

January 2022

Whitridge Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p style="text-align: right;">1</p> <p>Happy New Year 10:00 Sit and Fit-Channel 918 11:00 What's Your New Year Resolution Discussion with Staff 3:00 Afternoon Documentary 6:00 Evening Movie-Channel 918 Loretta</p>
<p style="text-align: right;">2</p> <p>10:00 Sit and Fit-Channel 918 12:00 Catholic Mass-Channel 17 3:00 Afternoon Matinee-Channel 918 7:00 Evening Movie-Channel 918</p>	<p style="text-align: right;">3</p> <p>10:15 Stretching with CNA 11:00 Interactive Musical 2:30 One to One Time with Norma 5:00 Guided Imagery-Channel 918</p> <p>Danielle Off</p>	<p style="text-align: right;">4</p> <p>9:00 Cooking Breakfast with Danielle 11:00 Word Scramble 2:00 Eggnog Floats 3:00 Hand Massages with Danielle</p>	<p style="text-align: right;">5</p> <p>10:00 Vatican Tour-You Tube 10:15-11:30 Morning Prayers with Danielle - Chapel 2:00 Moving Art 3:15 Music and Memory</p> <p>Holiday Lunch with Rec</p>	<p style="text-align: right;">6</p> <p>10:15 Sweating to the Oldies 11:00 Tell Me Your Story 11:30 Virtual Visits 2:00 Let's Get Crafty 3:15 Show and Tell</p>	<p style="text-align: right;">7</p> <p>10:15 Dancing in Your Chair 11:00 Decorate Your Space 2:45 Virtual Visits 3:30 Poetry Reading</p>	<p style="text-align: right;">8</p> <p>10:00 Sit and Fit-Channel 918 10:30 This Week's Trivia with Danielle 2:00 Coloring Your Feelings 3:00 Afternoon Documentary 6:00 Evening Movie-Channel 918 Danielle</p>
<p style="text-align: right;">9</p> <p>10:00 Sit and Fit-Channel 918 12:00 Catholic Mass-Channel 17 3:00 Afternoon Matinee-Channel 918 7:00 Evening Movie-Channel 918</p>	<p style="text-align: right;">10</p> <p>10:15 Balloon Toss 11:00 Interactive Music-You Tube 2:00 One to One Time with Danielle 5:00 Guided Imagery-Channel 918</p>	<p style="text-align: right;">11</p> <p>10:15 Morning Report with Danielle 11:00 Scrabble Game 2:00 Afternoon Tea and Conversation 3:00 Aroma Therapy Danielle</p>	<p style="text-align: right;">12</p> <p>10:00 Churches of Scotland-You Tube 10:15 Catholic Communion with Father Dawson 11:00 Prayer Service 2:00 Moving Art 3:15 Music and Memory</p> <p>Norma Off</p>	<p style="text-align: right;">13</p> <p>10:15 Sweating to the Oldies 11:00 Reminiscence 11:30 Virtual Visits 2:00 Baking for Fun 3:15 Decorate Your Treat</p>	<p style="text-align: right;">14</p> <p>10:15 Stretching with CNA 11:00 I Spy with CNA 2:45 Virtual Visits with Norma 3:15 Afternoon Movie-Resident Choice</p> <p>Danielle Off Doc Apt</p>	<p style="text-align: right;">15</p> <p>10:00 Sit and Fit-Channel 918 2:00 Puzzle Time with Staff 3:00 Afternoon Documentary 6:00 Evening Movie-Channel 918</p> <p>Cindy</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>16</p> <p>10:00 Sit and Fit-Channel 918 12:00 Catholic Mass-Channel 17 3:00 Afternoon Matinee-Channel 918 7:00 Evening Movie-Channel 918</p>	<p>17</p> <p>Martin Luther King Day</p> <p>10:15 Stretching with CNA 11:00 Interactive Music 2:30 One to One Time with Norma 5:00 Guided Imagery-Channel 918</p> <p>Danielle Off</p>	<p>18</p> <p>9:00 Cooking Breakfast 11:00 Hangman Game</p>	<p>19</p> <p>10:15 Catholic Communion Service 11:00 Episcopal Service with Rev. Christoperson</p>	<p>20</p> <p>10:15 Sweating to the Oldies 11:30 Virtual Visits</p>	<p>21</p> <p>10:15 Dancing in Your Chair 2:00 Scenic Ride with Norma 2:45 Virtual Visits 3:15</p>	<p>22</p> <p>10:00 Sit and Fit-Channel 918 2:00 I Spy Game with CNA 3:00 Afternoon Documentary 6:00 Evening Movie-Channel 918</p> <p>Loretta</p>
<p>23</p> <p>10:00 Sit and Fit-Channel 918 12:00 Catholic Mass-Channel 17 3:00 Afternoon Matinee-Channel 918 7:00 Evening Movie-Channel 918</p>	<p>24</p> <p>10:15 Stretching with CNA 11:00 Interactive Music 2:30 One to One Time with Norma 5:00 Guided Imagery-Channel 918</p> <p>Cindy Off</p>	<p>25</p> <p>10:15 Morning Report with CNA 11:00 Name That Animal</p>	<p>26</p> <p>10:15 Catholic Communion Service 11:00 Congregational Service with Rev. Nelson</p> <p>Norma Off</p>	<p>27</p> <p>10:15 Sweating to the Oldies 11:30 Virtual Visits</p>	<p>28</p> <p>10:15 Dancing in Your Chair 2:45 Virtual Visits with Norma</p> <p>Danielle Off</p>	<p>29</p> <p>10:00 Sit and Fit-Channel 918 10:30 Sing Along with Danielle 2:00 Word Game with CNA 3:00 Afternoon Documentary 6:00 Evening Movie-Channel 918</p> <p>Cindy</p>

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30 10:00 Sit and Fit- Channel 918 12:00 Catholic Mass- Channel 17 3:00 Afternoon Matinee- Channel 918 7:00 Evening Movie- Channel 918	31 10:15 Balloon Toss 11:00 Interactive Music Danielle Off					Danielle
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