



JAN



Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3	4
				9am Chair exercises 11am Beading time 1pm Coloring Time 3pm Beading time 5pm Movie of choice night	9am Walk in place time 11am Resident's choice of crafting 3pm Music listening time 5pm Open baking time	9am Sit and fit. 11am Open card game 1pm Painting time 3pm Sensory activities 5pm Order out night	10 am scrapbooking time 1 pm Meditation Time 3 pm Organization time 5pm Movie and popcorn night.
5	6	7	8	9	10	11	
10 am Spiritual programming 1pm Beading time 3 pm Movie time 5pm Memory games	9am Walk in place time 11am Music listening 1 pm Let's play sorry 3pm Word search time 5pm Time capsule making night	9am Chair exercises 11am MTAH Cracker barrel outing 3pm Board games 5pm Movie of choice	9am Walk in place time 11am Lets play cards 1pm Painting time 3pm Sensory activities 5pm New recipe night	9am Sit & Fit 11am coloring time 1pm Music listening time 3pm Journaling time. 5pm Movie of choice	9am Chair exercises 11am Open Card game 1pm Sensory activities 3pm Open crafting 5pm Resident's choice	10am Social time 1pm Open baking time 3pm Decluttering time 5pm Board game of choice	
12	13	14	15	16	17	18	
10am Spiritual reading 1pm Movie time 3pm Open board game 5pm Resident's choice of the evening meal	9am Chair exercise 11am Manicure day 1pm Open card game 3pm UNO 5pm Build your own taco night	9am Walk in place time 11am Open board game 1pm Movie of choice 3pm Meditation time 5pm Create your own card game night	9am Chair exercises 11am Beading time 1pm Coloring Time 3pm Sensory activities 5pm Bingo night @ COF	9am Walk in place time 11am Residents choice 1pm Memory match time 3pm Music listening 5pm Flower pen making night	9am Sit and fit time. 11am Sensory activities 1pm Positive thinking time 3pm Open card game 5pm Build your own pizza night	10am Resident choice 1pm Open craft 3pm Organization time 5pm Movie and snack of choice night	
19	20	21	22	23	24	25	
10am Spiritual programming 1pm Open craft time 3pm Social Time 5pm Resident choice	9am Sit and fit time. 11am Word search time 1pm Memory Game 3pm open craft 5pm Journaling time	9am Walk in place time 11am MTAH Walmart outing 3pm Painting time 5pm New recipe night	9am chair exercises 11am Journaling time 1pm Open card game 3pm Meditation time 5pm Movie of choice	9am Sit and fit time 10am Sensory activities. 1pm UNO time 3pm Positive thinking time 5pm Open baking night	9am Chair exercise 11am Open activities 1pm Music listening 3pm Craft of choice 5pm Order out night	10am Social time 1pm Coloring time 3pm Card making time 5pm Movie and popcorn night	
26	27	28	29	30	31		
am Spiritual reading 1pm Craft of choice 3pm Social Time 5pm Let's play Trouble	9am Walk in place time 10am UNO time 1pm Beading time 3pm Open card game 5pm Movie of choice	9am Sit and fit time 11am Open cards game 1pm Music listening 3pm Sensory activities 5pm Build your own loaded bake potato night	9am Chair exercises 11am Open Card game 1pm Positive thinking time 3pm Open crafting 5pm Resident's choice	9am Sit & Fit 11am coloring time 1pm Let's Play trouble. 3pm Journaling time. 5pm Movie of choice	9am Walk in place time 11am Lets play cards 1pm Painting time 5pm MTAH The best positive thinking board contest		

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