

Grace Haven Assisted Living and Memory Care

Assisted Living | Comfort Care

January 2025

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Manicures, Music and Hand Massages (B) 1:30 Laughter Yoga and Lemonade (MC) 3:15 Music with Wendy (MC) 5:45 Happy Hour: New Year's Day Cocktails (L)	2 10:00 2025 Timeless Event Talk and Coffee Bar (PD) 2:00 Games (MD) 3:30 Exercise (MD) 4:15 Winter Themed Jokes and Laughter (MD)	Mind and Body Day 3 10:00 Movement Exercise and Matcha Hydration Drinks (MC) 1:15 Bingo (MD) 3:00 January's Bingo Store Extravaganza and Coffee Stand (PD)	Agnes's Birthday Trivia Day 4 10:30 New Year, Best Me Exercise (MC) 1:15 Tons of Trivia Fun and Snow Themed Craft(PD) 3:00 Don't Burst My Bubble Game (MD)
5 10:30 Church Service and Songs (MC) 1:15 Tactile Ball Exercise and Breath Control (MC) 5:45 Resident Lead Euchre Games (PD, CD)	6 10:30 Cooking Club: Monday Pick Me Up 3,2,1 Mug Cakes and Coffee (CD) 1:15 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD)	7 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 1:15 Snowball Fight and Basket Shooting (MC) 3:00 Briggs Library (PD)	Bubble Bath Day 8 11:00 Walking Club and Water Break (H) 1:15 Manicures and Foot Bubble Baths (B) 5:45 Happy Hour: Bud Lights Beers, and Other Bubble Drinks (L)	9 10:00 Craft: Do You Wanna Build A Snowman (PD) 1:00 Resident Activity Meeting (PD) 2:00 Games (MD) 3:30 Exercise (MD) 5:45 Seasonal Pictionary (PD)	10 10:00 Resistance Band Exercise (MC) 12:15 Honoring Our Veterans Ordering Out Luncheon (PD) 1:15 Bingo (MD) 3:15 Music with Marty (MD)	11 10:30 Euchre Games (CD) 1:15 Crafting with Our Local 4-H Group (MD) 2:00 Balloon Badmitten (PD) 5:45 Swimming Aerobics (MC)
12 10:30 Church Service and Songs (MC) 1:30 Men's Group: Talk of Men's Group Ideas (PD) 5:45 Meditation Exercise with Calming Music and Sounds (PD)	13 10:30 Monday Motivation Messages, Sunshine, and Vitamins Gathering (B) 1:15 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD)	14 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Zumba with Margie (MD) 4:00 Give Back Cards (PD)	Bagel Day 15 11:00 Music with Tess and Mini Bagel Bar (MD) 1:15 Manicures (B) 3:00 Scarf Exercise (MC) 5:45 Happy Hour: The Chatty Aunt Cocktail and Mocktail (L)	16 10:00 Educational Gluten Free Lifestyle Chat with Jen (PD) 11:00 Cooking Club: Treats for Pharmacist's (MC) 2:00 Games (MD) 3:30 Exercise (MD)	17 10:30 Main Street Café Outing for Lunch 1:15 Bingo (MD) 3:00 Staying Safe in the Snow Chat (L) 5:45 Chair Yoga and Deep Breathing (MC)	Nancy's Birthday 18 10:30 Marching Exercise (MC) 1:30 Scalp and Head Massages (PD) 3:00 Farkle Game or Sudoku Puzzles 5:45 Seasonal Movie (MC)
Popcorn Day 19 10:30 Church Service and Songs (MC) 1:30 (New) Friend Welcome Party and Social Time (PD) 2:30 Cornhole (MD) 5:45 Crosswords (PD)	MLK 20 10:00 Mobile Cart: Popcorn Snack and Flavors 11:00 MLK Day Trivia and Speech (PD) 1:15 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD)	21 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 2:30 Exercise From the 50's, 60's, and 70's (MC) 5:45 Hymns (MC)	22 10:00 Manicures and Music (B) 1:30 Groovin' Grace Haven Zumba (PD) 5:45 Happy Hour: January Surprise Cocktails and Mocktails (L)	23 10:00 Culinary Showcase (L) 11:00 Technology Education Chit Chat About Chat GPT (PD) 2:00 Games (MD) 3:30 Exercise and Hydration Drinks (MD)	Jen's Birthday 24 11:00 2025 Timeless Event Talk (PD) 1:15 Bingo (MD) 3:30 Before Dinner Meditation (MC) 5:45 Resident Lead Games and Hydration	Irish Coffee Day 25 10:30 Mobile Cart: Irish Coffee Drinks 1:30 Men's Group: Puzzles and Chatting (PD) 5:45 Essential Oils, Relaxation Exercise, and Hydration (MC)
26 10:30 Church Service and Songs (MC) 1:30 Sit and Be Fit Exercise (PD) 5:45 Resident Lead Card Games and Hydration Drinks (CD)	27 10:30 Jen and Frankie Pet Therapy 1:15 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD) 4:15 Green Juice Mobile Cart	28 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Zumba with Margie (MD) 4:00 Bingo Store (PD)	Kansas Day 29 10:00 Manicures (B) 12:15 Resident Birthday Party 1:30 Resident Council (PD) 3:00 Simple Stretches (MC) 5:45 There is No Place Like Kansas Fun (MC)	The Lott's 59th Wedding Anniversary 30 10:00 Food Committee (L) 2:00 Games (MD) 3:30 Exercise (MD) 5:45 Happy Hour: London Fog Drinks and Resident Chat (L)	Angela H.'s Birthday 31 10:00 Chair Synchronized Swimming Exercise (PD) 1:15 Bingo (MD) 3:00 Craft: Valentine's Day Apartment Decorations (PD)	February 1 10:00 Golden Zumba Exercise (PD) 11:00 2025 Timeless Event Talk (PD) 1:15 Groundhog Predications (PD) 3:00 Resident Games

Calendar Key:
MD – Main Dining
MC – Memory Care
PD – Private Dining

CD – Cooking Room
L – Lobby
P - Patio
O - Outside

B- Beauty Salon
H- Hall

Breakfast:
7:30am-9:00am

Lunch:
12:15pm-1:30pm

Dinner:
4:45pm- 6:00pm

