

January 2024

Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	¹ New Year's Day 9:00-12:00 Fitness with Lila 10:30 Music & Movement with Pamela – Wick Rm 2:00 Bingo – CR 3:15 New Years Day Social – Clubhouse	² 9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 10:30 Personal Pampering – WAR 11:00 Baby Animal pair Up – Wick Rm 2:00 Personal Pampering with Cindy – Wick Rm 3:30 Netflix Movie – Wick Rm	³ 9:00-12:00 Fitness with Lila 10:15 Catholic Communion Service 10:30 Balloon Tennis – Wick Rm 11:00 Episcopal Service with Heidi Truax 2:00 Relaxation with Norma – Riga 2:30 One to One Time	⁴ 9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 11:00 Personal Pampering – Wick Rm 2:00 Art Corner – Wick Rm 2:00 Afternoon at the Movies – CLR 3:30 Sensory Stim & Relaxation – Wick Rm	⁵ 9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 10:30 JFK Series - L3 11:00 Sensory: Use Your Nose – Wick Rm 2:00 One to One Visits – Wagner 3:30 Sweet Treat Social – Wick Rm	⁶ 9:00-6:00 Independent Group Activities – WAR 10:30 Sing Along with CNAs & YouTube Music – Wick Rm 2:00 Bingo – CR 3:00 Nature program: Netflix – Wick Rm
⁷ 9:00-6:00 Independent Group Activities – WAR 10:30 Coloring Pages with CNAs – Wick Rm 12:00 Catholic Mass - Channel 17 1:00-8:00 Sunday Football - CBS & FOX 8:20 Sunday Night Football - NBC	⁸ 9:00-12:00 Fitness with Lila 10:30 Music & Movement with Loretta – Wick Rm 2:00 Bingo – CR 2:00 Music and Hand Massage with Norma – Wick Rm 3:15 Social – Clubhouse	⁹ 9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 10:30 Personal Pampering - WAR 11:00 What is the Correct Spelling? – Wick Rm 2:00 Creative Writing Group – Wick Rm 4:30 Cocktails 5:00 Dinner and Entertainment by John Segalla – CR	¹⁰ 9:00-12:00 Fitness with Lila 10:30 Catholic Mass with Father Bruce 10:30 Balloon Tennis – Wick Rm 11:15 Prayer Service with Maryellen 2:00 Adorable Puppies: Youtube – Wick Rm 3:30 Sensory Stim & Personal Pampering – Wick Rm	¹¹ 9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 10:30 Flower Arranging – WAR 11:00 Art Corner – Wick Rm 2:00 Parachute Balloon Bounce - Wick Rm 2:00 Mahjong – CR 3:00 One to One Time	¹² 9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 11:00 Sensory: Draw What You See – Wick Rm 2:00 Music & Hand Massage – Wick Rm 2:00 One to One Time 3:30 Sweet Treat Social – Wick Rm	¹³ 9:00-6:00 Independent Group Activities – WAR 10:30 Balloon Tennis with Cindy – Wick Rm 2:00 Bingo – CR 3:00 Moving Art: Netflix – Wick Rm 3:15 Social - Clubhouse
¹⁴ 9:00-6:00 Independent Group Activities – WAR 10:30 Unitarian's Meeting - CLR 12:00 Catholic Mass - Channel 17 1:00-8:00 Sunday Football - CBS & FOX 8:20 Sunday Night Football - NBC	¹⁵ Martin Luther King Day 10:30 Music & Movement with Pamela – Wick Rm 12:00 Dinner Entertainment with Songs for Smiles – RDR 2:00 Bingo – CR 1:30 <i>MLK: The Conspiracies</i> - Wick Rm 3:15 Social - Clubhouse	¹⁶ 9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 10:30 Personal Pampering - WAR 11:00 Junk Drawer Detectives – Wick Rm 1:30 Resident Council Meeting – Chapel 3:00 Moving Art on Netflix & Relaxation – Wick Rm	¹⁷ 9:00-12:00 Fitness with Lila 10:15 Catholic Communion Service 10:30 Balloon Tennis – Wick Rm 11:00 Episcopal Service with Rev. Christopherson 2:00 Music & Hand Massage with Norma – Riga 2:00 The Thin Blue Lie Book Discussion - CR 2:30 One to One Time	¹⁸ 9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 10:30 Chair Zumba – CR 11:00 Personal Pampering – Wick Rm 1:30 Nature Program – Wick Rm 2:00 Mahjong – CR 3:00 Music & Memory – Wick Rm	¹⁹ 9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 10:30 JFK Series - L3 11:00 Sensory: What Does That Feel Like? – Wick Rm 3:00 Moving Art: Netflix – Wick Rm 4:00 Housatonic Camera Club Photo Exhibit Opening – L3	²⁰ 9:00-6:00 Independent Group Activities – WAR 10:30 Sing Along with CNAs & YouTube Music – Wick Rm 2:00 Bingo – CR 3:00 Moving Art: Netflix – Wick Rm

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>21</p> <p>9:00-6:00 Independent Group Activities – WAR 10:30 Coloring Pages with CNAs – Wick Rm 12:00 Catholic Mass - Channel 17 1:00-8:00 Sunday Football - CBS & FOX 2:00 Readings for the New year with Rosemary – Chapel 8:20 Sunday Night Football - NBC</p>	<p>22</p> <p>9:00-12:00 Fitness with Lila 10:30 Interactive Sing Along with Richard Dagenais – Wick Rm 2:00 Bingo – CR 2:00 Balloon Bounce with Norma – Wick Rm 3:00 Music & Hand Massage with Norma – Wick Rm 3:15 Social – Clubhouse</p>	<p>23</p> <p>9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 10:30 Personal Pampering – WAR 11:00 EZ Does It Puzzles & Pondering – Wick Rm 2:00 Arts & Crafts Corner – Wick Rm 3:30 One to One Time</p>	<p>24</p> <p>9:00-12:00 Fitness with Lila 10:15 Catholic Communion Service 10:30 Balloon Tennis – Wick Rm 11:00 Congregational Service with Rev. Nelson 1:30 Netflix Movie: Resident's Choice – Wick Rm 3:00 Music & Hand Massage with Loretta – Wick Rm</p>	<p>25</p> <p>9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 10:30 Chair Zumba – CR 11:00 Flower Arranging – Wick Rm 2:00 Aging with Art & Soul with Suzanne – CR 2:00 Mahjong – CR 3:30 Netflix: Moving Art & Relaxation – Wick Rm</p>	<p>26</p> <p>9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 10:30 JFK Series - L3 11:00 Sensory: What is That Sound? – Wick Rm 2:00 Music & Hand Massage – Riga 3:00 Tea & Crumpets Social – CLR 3:30 One to one Time - Riga</p>	<p>27</p> <p>9:00-6:00 Independent Group Activities – WAR 10:30 Balloon Tennis with Loretta – Wick Rm 2:00 Bingo – CR 3:00 Nature Program: Netflix – Wick Rm 3:15 Social – Clubhouse</p>
<p>28</p> <p>9:00-6:00 Independent Group Activities – WAR 10:30 Coloring Pages with CNAs – Wick Rm 12:00 Catholic Mass - Channel 17 1:00-8:00 Sunday Football - CBS & FOX 8:20 Sunday Night Football - NBC</p>	<p>29</p> <p>9:00-12:00 Fitness with Lila 10:30 Music & Movement with Pamela – Wick Rm 1:30 Netflix Movie: <i>The Holiday Calendar</i> – Wick Rm 2:00 Bingo – CR 3:15 Social – Clubhouse 3:30 Sensory Stim & Relaxation – Wick Rm</p>	<p>30</p> <p>9:00-12:00 Fitness with Lila 10:30 Stretching & ROM – Wick Rm 10:30 Personal Pampering - WAR 11:00 Categories: White Board Word Games – Wick Rm 2:00 Music & Memory - Riga 3:30 Music & Hand Massage - Riga</p>	<p>31</p> <p>9:00-12:00 Fitness with Lila 10:15 Catholic Communion Service 10:30 Balloon Tennis – Wick Rm 11:00 Prayer Service with Maryellen 12:00 Liver Luncheon – CR 1:30 Nature Program – Wick Rm 3:30 Sensory Stim & Relaxation – Wick Rm</p>		<p>CK – Cobble Kitchen CR – Community Room CLR – Cobble Living Room L3 – Learning Center RDR – Riga Dining Room Wag Ent – Wagner Entrance</p> <p>**Daily Walking Program at 11:30**</p>	<p>WAR – Wagner Activity Room Wick Rm – Wickman Room Wick Patio – Wickman Room Patio WDR – Whitridge Dining Room Whit AR – Whitridge Activity Room</p>