

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

Boyson Heights – Memory Support

<p>9:00 Exercise-Walk 10:00 Coffee & Conversation 1:30 Dominoes 3:00 Movie!</p> <p style="text-align: right;"><small>New Year's Day</small></p>						1
2	3	4	5	6	7	8
<p>10:00 Exercise of Choice 1:15 EZ Yahtzee! 3:30 Tunes & TV</p>	<p>9:00 Sit and Be Fit 11:15 Monday Morning Bingo-DR 1:15 Junk Drawer Detective 3:30 Men's Group- HB</p>	<p>9:00 Sit and Be Fit 11:15 Who Am I? 1:15 Manicures 3:30 Ladies Tea-DR</p>	<p>9:00 Sit and Be Fit 11:15 ZigZag Painting 2:00 Exercise Class 3:30 January Trivia</p>	<p>9:00 Sit and Be Fit 11:15 Create & Color 1:15 Newspaper Read 3:30 Afternoon Bingo-DR</p>	<p>9:00 Sit and Be Fit 11:15 Bag Toss 1:15 UNO! 3:00 Happy Hour-Music by Flip Side!</p>	<p>9:00 Exercise-Walk 10:00 Coffee & Conversation 1:30 UNO! 3:00 Movie!</p>
9	10	11	12	13	14	15
<p>10:00 Exercise of Choice 1:15 Dominoes! 3:30 Tunes & TV</p>	<p>9:00 Sit and Be Fit 10:30 Janet Lieb-Music Front Lobby 1:15 Cranium Crunches 3:30 Afternoon Bingo-DR</p>	<p>9:00 Sit and Be Fit 1:30 Cedar Valley Pet Visit-Front Lobby 3:30 Hot Cocoa-DR</p>	<p>9:00 Sit and Be Fit 11:15 Zingers 1:15 Balloon Tennis 3:30 January Birthday Party-DR</p>	<p>9:00 Sit and Be Fit 11:15 Remembering Elvis Songs 1:15 Question Ball 3:30 Afternoon Bingo-DR</p>	<p>9:00 Sit and Be Fit 11:15 Shuffleboard 1:15 Left-Right-Center 3:30 Tunes & TV</p>	<p>9:00 Exercise-Walk 10:00 Coffee & Conversation 1:30 Newspaper Read 3:00 Movie!</p>
16	17	18	19	20	21	22
<p>10:00 Exercise of Choice 1:15 Connect Four! 3:30 Tunes & TV</p>	<p>9:00 Sit and Be Fit 11:15 Monday Morning Bingo-DR 1:15 MLK Day Trivia & Puzzles 3:30 Paint by Numbers</p> <p style="text-align: right;"><small>Martin Luther King Jr. Day</small></p>	<p>9:00 Sit and Be Fit 11:15 Magazine Read 1:15 Tunes & TV 3:30 Color & Create</p>	<p>9:00 Sit and Be Fit 11:15 Listen to Country Music from the Past 1:15 Scenic Drive 3:30 UNO!</p>	<p>9:00 Sit and Be Fit 11:15 Paint by Number 1:15 Left-Right-Center 3:30 Afternoon Bingo-DR</p>	<p>9:00 Sit and Be Fit 11:15 Bag Toss 1:15 Create & Color 3:30 Tunes & TV</p>	<p>9:00 Exercise-Walk 10:00 Coffee & Conversation 1:30 Puzzles 3:00 Movie!</p>
23	24	25	26	27	28	29
<p>10:00 Exercise of Choice 1:15 UNO! 3:30 Tunes & TV</p> <p style="text-align: right;"><small>Activity Professionals Week</small></p>	<p>9:00 Sit and Be Fit 11:15 Monday Morning Bingo-DR 1:15 Color & Create 3:30 Men's Group-HB</p>	<p>9:00 Sit and Be Fit 11:15 Z to A Musical Trivia-DR 2:00 Make Friendship Pins-DR 3:30 Ladies Tea-DR</p>	<p>9:00 Sit and Be Fit 11:15 Memory Game 1:15 Cranium Crunches 3:30 Dominoes</p> <p style="text-align: right;"><small>Australia Day (observed)</small></p>	<p>9:00 Sit and Be Fit 11:15 Tiny Hamster Video 1:15 Popcorn & Movie!</p>	<p>9:00 Sit and Be Fit 11:15 Shuffleboard 1:15 Manicures 3:00 Happy Hour-Music by Flip Side!</p>	<p>9:00 Exercise-Walk 10:00 Coffee & Conversation 1:30 Left-Right-Center 3:00 Movie!</p>
30	31					
<p>10:00 Choice of Exercise 1:15 Create & Color! 3:30 Tunes & TV</p>	<p>9:00 Sit and Be Fit 11:15 Monday Morning Bingo-DR 1:15 Coloring & Puzzles 3:30 What Am I?</p>					

Activities are Subject to Change.

DR= Dining Room

HB= Hospitality Hub

CB= Community Hub