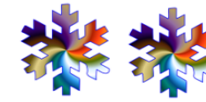




# January Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy New years	2	3	4	5	6
	9am Morning stretch 11am Resident and staff workig on décor for the new years communication board 5pm Movie time	9am Sensory exercise 11am Coloring time 1pm Open Programing 3pm Resident's and staff working on winter collage	9 am Sit and fit 11am Painting time 1pm UNO 3pm Open card game 5pm Resident and staff cutting out paper snowflakes for collage	9am Morning stretch 11am Skip-Bo time 1pm Journaling 3pm Sensory activities 5pm Resident and staff working on paper snowmen for collage	9am Sit & fit time 11am Soft music listening 1pm Open crafting 3pm Meditation time 5pm Order out night	10am Relaxation time 11am Manicure time 1pm Beading time 5pm Popcorn and movie time or card game of choice
7	8	9	10	11	12	13
10am Spiritual programming 1pm Resident's choice of crafting time 3pm Sensory activity 5pm UNO time.	9am Sit & fit time. 10am Dominoes time 1pm Open card game 3pm Meditation time 5Pm Soft music listening	9am Morning Stretch 11am MTAH Build a burger outing. 3pm meditation time 5pm Movie of choice night	9am Sensory exercise 11am Flash card time 1pm Dominoes time 3pm Open craft time 5pm Build your own dream Catcher night	9am Chair exercises 11am Memory match 1pm Connect four time 3pm Sensory massage. 5pm Coco and cookie night	9am Morning Stretch 11am Soft music listening 1pm UNO time 3pm Sensory activities. 6pm Winter collaging contest	10am Open activity 1pm Let us play UNO 3pm Relaxation time. 5pm card or board game of choice
14	15 Martin Luther king Day	16	17	18	19	20
10am Spiritual reading 1pm Sudoku time 3pm Phase 10 time 5pm Open talk time	9am sit & fit. 11am Soft music listing 1pm Movie of choice 3pm UNO time 5pm Picture framing for the new years	9am Morning stretch 11am Soft music listing 1pm Dominoes time 3pm Meditation time 6pm Bingo night at COF	9 am Sensory exercise 11am Soft music listing 3pm Memory match time 5pm No bake cookie night	9am Morning stretch 11am Flash card time 1pm Let us play sorry 3pm puzzle time. 5pm Open craft time	9am Sit and fit time. 11am UNO time. 1pm Painting time 3pm Word search time 5pm Order out night	10am Meditation time 1pm Resident's choice 3pm Card game of choice 5pm board game of choice or movie and popcorn time
21	22	23	24	25	26	27
10am Spiritual reading 1pm organization time 3pm Let us play Sorry 5pm Resident choice of activity	9am Sit and fit time. 11am Puzzle time 1pm Soft music listening time. 3pm Sensory activity 5pm Flash card time	9am Morning Stretch 11am Coloring time 3pm Painting time 5pm Photo shoot and karaoke night at COF	9am chair exercises 11am Beading time 1pm memory match time 3pm UNO time 5pm Beading time	9am Sit & Fit time. 11pm Board game of choice 1pm Sensory activity 3pm Open activity 6pm Resident choice	9 am Sensory exercise 11am Sensory activities 1pm Painting time 3pm Coloring time 5pm Homemade pizza night	9am Relaxation time 11am Board game of choice 1pm Open activities 3pm Journaling time 5pm Resident choice
28	29	30	31			
10am Spiritual Programming 1pm Painting time 3pm Memory match time. 5pm Connect four time.	9am Sit & fit time. 11am Puzzle time 1pm Dominoes time 3pm Meditation time 6pm resident choice	9am Morning stretch 11am Flash card time 1pm Let's play sorry 3pm puzzle time 6pm Sip & paint night				

