dolly Parton Birthday & Facts 1:30 Physio Exercises 2:15 Dolly Parton Movie	20 10:15 Roller Coaster Fun Facts 11:00 Remembering Your First Ride 2:15 Roller Rides	21 10:15 Bingo 11:00 Individual Visits 1:30 Physio Exercises 2:15 Manicures and Memories	22 1:30 Physio Exercises 2:00 Hymn Sing 2:30 Afternoon Movie 2:45 Chaplain Visits	
23 3:00 Chapel Service with Chris <small>Activity Professionals Week</small>	Marshmallow Monday 24 10:15 Marshmallow Facts 11:00 Marshmallow Factories 2:15 Short Stories	Robbie Burns Day 25 10:15 Gaither Gospel with Jack 11:15 Morning Visits 1:30 Physio Exercises 2:15 R. Burns Songs	26 10:15 Adult Colouring 10:15 Chaplain Visits 1:30 Physio Exercises 2:30 Seated Dance Workout Video <small>Australia Day (observed)</small>	27 10:15 Nature Fun Facts 11:00 Bare Foot Facts 2:15 Art Afternoon	28 10:15 Bingo 11:00 Individual Visits 1:30 Physio Exercises 2:15 Manicures and Memories	29 1:30 Physio Exercises 2:00 Board Games 2:45 Individual Visits	
30 10:15 Virtual Chapel Service 2:15 Sing Along	31 10:15 Residents' Council Meeting 3:00 Poet Tree	4th Floor Recreation Calendar					

You are never too old to set another goal or to dream a new dream - C.S. Lewis

For more information contact Penny in the Recreation Department at ext. 224