

January Activities

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOW TO LOVE YOURSELF (January Quote) Stop watering every flower Give yourself permission to say no See your mistakes as lessons Set realistic goals and plans Breathe before you react Smile to yourself in mirror Love Yourself More!	AR - Activity Room C - Chapel Room DR - Dining Room KR - Kitchen Room L - Library LR - Living Room	Birthdays 1/4 - Shirley G. 1/4 - Robert S. 1/5 - Freda W. 1/12 - Lou D. 1/19 - Pam (Cook) 1/21 - Ingrid K. 1/24 - Eutch T.	1 New Year's Day Happy 2025 New Year! AR 10:00 Chair Yoga DR 2:00 New Years Party , Entertainment- Nit Pickers DR 2:00 Happy 2025 New Year Party LR 6:00 Chillin with Friends	2 AR 10:00 Chair Yoga AR 1:30 Queen Of Hearts AR 2:00 Mexican Train AR 2:30 Happy Hour LR 6:00 Walking Club	3 National Cocolate Covered Cherry Day! AR 10:00 Fun Exercise AR 1:30 Bingo & Chocolate Covered Cherry's AR 3:00 Rummy Card Club LR 6:00 Chillin with Friends	4 AR 10:00 Chair Yoga AR 2:00 Card Games- Pass the Trash/ Board Games AR 6:00 Color Me Calm
5 AR 9:30 Fun Exercise C 10:15 Life Community Church with Jim & Louise C 1:00 Catholic Communion AR 2:00 Board Games Yahtzee LR 6:00 Walking Club	6 AR 10:00 Fun Exercise AR 1:30 Bingo AR 2:45 Dice Game LR 6:00 Chillin with Friends	7 AR 10:00 Chair Yoga AR 1:30 Card Games/ Dice Games AR 3:00 Entertainment- Terry Carroll LR 6:00 Walking Club	8 LR 9:45 Bus Trip, Dollar Tree/ Schnucks AR 10:00 Chair Yoga AR 2:00 Bingo & Ice Cream AR 3:00 Rummy Card Club LR 6:00 Chillin with Friends	9 AR 10:00 Chair Yoga AR 1:15 Garden Place Store AR 1:30 Queen Of Hearts AR 2:00 Mexican Train LR 6:00 Walking Club	10 AR 10:00 Fun Exercise KR 10:30 Cooking Social AR 1:30 Bingo AR 3:00 Rummy Card Club LR 6:00 Chillin with Friends	11 AR 10:00 Chair Yoga AR 2:00 Card Games- Pass the Trash & LRC AR 6:00 Word Search & Crosswords
12 AR 10:00 Fun Exercise AR 2:00 Board Games- Checkers & Sorry etc. LR 6:00 Walking Club	13 AR 10:00 Fun Exercise AR 1:30 Bingo AR 2:30 Triominos Game LR 6:00 Chillin with Friends	14 AR 9:30 Chair Yoga C 10:00 Nondenominational Church AR 1:30 Triominos Game AR 2:30 Happy Hour Social & Snacks LR 6:00 Walking Club	15 AR 10:00 Chair Yoga LR 10:45 Bus Trip Lunch- Red Lobster C 2:15 Catholic Mass AR 2:45 Bingo LR 6:00 Chillin with Friends	16 National Fig Newton Day! AR 10:00 Chair Yoga AR 1:30 Queen Of Hearts AR 2:00 Mexican Train AR 2:30 Refreshments & Fig Newton's LR 6:00 Walking Club	17 AR 10:00 Fun Exercise AR 1:15 Entertainment- Brian McKelvery AR 2:30 Bingo C 3:30 St. Paul Lutheran Church Services, Pastor Krenz LR 6:00 Chillin with Friends	18 AR 9:30 Chair Yoga AR 10:00 Dog Therapy with Fred AR 2:00 Mexican Train AR 2:30 Card Games/ Board Games AR 5:45 Chillin with Friends
19 AR 10:00 Fun Exercise AR 10:00 Catholic Communion to Apartments! C 10:15 Life Community Church with Jim & Louise C 1:00 Rosary Prayer by Nick! AR 2:00 Card Games- UNO &	20 Martin Luther King Day AR 10:00 Fun Exercise AR 10:30 Scrabble AR 1:30 Bingo AR 3:00 Entertainment- Tom Winters LR 6:00 Chillin with Friends	21 AR 10:00 Chair Yoga L 10:30 Game Table AR 1:30 Crafts- Valentines LR 6:00 Walking Club	22 LR 9:30 Bus Trip- Scenic Ride AR 10:00 Chair Yoga AR 1:30 Bingo AR 2:30 Rummy Card Club LR 6:00 Chillin with Friends	23 National Pie Day! AR 10:00 Chair Yoga AR 1:30 Queen Of Hearts AR 2:00 Mexican Train AR 3:00 Happy Hour & Pie LR 6:00 Walking Club	24 National Compliment Day! AR 10:00 Fun Exercise AR 1:30 Bingo & Celebrate January Birthdays! AR 2:30 Yahtzee LR 6:00 Chillin with Friends	25 AR 10:00 Chair Yoga AR 2:00 Board Games/ Cards AR 5:30 Color Me Calm
26 AR 10:00 Fun Exercise C 1:00 Rosary Prayer by Nick! AR 2:00 LRC & UNO Game LR 6:00 Walking Club	27 National Chocolate Cake Day! AR 10:00 Fun Exercise AR 1:30 Bingo AR 2:45 Cake Walk LR 6:00 Chillin with Friends	28 AR 9:30 Chair Yoga C 10:00 Nondenominational Church AR 2:00 Residents Council Meeting AR 3:00 Games & Games LR 6:00 Walking Club	29 AR 10:00 Chair Yoga LR 10:45 Bus Trip Lunch- Mr. BBQ AR 1:30 Bingo AR 2:30 Rummy Card Club LR 6:00 Chillin with Friends	30 AR 10:00 Chair Yoga AR 1:15 Queen Of Hearts AR 1:30 Mexican Train AR 3:00 Entertainment- Tom Ostresh LR 6:00 Walking Club	31 AR 10:00 Fun Exercise AR 1:15 Bingo & Popcorn AR 2:30 Pass the Trash Card game LR 6:00 Chillin with Friends	