



1:00 Devotions w/Jeff

Hydration/Snacks

2:00 Bingo

3:00

JANUARY 2022 HAPPY NEW YEAR!!!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Years Day!!
						10:30 Hydration/ Snacks
						Total Tryandilon, Chiadha
						3:00 Hydration/ Snacks
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	0 N C 16 % 1 4 5	4 11 11 10 1 11 1	5 N (15 15	0 11 1 10 11 15		Activity Packets Available-Lobby
2	3 National fruitcake toss Day 9:30 Sit-er-cize	4 National Spaghetti Day 9:30 Chair Yoga	5 National Bird Day 9:30 Sit-er-cize-AR	6 National Shortbread Day 9:30 Chair Arobics- AR	9:30 Sit-er-cize-AR	8
10:00 Columbia Church of Christ-AR	10:30 Hydration/ Snacks	10:30 Hydration/ Snacks	10:00 Hydration/ Snacks	10:00 Hydration/ Snacks	10:00 Hydration/ Snacks	10:30 Hydration/ Snacks
10:30 Hydration/ Snacks	1:00 Devotions w/Jeff	11:00 Bingo	11:00 Music Therapy	11:00 WALMART TRIP	11:00 Bingo	
3:00 Hvdration/ Snacks	2:00 Bringo/w iovce 3:00 Walking Club	1:00 Devotions w/Jeff 2:00 play pool -PR	1:00 Devotions w/ Jeff 3:00 Play Pool-PR	1:00 Devotions w/Jeff 2:00 WALKING CLUB	1:00 Devotions w/Jeff 2:00 AFTERNOON MOIVE	3:00 Hydration/ Snacks
3.00 Trydration/ Orlacks	3:30 Hydration/ Snacks	3:30 Hydration/ Snacks	3:30 Hydration/ Snacks	3:00 Hydration/ Snacks	3:00 Hydration/ Snacks	3.00 Trydration/ Chacks
	40	·		10		Activity Packets Available-Lobby
9	10 9:30 Sit-er-cize	11 9:30 Music Therapy	12 9:30 Sit-er-cize-AR	9:30 Chair Arobics- AR	14 9:30 Sit-er-cize-AR	15
10:00 Columbia Church of Christ-AR	10:30 Hydration/ Snacks	10:30 Hydration/ Snacks	10:00 Hydration/ Snacks	10:00 Hydration/ Snacks	10:00 Hydration/ Snacks	10:30 Hydration/ Snacks
10:30 Hydration/ Snacks	1:00 Devotions w/Jeff	1:00 Devotions w/Jeff	11:00 Bingo w/ Jeff 1:00 Devotions w/ Jeff	11:00 WALMART TRIP	11:00 Penny Auction	
3:00	2:00 Bingo w/ Joyce 3:00 Hydration/ Snacks	2:00 walking club 3:30 Karaoke-AR	3:00 Play Pool-PR	1:00 Devotions w/Jeff 2:00 WALKING CLUB	1:00 Devotions w/Jeff 2:00 January Birthday Party	3:00 Hydration/ Snacks
0.00	5:30 popcorn & movie	3:30 Hydration/ Snacks	3:30 Hydration/ Snacks	3:30 Hydration/ Snacks	3:00 Bingo	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
16	17 Martin Luther King Jr.Day	18	Clothes Closet Open 19 National Popcorn Day	20 National Cheese Lover Day	21	Activity Packets Available-Lobby
10	9:30 Muffins and coffee	9:30 Chair Yoga	9:30 Sit-er-cize-AR	9:30 Chair Arobics - AR	21	22
10:00 Columbia Church of Christ-AR	10:30 Hydration/ Snacks	10:30 Hydration/ Snacks	10:00 Hydration/ Snacks	10:00 Hydration/ Snacks	9:30 Muffins and Coffee	10:00 Hydration/ Snacks
10:30 Hydration/ Snacks	1:00 Devotions w/Jeff 2:00 Music Therapy	1:00 Devotions w/Jeff 2:00 Bingo	11:00 Bingo w/ Jeff 1:00 Devotions w/ Jeff	11:00 WALMART TRIP 1:00 Devotions w/Jeff	10:00 Hydration/ Snacks 11:00 Board Games	
3:00 Hydration/ Snacks	3:00 afternoon snacks	3:30 Hydration/ Snacks	3:00 movie time AC-	2:00 Bingo	1:00 Devotions w/Jeff	
·	3:30 Walking Club	•	3:30 Hydration/ Snacks	3:30 Hydration/snacks	2:00 AFTERNOON MOIVE	3:00 Hydration/ Snacks
23	24 National Peanut Butter Day	25 National Opposite Day	26	Ckothes Closet Open 27 National Chocolate Cake D	3:00 Hydration/ Snacks	Activity Packets Available-Lobby
10:00 Columbia Church of Christ-AR						
Hydration/ Snacks	9:30 Sit-er-cize	9:30 Music Therapy	9:30 Walking Club	9:30 Chair Arobics - AR	9:30 Muffins and Coffee	10:00 Hydration/ Snacks
10:30 Hydration/ Snacks	10:30 Hydration/ Snacks 1:00 Devotions w/Jeff	10:30 Hydration/ Snacks 1:00 Devotions w/Jeff	10:00 Hydration/ Snacks 11:00 Bingo w/ Jeff	10:00 Hydration/ Snacks 11:00 WALMART TRIP	10:00 Hydration/ Snacks 11:00 Walking Club	3:00 Hydration/ Snacks
3:00	2:00 Bingo w/ Joyce	2:00 Walking Club	1:00 Devotions w/ Jeff	1:00 Devotions w/Jeff	1:00 Devotions w/Jeff	o.oo Tiyaradon, Ondono
	3:00 CARD GAMES 3:30 Hydration/ Snacks	3:30 Hydration/ Snacks	3:00 Play Pool-PR 3:30 Hydration/ Snacks	2:00 POPCORN & MOVIE 3:00 Hydration/ Snacks	3:00 Card Games/Puzzle 3:30 Hydration/ Snacks	activity packets available in lobby
30	3.30 rayuration/ Snacks		3.30 Hydration/ Shacks	J 3.00 HYURAHOH/ SHACKS	3.30 Flyuration/ Shacks	activity packets available in lobby
10:00 Hydration/Snacks	9:30 Music therapy					
3:00 Hydration/Snacks	10:30 Hydration/Snacks 11:00 Walkina Club					
3.00, 3	11:00 Walking Club	All and distance deligation at an above	24			

All activities subject to change without notice. Snacks also served daily at 8:30 pm.