



# January 2022 Woods Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>Activities are subject to change. Please see the T.V. in the Dining Room for updated information.</u>					<b>1 New Years Day Morning Activities</b> Fit Express Video Exercise Sing Along with Susie Q: <i>50's Fun!</i> <b>Afternoon Activities</b> RA's Choice Activity 3:00 Coffee and Cookies Movie Night
<b>2 Morning Activities</b> Move & Groove with Susie Q 11:00 Church Service <b>Afternoon Activities</b> RA'S Choice Activity 3:00 Coffee and Cookies Melody Lane Sing Along: <i>Songs from the Heart</i>	<b>3 Morning Activities</b> 10:30 Exercise with Katie 11:00 Country Sing Along <b>Afternoon Activities</b> 1:00 Music for Life w/ Jane 3:00 Coffee and Cookies Ring Toss	<b>4 Beauty Shop Morning Activities</b> 10:30 Devotions with Deb 11:00 Exercise with Katie 11:30 Finish the Lyrics <b>Afternoon Activities</b> 1:00 Recycled Cards 3:00 Coffee and Cookies Card Games	<b>5 Morning Activities</b> 10:30 Exercise with Katie 11:00 Mind Aerobics <b>Afternoon Activities</b> 1:00 Rosary Group 3:00 Coffee and Cookies Daniel O'Donnell "Best Of" Concert on DVD	<b>6 Beauty Shop Morning Activities</b> 10:30 Exercise with Katie 11:00 It's Never To Late <b>Afternoon Activities</b> 1:00 Devotions with Deb 3:00 Coffee and Cookies Noodle Hockey	<b>7 Morning Activities</b> 10:30 Exercise with Katie 11:00 Flower Arranging <b>Afternoon Activities</b> 1:00 Nail Care with Katie 3:00 Coffee and Cookies Movie Night	<b>8 Morning Activities</b> Stars&Stripes Video Exercise Sing Along with Susie Q: <i>Grandma's Parlor</i> <b>Afternoon Activities</b> RA's Choice Activity 3:00 Coffee and Cookies Movie Night
<b>9 Morning Activities</b> Move & Groove with Susie Q 11:00 Church Service <b>Afternoon Activities</b> RA's Choice Activity 3:00 Coffee and Cookies Sentimental Sing Along: <i>Romance and Ragtime</i>	<b>10 Morning Activities</b> 10:30 Exercise with Katie 11:00 50's Favs Sing Along <b>Afternoon Activities</b> 1:30 Musical Memories 3:00 Coffee and Cookies Ring Toss	<b>11 Beauty Shop Morning Activities</b> 10:30 Devotions with Deb 11:00 Exercise with Katie 11:30 Finish the Lyrics <b>Afternoon Activities</b> 1:00 Winter Bracelet Craft 3:00 Coffee and Cookies Card Games	<b>12 Morning Activities</b> 10:30 Exercise with Katie 11:00 Mind Aerobics <b>Afternoon Activities</b> 1:00 Rosary Group 3:00 Coffee and Cookies Daniel O'Donnell Live from Nashville Concert on DVD	<b>13 Beauty Shop Morning Activities</b> 10:30 Exercise with Katie 11:00 It's Never Too Late <b>Afternoon Activities</b> 1:00 Devotions with Deb 3:00 Coffee and Cookies Ball Toss	<b>14 Morning Activities</b> 10:30 Exercise with Katie 11:00 Flower Arranging <b>Afternoon Activities</b> 1:00 Nail Care with Katie 3:00 Coffee and Cookies Movie Night	<b>15 Morning Activities</b> Fit Express Video Exercise Sing Along with Susie Q: <i>Praise and Joy</i> <b>Afternoon Activities</b> RA's Choice Activity 3:00 Coffee and Cookies Movie Night
<b>16 Morning Activities</b> Move & Groove with Susie Q 11:00 Church Service <b>Afternoon Activities</b> RA's Choice Activity 3:00 Coffee and Cookies Melody Lane Sing Along: <i>Songs of Ireland</i>	<b>17 Morning Activities</b> 10:30 Exercise with Katie 11:00 Sing Along Volume 1 <b>Afternoon Activities</b> 1:00 Music for Life w/ Jane 3:00 Coffee and Cookies Ring Toss	<b>18 Beauty Shop Morning Activities</b> 10:30 Devotions with Chaplain John 11:00 Exercise with Katie 11:30 Finish the Lyrics <b>Afternoon Activities</b> 1:00 Tea Light Project 3:00 Coffee and Cookies Card Games	<b>19 Morning Activities</b> 10:30 Exercise with Katie 11:00 Mind Aerobics <b>Afternoon Activities</b> 1:00 Rosary Group 3:00 Coffee and Cookies Daniel O'Donnell Songs of Faith Concert on DVD	<b>20 Beauty Shop Morning Activities</b> 10:30 Exercise with Katie 11:00 It's Never Too Late <b>Afternoon Activities</b> 1:30 Devotions with Chaplain John 2:00 Bandanahhh! Concert (C) 3:00 Coffee and Cookies Noodle Hockey	<b>21 Morning Activities</b> 10:30 Exercise with Katie 11:00 Flower Arranging <b>Afternoon Activities</b> 1:00 Nail Care with Katie 3:00 Coffee and Cookies Movie Night	<b>22 Morning Activities</b> Stars&Stripes Video Exercise Sing Along with Susie Q: <i>Happy Days</i> <b>Afternoon Activities</b> RA's Choice Activity 3:00 Coffee and Cookies Movie Night
<b>23 Morning Activities</b> Move & Groove with Susie Q 11:00 Church Service <b>Afternoon Activities</b> RA's Choice Activity 3:00 Coffee and Cookies Sentimental Sing Along: <i>Love and Laughter</i>	<b>24 MLK Day &amp; Barber Shop Morning Activities</b> 10:30 Exercise with Katie 11:00 Sing Along Volume 2 <b>Afternoon Activities</b> 1:30 Musical Memories with Kate 3:00 Coffee and Cookies Ring Toss	<b>25 Beauty Shop Morning Activities</b> 10:30 Devotions with Chaplain John 11:00 Exercise with Katie 11:30 Finish the Lyrics <b>Afternoon Activities</b> 1:00 Painting Project 3:00 Coffee and Cookies Card Games	<b>26 Morning Activities</b> 10:30 Exercise with Katie 11:00 Mind Aerobics <b>Afternoon Activities</b> 1:00 Rosary Group 3:00 Coffee and Cookies Daniel O'Donnell Rock 'N' Roll Concert on DVD	<b>27 Beauty Shop Morning Activities</b> 10:30 Exercise with Katie 11:00 It's Never Too Late <b>Afternoon Activities</b> 1:30 Devotions with Chaplain John 3:00 Coffee and Cookies Ball Toss	<b>28 Morning Activities</b> 10:30 Exercise with Katie 11:00 Flower Arranging <b>Afternoon Activities</b> 1:00 Nail Care with Katie 3:00 Coffee and Cookies Move Night	<b>29 Morning Activities</b> Fit Express Video Exercise Sing Along with Susie Q: <i>America Sings</i> <b>Afternoon Activities</b> RA's Choice Activity 3:00 Coffee and Cookies Movie Night
<b>30 Morning Activities</b> Move & Groove with Susie Q 11:00 Church Service <b>Afternoon Activities</b> RA's Choice Activity 3:00 Coffee and Cookies Golden Girls	<b>31 Morning Activities</b> 10:30 Exercise with Katie 11:00 Sing Along Volume 3 <b>Afternoon Activities</b> 1:00 Music Bingo! 3:00 Coffee and Cookies Ring Toss		Breakfast: 9:00am Lunch: 12:00pm Dinner: 5:00pm			