

# JANUARY 2025

## Life Enrichment Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Daily Chronicle 10:30 Vanilla Lattes 11:00 Movement Through Music 1:30 Current Events 3:00 Old TV Shows 6:00 Relaxing Music/Warming Blankets	2 9:00 Daily Chronicle 10:00 Chair Fitness 11:00 Office Help 1:30 This & That 2:00 New Year, New Me Mottos 3:00 Black Jack 5:30 Wipe Out 6:00 Puzzles/Hand Massages	3 9:00 Daily Chronicle 10:00 St. Joseph Church 11:00 Movement & Balance 1:30 Beaded Pipe Cleaner Snowflake Craft 2:30 All Sorts of Fun 3:00 Happy Hour 6:00 Coloring/Friday Night Movie	4 9:00 Daily Chronicle 10:00 Parachute 11:00 Closet Organizing 2:00 Bean Bag Toss 3:00 Water Colors 4:00 Sing Along with Brad 6:00 Saturday Night Movie
5 9:00 Daily Chronicle 10:00 Chair Zumba 11:00 Church Services 1:30 Flower Arranging 3:30 Walkie Talkie 6:00 Coloring/Relaxing Sounds	6 9:00 Daily Chronicle 10:30 First Presbyterian Visit 11:00 Let's Set the Table 1:30 Monday Manicures & Hand Massages 3:00 Getting Crafty 5:30 Tug of War Dice Game 6:00 Monday Night Movie & Snacks	7 9:00 Daily Chronicle 10:00 Marching Madness 11:00 10 Minute Tidy 1:30 Mark Hoffman Performing 2:00 Beat the Average-YouTube 3:00 Board Games 6:00 Easy Listening/Our Universe - Netflix	8 9:00 Daily Chronicle 10:00 Cappuccino Cart 10:30 Scarf Exercises 1:30 Painting with Susie 3:00 Time to Sparkle & Shine 5:30 Skee Ball 6:00 Short Stories/Warming Blankets	9 9:00 Daily Chronicle 10:00 Fruit Cereal Bars 11:00 Sit to be Fit 1:30 Polishing Silverware 2:00 Chef Demo 3:00 Snowflake Craft 5:30 Off to the Races 6:00 Hand Massages	10 9:00 Daily Chronicle 10:00 Balance in Action 11:00 Coupon Clipping 2:00 Joe Senior Moments 3:00 Happy Hour Beating the Winter Blues 6:00 Tandem Puzzles/ Great Art Explained	11 9:00 Daily Chronicle 10:00 Coffee Time 11:00 Let's Set the Table 2:00 Raid the Pantry 4:00 Neighborhood Walk 6:00 Aromatherapy/ Sensory Activity
12 9:00 Daily Chronicle 10:00 Noodle Exercises 11:00 Church Services 1:00 Bowling 2:30 Old TV Shows 6:00 Construct a Puzzle/ Shoulder Massages	13 9:00 Daily Chronicle 10:00 Hot Cocoa Cart 11:00 Stomping Ground 1:30 Monday Manicures 3:00 Craft Corner 5:30 Left, Right, Center 6:00 Audio Book/Shoulder Massages	14 9:00 Daily Chronicle 10:00 Morning Stretch 12:30 Lunchtime Cleanup 1:00 Tea & Trivia 2:00 Popcorn Bar with Dana 3:00 Guess the Sound 6:00 Name That Tune/ Aromatherapy	15 9:00 Daily Chronicle 10:30 Tai Chi with Sharon 11:00 Matching & Sorting 1:30 Let's Bake Cookies 2:30 Kitchen Cleanup 5:30 Tug of War Dice Game 6:00 Arm Chair Travels/ Warming Blankets	16 9:00 Daily Chronicle 10:00 Upper Body Exercises 11:00 Counting Coins 1:00 Making Mug Cakes 2:00 Snow Globe Craft 3:30 Create Your Own Trail Mix 5:30 High Five Ladder 6:00 Essential Oils/Throwback Thursday	17 9:00 Daily Chronicle 10:00 Rise & Shine it is Exercise Time 11:00 Reducing Dust 1:30 Heather Performing 2:00 Friday Fidgets 3:00 Happy Hour 6:00 Movie & Popcorn	18 9:00 Daily Chronicle 10:00 1950's Oldies Workout 11:00 Sing Along with Susie Q 2:00 Reminiscing 3:00 Ball Toss 6:00 SCENTsational Sounds
19 9:00 Daily Chronicle 10:00 Chair Yoga 11:00 Church Services 1:30 Old Shows 3:00 Water Colors 6:00 Nature Landscapes/ Essential Oils	20 9:00 Daily Chronicle 10:00 Drum Circle with Lucas 11:00 Sorting by Colors 1:30 Monday Manicures 3:00 Watching MLK's Speech 5:30 Candy Dice Game 6:00 Monday Night Movie/ Warming Blankets	21 9:00 Daily Chronicle 10:00 Let's Get Physical 11:00 Tuesday Tidy 1:00 Corn Hole 2:00 Janet & Grant Performing 3:00 Set the Dinner Table 6:00 Deep Breathing/Great Art Explained	22 9:00 Daily Chronicle 10:00 Cranberry Orange Tea 11:00 Polish & Dust 1:30 Painting with Susie 3:00 Puzzle Hour 5:30 Shuffle Board 6:00 Essential Oils/Coloring	23 9:00 Daily Chronicle 10:00 Scarf Exercises 11:00 Folding Laundry 1:30 Apple Cart 2:30 Getting Crafty 5:30 Tug of War 6:00 Meditation & Relaxation	24 9:00 Daily Chronicle 10:00 Improve Your Flexibility 11:00 Shoe Shine 1:30 Trying Weird Food Combos-Nat. Peanut Butter Day 2:00 Riddle Me This 3:00 Happy Hour 6:00 Friday Flick/Warming Blankets	25 9:00 Daily Chronicle 10:00 Seated Core Exercises 1:00 Lunchtime Cleanup 2:00 Clay Play 3:00 Train Your Brain 6:00 Movie & Popcorn
26 9:00 Daily Chronicle 10:00 Noodle Exercises 11:00 Church Services 1:30 Helping Hands 2:00 Cards 6:00 Coloring/ White Noises	27 9:00 Daily Chronicle 10:00 Sit to be Fit 11:00 Laundry Time 1:00 Shake Shack 1:30 Manicures & Hand Massages 3:00 Puzzle Time 6:00 Sensory Activity/ Warming Blankets	28 9:00 Daily Chronicle 10:00 Marching Madness 11:00 Let's Set the Table 1:30 Hot Cocoa Cart 2:30 Bean Bag Toss 3:30 Random Trivia 6:00 Essential Oils/Name That Tune	29 9:00 Daily Chronicle 10:00 Caramel Macchiatos 11:00 Seated Core Exercising 1:30 National Corn Chip Day 2:30 Organizing & Sorting 3:30 Random Pieces 6:00 Nature Landscapes/ Warming Blankets	30 9:00 Daily Chronicle 10:00 Cardio Drumming 11:00 Coffee & Chat 1:30 Rock the Block 2:00 New Resident Social 3:00 Creation Station 5:30 Skee Ball 6:00 Puzzles/Arm Chair Travels	31 9:00 Daily Chronicle 10:00 Move to the Music 11:00 Counting Coins 1:30 EZ Does it Trivia 3:00 Happy Hour Birthday Bash 5:30 Tug of War Dice Game 6:00 Friday Night Movie & Snacks	