



January 2021
MEMORY WAY
 1/1 New Year's Day
 1/17 Martin Luther King, Jr. Day

ACTIVITY LOCATION KEY:

| | | | |
|------|-------------------|--------|--------------|
| 2FLB | 2nd Floor Balcony | TR | Theater Room |
| ACT | Activities Room | SR1 | Sunroom 1 |
| B | Bistro | SR2 | Sunroom 2 |
| DR | Dining Room | LIB | Library |
| LR | Living Room | AL Bar | LIVE MUSIC |
| O | Outing | | |
| LV2 | 2nd Floor Living | | |

***Celebrate*LIFE! Calendar & Social Events**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---------|---|----------|--------|---|
| <p>The 8 Dimensions of Wellness!</p> <ul style="list-style-type: none"> • Remaining active & mobile! • Establish & maintain a positive Relationship with yourself & Others • Environment & community consciousness! • Inner peace & security! • Maintain a sense of Identity & purpose! • Engage & Participate in a courteous manner with Others! • Expand one's knowledge & learn new things! • Productivity & health |  <p style="font-size: 2em; font-family: cursive;"><i>Birthdays of the Month</i></p> <p><u>HAPPY BIRTHDAY!</u></p> <p>1/3 Mona Driskill 1/18 Emma Lou Hartlage</p> | |  <p style="font-size: 4em; font-family: cursive;"><i>Happy New Year!</i></p> <p style="font-size: 1.5em;">2021</p> | | | <p>1 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 3:30 Rest Relax Hydrate 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag</p> |

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|---|---|---|---|--|---|---|
| 2 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Exercise 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Sunday Sundaes! (AL BAR) 3:00 Make Birthday Cards (LR) 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag | 3 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Arts & Crafts (LR) 11:30 Lunch (DR) 1:00 Board Games (LR) 2:30 "Shake, Rattle & Roll" 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag | 4 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag | 5 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Exercise w/ Select Rehab (LR) 11:30 Lunch (DR) 2:00 "Whack the Balloon" 3:15 Rest Relax Hydrate 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag | 6 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag | 7 PODIATRIST 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 WAGS! (Pet Therapy) 11:30 Lunch (DR) 1:00 Scenic Drive (O) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag | 8 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag |

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|---|---|--|---|--|---|--|
| 9 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Exercise 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Sunday Sundaes! (AL BAR) 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag | 10 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Arts & Crafts (LR) 11:30 Lunch (DR) 1:00 Board Games (LR) 2:30 "Shake, Rattle & Roll" 3:30 LIVE MUSIC! w/ Bernie (LR) 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag | 11 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag | 12 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Exercise w/ Select Rehab (LR) 11:30 Lunch (DR) 2:00 "Whack the Balloon" 3:15 Rest Relax Hydrate 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag | 13 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag | 14 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 WAGS! (Pet Therapy) 11:30 Lunch (DR) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag | 15 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag |

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|--|--|--|---|---|--|--|
| 16 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Exercise 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Sunday Sundaes! (AL BAR) 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag | 17 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Bowling (LR) 11:30 Lunch (DR) 1:00 Board Games (LR) 2:30 "Shake, Rattle & Roll" 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag | 18 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag | 19 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Catholic Communion (TR) 10:00 Exercise w/ Select Rehab (LR) 11:30 Lunch (DR) 1:00 Crossword Puzzle (LR) 2:00 "Whack the Balloon" 3:15 Rest Relax Hydrate 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag | 20 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 3:30 LIVE MUSIC w/ Ron Cheak (LR) 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag | 21 7:30 Breakfast (DR) 9:15 Raise the Fla 9:30 Exercise (SUN) 10:00 WAGS! (Pet Therapy) 11:30 Lunch (DR) 1:00 Scenic Drive (O) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag | 22 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag |

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| 23 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Exercise 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Sunday Sundaes! (AL BAR) 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag | 24 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Tour of Tokyo w/ Kim & Phil (ACT) 11:30 Lunch (DR) 1:00 Board Games (LR) 2:30 "Shake, Rattle & Roll" 3:30 LIVE MUSIC! w/ Bernie (LR) 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag | 25 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag | 26 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Exercise w/ Select Rehab (LR) 11:30 Lunch (DR) 1:00 Crossword Puzzle (LR) 2:00 "Whack the Balloon" 3:15 Rest Relax Hydrate 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag | 27 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag | 28 7:30 Breakfast (DR) 9:15 Raise the Fla 9:30 Exercise (SUN) 10:00 Bowling (LR) 11:30 Lunch (DR) 1:00 Hangman (LR) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag | 29 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag |

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| 30 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Exercise 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Sunday Sundaes! (AL BAR) 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag | 31 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Arts & Crafts (LR) 11:30 Lunch (DR) 1:00 Resident's Birthday Celebration (DR) 2:30 "Shake, Rattle & Roll" 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag | | | | | |