

Sunday

Monday

Tuesday


Wednesday

Thursday

Friday

Saturday

# January 2022

						<p><u>Breakfast</u>  <b>Laundry Folding*</b> 1  <u>Lunch</u>  <b>Relaxation</b>  <b>2:00 Movie Matinee*</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p> <p><small>New Year's Day</small></p>	
<p><b>Art of Coloring*</b> 2  <u>Lunch</u>  <b>Relaxation</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>          Pack up Decor  <u>Lunch</u>  <b>Relaxation</b>  <b>1:00 Worship=C</b>  <b>2:00 Bingo=C</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>          Pack up Decor  <b>10:30 Sing Along on Tape</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>3:00 Bean Bag Toss</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>          Pack up Decor  <b>10:30 Word Games</b>  <b>10:45 Catholic Srv.=C</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>2:00 Bunco</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:00 Art Project</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>1:30 Going to the Movies=Theater</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:30 Balloon Toss</b>  <u>Lunch</u>  <b>Relaxation</b>  <i>2:00 Happy Hour</i>  <i>Music Entertainment=C</i>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>Laundry Folding*</b> 8  <u>Lunch</u>  <b>Relaxation</b>  <b>2:00 Movie Matinee*</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	
<p><b>Art of Coloring*</b> 9  <u>Lunch</u>  <b>Relaxation</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:30 Gentle Fitness</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>1:00 Worship=C</b>  <b>2:00 Bingo=C</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:30 Sing Along &amp; Reminiscing</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>3:00 Table Balloon</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:30 Word Games</b>  <b>10:45 Catholic Srv.=C</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>2:00 Bunco</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:00 Art Project</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>1:30 Going to the Movies=Theater</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:30 Balloon Toss</b>  <u>Lunch</u>  <b>Relaxation</b>  <i>2:00 Happy Hour</i>  <i>Music Entertainment=C</i>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>Laundry Folding*</b> 15  <u>Lunch</u>  <b>Relaxation</b>  <b>2:00 Movie Matinee*</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	
<p><b>Art of Coloring*</b> 16  <u>Lunch</u>  <b>Relaxation</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:30 Gentle Fitness</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>1:00 Worship=C</b>  <b>2:00 Bingo=C</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>10:30 Sing Along &amp; Reminiscing</b>  <u>Lunch</u>  <b>Relaxation</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>10:00 Word Games</b>  <b>10:45 Catholic Srv.=C</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>2:00 Bunco</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>10:00 Art Project*</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>1:30 Movie Matinee</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>10:30 Balloon Toss*</b>  <u>Lunch</u>  <b>Relaxation</b>  <i>2:00 Birthday Party</i>  <i>Music Entertainment=C</i>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>Laundry Folding*</b> 22  <u>Lunch</u>  <b>Relaxation</b>  <b>2:00 Movie Matinee*</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	
<p><b>Art of Coloring*</b> 23  <u>Lunch</u>  <b>Relaxation</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p> <p><small>Activity Professionals Week</small></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:30 Gentle Fitness</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>1:00 Worship=C</b>  <b>2:00 Bingo=C</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:30 Sing Along &amp; Reminiscing</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>3:00 Bean Bag Toss</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:30 Word Games</b>  <b>10:45 Catholic Srv.=C</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>2:00 Bunco</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p> <p><small>Australia Day (observed)</small></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:00 Art Project</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>1:30 Going to the Movies=Theater</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:30 Balloon Toss</b>  <u>Lunch</u>  <b>Relaxation</b>  <i>3:00 Beat the Winter Blahs Party!=C</i>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>Laundry Folding*</b> 29  <u>Lunch</u>  <b>Relaxation</b>  <b>2:00 Movie Matinee*</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	
<p><b>Art of Coloring*</b> 30  <u>Lunch</u>  <b>Relaxation</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><u>Breakfast</u>  <b>9:00 Pamper Time</b>  <b>10:30 Gentle Fitness</b>  <u>Lunch</u>  <b>Relaxation</b>  <b>1:00 Worship=C</b>  <b>2:00 Bingo=C</b>  <u>Dinner</u>  <b>Evening Snack Visits*</b></p>	<p><b>Elk River Senior Living, Elk Lodge</b></p> <p>Activities are subject to change,          please refer to the daily board located in the dining room.</p>				<p>Asterisk *=Led by Home Health Aides Without an asterisk Led by Life Enrichment</p> <p>Location Key:          C=Community Rm</p>	<p>          Weekly Pet Therapy with Oakley.</p>