

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2022

## Hamburg, Frankfurt & Dresden Haus

9:30 Fun N' Fitness 10:00 Virtual Mass 1:30 Shuffle Board <b>3:00 New Year's Day Resolutions</b>							<b>1</b>						
<small>New Year's Day</small>													
9:30 Stretch & Relax 1:30 Christian Corner 2:30 Movie	<b>2</b>	9:30 Pump it Up 11:15 Ball Games <b>2:00 German Hour</b> 5:45 Meditation & Relaxation	<b>3</b>	9:15 Stretch & Relax 10:30 Morning Trivia <b>1:30 Scenic Drive</b> 2:15 Art Studio 5:45 Open Leisure	<b>4</b>	9:30 Pump it Up 1:15 Sing Along 1:30 Beauty Group 3:00 Active Games <b>6:15 New Year's Party with the Lawless Firm Band</b>	<b>5</b>	9:30 Fun N' Fitness 10:30 Friendly Visits 10:30 Java Music Club 1:30 Brain Games 3:00 Bingo 3:45 Musical Wish Hour 5:45 Evening Music	<b>6</b>	9:30 Stretch & Relax 10:30 Friendly Visits 10:30 Sensory Stimulation 10:30 Chinese Music Hour 1:15 Song Writing Circle 1:30 Bowling <b>3:00 Pub Social with Music</b> 5:30 Movie Night	<b>7</b>	9:30 Fun N' Fitness 10:00 Virtual Mass <b>2:00 Concert with Peter Paulus</b>	<b>8</b>
9:30 Stretch & Relax 1:30 Christian Corner 2:30 Movie	<b>9</b>	9:30 Pump it Up 11:15 Ball Games <b>2:00 German Hour</b> 5:45 Meditation & Relaxation	<b>10</b>	9:15 Stretch & Relax 10:30 Morning Trivia 1:15 Music & Memories <b>1:30 Scenic Drive</b> 2:15 Art Studio 3:30 Classical Music Hour 5:45 Open Leisure	<b>11</b>	9:30 Pump it Up 10:30 Java Music Club 1:15 Sing Along 1:30 Beauty Group 3:00 Active Games <b>5:00 Dinner Club-White Spot</b>	<b>12</b>	9:30 Fun N' Fitness 10:30 Friendly Visits 10:30 Java Music Club 1:30 Brain Games 3:00 Bingo 3:45 Musical Wish Hour 5:45 Evening Music	<b>13</b>	9:30 Stretch & Relax 10:30 Friendly Visits 10:30 Sensory Stimulation 10:30 Chinese Music Hour 1:15 Song Writing Circle 1:30 Bowling <b>3:00 Pub Social with Music</b> 5:30 Movie Night	<b>14</b>	9:30 Fun N' Fitness 10:00 Virtual Mass <b>2:00 Concert with Peter Campbell</b>	<b>15</b>
9:30 Stretch & Relax 1:30 Crossword 2:30 Movie	<b>16</b>	9:30 Pump it Up <b>1:30 Documentary on Dr. Martin Luther King Jr.</b>	<b>17</b>	9:15 Stretch & Relax 1:15 Music & Memories <b>11:00 Bus Trip to Bowling &amp; Pizza</b> 2:15 Art Studio 3:30 Rock N' Roll Hour	<b>18</b>	9:30 Pump it Up 10:30 Java Music Club 1:15 Sing Along 1:30 Beauty Group 3:00 Active Games 6:15 Debate Night	<b>19</b>	9:30 Fun N' Fitness 10:30 Friendly Visits 10:30 Java Music Club 1:30 Brain Games 3:00 Bingo 3:45 Musical Wish Hour 5:45 Evening Music	<b>20</b>	9:30 Stretch & Relax 10:30 Friendly Visits 10:30 Sensory Stimulation 10:30 Chinese Music Hour 1:15 Song Writing Circle 1:30 Bowling <b>3:00 Pub Social with Music</b> 5:30 Movie Night	<b>21</b>	9:30 Fun N' Fitness 10:00 Virtual Mass <b>2:00 Concert with Leo Araujo</b>	<b>22</b>
<small>Martin Luther King Jr. Day</small>													
9:15 Stretch & Relax 1:30 Crossword 2:30 Movie	<b>23</b>	9:30 Pump it Up 1:30 Mental Aerobics	<b>24</b>	9:15 Stretch & Relax <b>10:30 Robby Burns Program &amp; Documentary</b> 1:15 Music & Memories <b>2:00 Birthday Party</b> 2:15 Art Studio <b>3:30 Sounds of Scotland</b>	<b>25</b>	9:30 Pump it Up 10:30 Java Music Club <b>1:30 Celebration of Life</b> 1:30 Beauty Group 3:00 Active Games <b>5:45 Arm Chair Travel to Scotland</b>	<b>26</b>	9:30 Fun N' Fitness 10:30 Friendly Visits 10:30 Java Music Club 1:30 Brain Games 3:00 Bingo 3:45 Musical Wish Hour 5:45 Evening Music	<b>27</b>	9:30 Stretch & Relax 10:30 Friendly Visits 10:30 Sensory Stimulation 10:30 Chinese Music Hour 1:15 Song Writing Circle 1:30 Bowling <b>3:00 Pub Social with Music</b> 5:30 Movie Night	<b>28</b>	9:30 Fun N' Fitness 10:00 Virtual Mass <b>3:00 Shuffle Board</b>	<b>29</b>
<small>Activity Professionals Week</small>													
9:15 Stretch & Relax 1:30 Crossword 2:30 Movie	<b>30</b>	9:30 Pump it Up 1:30 Mental Aerobics	<b>31</b>	<b>Tuck Shop</b> Tuesdays at 3:30 & Thursday 4:00pm  <b>Spiritual Care Provider</b> Monday Mornings- 9:00am-12:00pm									