

**Activities for Tuesday, January 11, 2022**  
**Channel 918**

**One to One Time Throughout the Day  
with the Recreation Team**

**10:00 – Seated Upper & Lower Body Workout**

**11:00 – Pub Quiz for Seniors**

**11:30 – 18 Tricky Riddles – Brain Teasers**

**1:00 – Robert Frost Interview and Poetry**

**Reading from 1952**

**2:30 – Virtual Tour of the Mutter Museum**

**3:30 – Guess the Famous Land Marks**

**5:00 – Music Appreciation: The Beatles with  
Composer Howard Goodall CBE**