January 2025 Life Enrichment Monthly Calendar

Memory Care

Activities are subject to change

N	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7				9:30 am Wednesday Wellness 10:00 am Funniest Dad Jokes 10:30 am This Day In History 12:30 pm Afternoon Meeting 1:00 pm Bingo 2:00 pm Meditation & Therapeutic Color Page 3:00 pm "Inside The Minds of Dogs"	9:30 am Sit & Be Fit 10:00 am Short Stories 10:30 am Winter Watercolor 12:30 pm Afternoon Meeting 1:00 pm Uno 1:30 pm Powerback Fitness 2:00 pm Dance Kinetic 3:30 pm This Day In History	9:30 am Friday Fitness 10:00 am Reminisce: Snow Days 10:30 am Upside Down Picture Quiz 12:30 pm Afternoon Meeting 1:00 pm Pictionary 2:00 pm Guess The Song & Artist 2:30 pm This Day In History	9:30 am Saturday Stretch 10:00 am Do You Want To Build A Snowman? 10:30 am Nature Knowledge: Snow Storms 12:30 pm Afternoon Meeting 1:00 pm Guess The Logo Quiz 1:30 pm "Inside The Mind of Cats" 2:30 pm This Day In History
		9:30 am Morning Wake Up 6 Exercise 10:00 am This Day in History 10:30 am Finish The Movie Title 12:30 pm Afternoon Meeting 1:00 pm Nature: Voles & Mice 2:00 pm Afternoon Coffee & Tea Social 3:30 pm Indoor Volleyball	9:30 am Sit & Be Fit 7 10:00 am This Day in History 10:30 am Music Appreciation 12:30 pm January Birthday Bash 1:30 pm Alzheimer's Fundraiser Project 2:30 pm Conversation Starters 3:00 pm Left, Right Center	9:30 am Wednesday Wellness 10:00 am World History Quiz 10:30 am It Happened In January 12:30 pm Afternoon Meeting 1:00 pm Toss Like A Boss Game 2:00 pm Wednesday Wind Down Social 3:00 pm Documentary Now	Elvis Presley's B-day 9 9:30 am Sit & Be Fit 10:00 am This Day in History 10:30 am This Is Your Life, Elvis Quiz 12:30 pm Elvis Bingo 1:30 pm Fried PB & Banana Sandwiches 2:30 pm "Blue Hawaii"	9:30 am Friday Fitness 10:00 am Reminisce: Snow Days 10:30 am This Day In History 12:30 pm Afternoon Meeting 1:00 pm Nature Knowledge 2:00 pm Left, Right, Center 3:00 pm Music Appreciation	9:30 am Saturday Stretch 10:00 am This Day In History 10:30 am Reminisce 12:30 pm Afternoon Meeting 1:00 pm Indoor Volleyball 2:00 pm Music & Meditation
	10:00 am Who Am I? 10:30 am This Day in History 12:30 pm Afternoon Meeting 1:00 pm Who Sang That Song 1:30 pm Artist Impression 2:30 pm Indoor Hockey	9:30 am Morning Wake Up Exercise 10:00 am This Day In History 10:30 am What's In The Bag? 12:30 pm Afternoon Meeting 1:00 pm Song w/ Suzy Q 1:30 Pass the Penny 2:30 pm Snowman Sock Creations	9:30 am Sit & Be Fit 10:00 am This Day in History 10:30 am Reminisce: Birthdays 1:00 pm January Birthday Bash 1:30 pm Alzheimer's Fundraiser Project 2:30 pm Indoor Football Toss & Quiz	9:30 am Wednesday Wellness 10:00 am This Day In History 10:30 am Conversation Starters 12:30 pm Afternoon Meeting 1:00 pm Bread Machine Bake 2:00 pm Winter Watercolor 3:00 pm Music Appreciation	10:00 am Sit & Be Fit 10:00 am This Day in History 10:30 am Indoor Volleyball 12:30 pm Afternoon Meeting 1:00 pm Tea/Coffee Pairing 2:00 pm Brain Games	9:30 am Friday Fitness 10:00 am This Day In History 10:30 am Beaded Bracelet 12:30 pm Afternoon Meeting 1:00 pm Sensory & Meditations 1:30 pm Afternoon Craftivity 2:30 pm "The Andy Griffith Show"	9:30 am Saturday Stretch 10:00 am This Day in History 10:30 am Paper Airplane Throwing Contest 12:30 pm Afternoon Meeting 1:00 pm Saturday Activity Packet
	10:00 am Who Am I? 10:30 am This Day in History 12:30 pm Afternoon Meeting 1:00 pm Who Sang That Song 1:30 pm Artist Impression	10:00 am 10:30 am This Day in History 12:30 pm Afternoon Meeting 1:00 pm Who Sang That Song 2:00 pm Singer, Frank Lee 3:30 pm Meditations & Music	9:30 am Sit & Be Fit 10:00 am Singalong w/ Jamie 10:30 am Chair Soccer 12:30 pm Afternoon Meeting 1:30 pm "I Love Lucy" 2:00 pm This Day In History 2:30 pm Left, Right Center	I0:00 am Easy DIY Snow Globes I2:30 pm Afternoon Meeting	9:30 am Sit & Be Fit 10:00 am This Day in History 10:30 am Songs w/ Suzy Q 12:30 pm Afternoon Meeting 1:00 pm Bingo 2:30 pm MC Pop-UP	9:30 am Friday Fitness 24 10:00 am This Day in History 10:30 am Reminisce 12:30 pm Afternoon Meeting 1:00 pm Coffee Filter Snowflake 2:00 pm Roll It, Play It	9:30 am Saturday Stretch 10:00 am This Day in History 10:30 am Music & Meditations 12:30 pm Afternoon Meeting 1:00 pm Saturday Activity Packet
	10:30 am Singalong w/ Suzy Q 12:30 pm Afternoon Meeting 1:00 pm The Andy Griffith Show 1:30 pm The Great Arts 2:30 pm Sensory & Meditations	9:30 am Wednesday Wellness 10:30 am Music & More 12:30 pm Afternoon Meeting 1:30 pm Artist Impression 2:30 pm Indoor Hockey	9:30 am Sit & Be Fit 10:00 am Reminisce 10:30 am This Day In History 12:30 pm Afternoon Meeting 1:00 pm Humane Society Dog Treat Making 2:00 pm Short Stories 2:30 pm Creative Collages	CHINESE NEW YEAR 29 9:30 am Wednesday Wellness 10:30 am Music Therapy w/ Chris 12:30 pm Afternoon Meeting 1:00 pm Chinese New Year: Year of the Snake Activities	9:30 am Sit & Be Fit 30 10:00 am This Day in History 10:30 am Nature: Penguins 12:30 pm Afternoon Meeting 1:00 pm Sensory Stimulation 2:00 pm Bakeology: Crockpot Lava Cake	10:00 am This Day in History 10:30 am January Wrap Up	

FL - Front Library

PR - Piano Room

B - Bistro

C - Community Room

GR - Game Room

STORYPOINT Senior Living