

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

Memory Care

										9:30-Morning News 10:00-Morning Aerobics 10:30-Basketball 11:00-Music BINGO 2:00-Music: Boyd Murdock 3:00-Nail Salon 5:30-Sport of the Week <small>New Year's Day</small>	1		
9:30-LDS Sacrament 10:00-Music & The Spoken Word 6:00- Joy Dahle Goodsell Family & Friends Music Hour	2	9:30-Morning News 10:00-Exercises 10:30-Bocce Ball 11:00-Finish That Line 1:00-Alaska! 2:30-Scenic Drive 5:00-Ring Toss 6:00-FHE	3	9:30-Morning News 10:00-Cardio 10:30-Penguin Bowling 11:00-Music Twister 2:00-Penguin Fun 3:00-1 on 1's 5:30-Keep it Up	4	9:30-Morning News 10:00-Jazzercise 10:30-Cornhole 11:00-Sing-Along 2:00-Music: Larry Kinder 3:00-BINGO 5:30-Basketball	5	9:30-Morning News 10:00-Daily Stretches 10:30-Ring Toss 11:00-Rhythm & Music 2:00-Chef's Corner: Baked Alaska 3:00-Curling 5:30-Keep it Up	6	9:30-Morning News 10:00-Daily Exercises 10:30-Volleyball 11:00-Music & Movement 1:00-Zambian Safari 2:30-Scenic Drive 3:00- Puzzles 5:30-Cornhole	7	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-Sport of the Week	8
9:30-LDS Sacrament 10:00-Music & The Spoken Word 2:30-Ben Griffin	9	9:30-Morning News 10:00-Exercises 10:30-Bocce Ball 11:00-Finish That Line 1:00-Word Games 2:30-Scenic Drive 5:00-Ring Toss 6:00-FHE	10	9:30-Morning News 10:00-Cardio 10:30-Bowling 11:00-Window Catchers 2:00-Light Catchers 3:00-1 on 1's 5:30-Keep it Up	11	9:30-Morning News 10:00-Jazzercise 10:30-Cornhole 11:00-Sing-Along 2:00-Music: Ron Hadley 3:00-BINGO 5:30-Basketball	12	9:30-Morning News 10:00-Daily Stretches 10:30-Ring Toss 11:00-Rhythm & Music 2:00-Chef's Corner: Turkey Meatballs 3:00-Curling 5:30-Keep it Up	13	9:30-Morning News 10:00-Daily Exercises 10:30-Volleyball 11:00-Music & Movement 1:00-Motown 2:30-Scenic Drive 3:00- Puzzles 5:30-Cornhole	14	9:30-Morning News 10:00-Morning Aerobics 10:30-Basketball 11:00-Music BINGO 2:00-Mtn Blues Brothers 3:00-Nal Salon 5:30-Sport of the Week	15
9:30-LDS Sacrament 10:00-Music & The Spoken Word 2:00- John Medlove	16	9:30-Morning News 10:00-Exercises 10:30-Bocce Ball 11:00-Finish That Line 1:00-Word Games 2:30-Scenic Drive 5:00-Ring Toss 6:00-FHE <small>Martin Luther King Jr. Day</small>	17	9:30-Morning News 10:00-Cardio 10:30-Bowling 11:00-Music Twister 2:00-Art: Cubism 3:00-1 on 1's 5:30-Keep it Up	18	9:30-Morning News 10:00-Jazzercise 10:30-Cornhole 11:00-Sing-Along 2:00-Music: Good times 3:00-BINGO 5:30-Basketball	19	9:30-Morning News 10:00-Daily Stretches 10:30-Ring Toss 11:00-Rhythm & Music 2:00-Chef's Corner: Peanut Butter Blondes 3:00-Curling 5:30-Keep it Up	20	9:30-Morning News 10:00-Daily Exercises 10:30-Volleyball 11:00-Music & Movement 1:00-Zorro 2:30-Scenic Drive 3:00- Puzzles 5:30-Cornhole	21	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-Sport of the Week	22
9:30-LDS Sacrament 10:00-Music & The Spoken Word <small>Activity Professionals Week</small>	23	9:30-Morning News 10:00-Exercises 10:30-Bocce Ball 11:00-Finish That Line 1:00-Word Games 2:30-Scenic Drive 5:00-Ring Toss 6:00-FHE	24	9:30-Morning News 10:00-Cardio 10:30-Bowling 11:00-Music Twister 2:00-Salt Hearts 3:00-1 on 1's 5:30-Keep it Up	25	9:30-Morning News 10:00-Jazzercise 10:30-Cornhole 11:00-Sing-Along 2:00-Music: Terry Spencer 3:00-BINGO 5:30-Basketball <small>Australia Day (observed)</small>	26	9:30-Morning News 10:00-Daily Stretches 10:30-Ring Toss 11:00-Rhythm & Music 2:00-Chef's Corner: Cheese Puffs 3:00-Curling 5:30-Keep it Up	27	9:30-Morning News 10:00-Daily Exercises 10:30-Volleyball 11:00-Music & Movement 1:00-Betty White 2:30-Scenic Drive 3:00- Puzzles 5:30-Cornhole	28	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-Sport of the Week	29
9:30-LDS Sacrament 10:00-Music & The Spoken Word	30	9:30-Morning News 10:00-Exercises 10:30-Bocce Ball 11:00-Finish That Line 1:00-Word Games 2:30-Scenic Drive 5:00-Ring Toss 6:00-FHE	31										