

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
 <h1 style="color: gold;">January 2021</h1> <p style="color: lightblue;">Ashford Memory Care</p> 												
					<small>New Year's Day</small>							
<b>3</b>	9:30-Morning News 10:00-Exercises 10:30-Bocce Ball 11:00-Finish That Line 2:00-Bus Rides x2 5:30-Cornhole 6:00-1 on 1's	<b>4</b>	9:30-Morning News 10:00-Daily Exercise 10:30-Bowling 11:00-Music Twister 2:00-Craft: Painting 3:00-1 on 1's 5:30-Keep it Up	<b>5</b>	9:30-Morning News 10:00-Cardio 10:30-Cornhole 11:00-Sing-Along 2:00-Music with Larry <b>3:00-Elvis BINGO</b> 5:30-Basketball	<b>6</b>	9:30-Morning News 10:00-Daily Stretches 10:30-Volleyball 11:00-Rhythm & Movement 2:00-Cooking: O' Henry Bars 3:00-Word Games 5:30-Ring Toss	<b>7</b>	9:30-Morning News 10:00-Daily Exercises 11:00-Hockey 11:30-Music & Movement 2:00-Bus Rides x2 5:30-Keep it Up	<b>8</b>	9:30-Morning News 10:00-Morning Aerobics 10:30-Basketball 11:00-Music BINGO 2:00-Nail Salon 3:00-1 on 1's 5:30-Table Tennis	<b>9</b>
<b>10</b>	9:30-Morning News 10:00-Exercises 10:30-Bocce Ball 11:00-Finish That Line 2:00-Bus Rides x2 5:30-Cornhole 6:00-1 on 1's	<b>11</b>	9:30-Morning News 10:00-Daily Exercise 10:30-Bowling 11:00-Music Twister 2:00-Craft: Coasters 3:00-1 on 1's 5:30-Keep it Up	<b>12</b>	9:30-Morning News 10:00-Cardio 10:30-Cornhole 11:00-Sing-Along 2:00-Music with Ed Green <b>3:00-Flamingo BINGO</b> 5:30-Basketball	<b>13</b>	9:30-Morning News 10:00-Daily Stretches 10:30-Volleyball 11:00-Rhythm & Movement 2:00-Cooking: Baked Alaska <b>3:00-Alaska Trivia</b> 5:30-Ring Toss	<b>14</b>	9:30-Morning News 10:00-Daily Exercises 11:00-Hockey 11:30-Music & Movement 2:00-Bus Rides x2 5:30-Keep it Up	<b>15</b>	9:30-Morning News 10:00-Morning Aerobics 10:30-Basketball 11:00-Music BINGO 2:00-Nail Salon 3:00-1 on 1's 5:30-Table Tennis	<b>16</b>
<b>17</b>	<b>9:30-MLK Trivia and Quizzes</b> 10:00-Exercises 10:30-Bocce Ball 11:00-Finish That Line 2:00-Bus Rides x2 5:30-Cornhole 6:00-1 on 1's <small>Martin Luther King Day</small>	<b>18</b>	9:30-Morning News 10:00-Daily Exercise <b>10:30-Penguin Bowling</b> 11:00-Music Twister 2:00-Craft: Cards 3:00-1 on 1's 5:30-Keep it Up	<b>19</b>	9:30-Morning News 10:00-Cardio 10:30-Cornhole 11:00-Sing-Along 2:00-Music with Louise 3:00-BINGO 5:30-Basketball	<b>20</b>	9:30-Morning News 10:00-Daily Stretches 10:30-Volleyball 11:00-Rhythm & Movement 2:00-Cooking: Chow Mein 3:00-Word Games 5:30-Ring Toss	<b>21</b>	9:30-Morning News 10:00-Daily Exercises 11:00-Hockey 11:30-Music & Movement 2:00-Bus Rides x2 5:30-Keep it Up	<b>22</b>	9:30-Morning News 10:00-Morning Aerobics 10:30-Basketball 11:00-Music BINGO 2:00-Nail Salon 3:00-1 on 1's 5:30-Table Tennis	<b>23</b>
<b>24</b>	9:30-Morning News 10:00-Exercises 10:30-Bocce Ball 11:00-Finish That Line 2:00-Bus Rides x2 5:30-Cornhole 6:00-1 on 1's <small>Activity Professionals Week</small>	<b>25</b>	9:30-Morning News 10:00-Daily Exercise 10:30-Bowling 11:00-Music Twister 2:00-Craft: New Year Sweep 3:00-1 on 1's 5:30-Keep it Up <small>Australia Day (observed)</small>	<b>26</b>	9:30-Morning News 10:00-Cardio 10:30-Cornhole 11:00-Sing-Along 2:00-Music with Daniel 3:00-BINGO 5:30-Basketball	<b>27</b>	9:30-Morning News 10:00-Daily Stretches 10:30-Volleyball 11:00-Rhythm & Movement 2:00-Cooking: Scalloped Potatoes 3:00-Word Games 5:30-Ring Toss	<b>28</b>	9:30-Morning News 10:00-Daily Exercises 11:00-Hockey 11:30-Music & Movement 2:00-Bus Rides x2 5:30-Keep it Up <b>Happy Birthday Avis!</b>	<b>29</b>	9:30-Morning News 10:00-Morning Aerobics 10:30-Basketball 11:00-Music BINGO 2:00-Nail Salon 3:00-1 on 1's 5:30-Table Tennis	<b>30</b>
<b>31</b>	9:30-LDS Sacrament 10:00-Music & The Spoken Word	 <h2 style="color: white;">Happy New Year!</h2>										