

Independence Village of Carmel

Memory Care- Connection Point Neighborhood

# January 2025

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>NEW YEARS DAY! 1</b> 10:00 What's New in 2025 10:30 - Silver Sneakers 11:00 Daily Chronicles 1:30 New Year Code Message 3:00 Storytime with Brad 4:00 Jenga 5:30 Movie of Choice	10:00 Daily Chronicles 2 10:30 Sit N' Fit 11:00 True or False 2:00 Balloon Ball 3:00 Winter Pictionary 5:30 Coloring and Meditation	10:00 Daily Chronicles 3 10:30 Visit with Dory & Brad 11:00 Chair Yoga 1:30 Mini Bowling 3:00 Happy Hour 5:30 Movie of Choice	10:00 Daily Chronicles 4 10:30 Walk with Wellness 11:00 Board Games 1:00 Coloring & Meditation 3:00 Movie of Choice 5:30 Puzzles N' Relaxation
10:00 Daily Chronicles 5 10:30 Walk with Wellness 11:00 BINGO 2:00 Snack and Chat 3:00 Hand Massage 5:30 Coloring & Meditation	10:00 Daily Chronicles 6 10:30 Exercise 11:00 Three Kings Day 1:30 Towel Rollers 3:30 Balloon Volleyball 5:30 Aromatherapy	10:00 Daily Chronicles 7 10:30 Chair Zumba 11:00 Pictionary 1:30 Winter Rock Drive Around 3:00 Corn Hole 5:30 Puzzles N' Relaxation	Happy Birthday Elvis Presley! 8 9:00 Music Therapy 10:00 Daily Chronicles 11:00 Silver Sneakers 1:30 Learn About - Elvis Presley 3:00 Storytime with Brad 5:30 Movie Of Choice	10:00 Daily Chronicles 9 10:30 Group Exercise 11:00 Corn Hole 1:30 Air Hockey 2.0 3:00 Coco & Cookies 5:30 Board Games and Music	10:00 Daily Chronicles 10 10:30 Walk with Wellness 11:00 Board Games 1:00 Coloring & Meditation 3:00 Happy Hour-Charades 5:30 Movie of Choice	10:00 Daily Chronicles 11 10:30 Chair Yoga 11:00 Winter Trivia 1:30 Balloon Ball 3:00 Sensory Hour 5:30 Music & Board games
10:00 Daily Chronicles 12 10:30 Walk with Wellness 11:00 BINGO 2:00 Snack & Chat 3:00 Hand massage 5:30 Coloring & Meditation	10:00 Music Therapy 13 11:00 Daily Chronicles 11:30 Silver Sneakers 1:30 Paint N' Grab 3:00 BINGO 5:30 Movie of Choice	10:00 Daily Chronicles 14 10:30 Chair Zumba 11:00 Fun Facts Discussion 2:00 Hungry Hungry Hippo 5:30 Coloring and Relaxing Music	10:00 Daily Chronicles 15 10:30 Silver Sneakers 11:00 True or False 2:00 Music with Justin Monts 3:00 Storytime with Brad 5:30 Movie Of Choice	10:00 Daily Chronicles 16 10:30 Group Exercise 11:00 Balloon Ball 1:30 A Quiet Winter Cruise 3:00 Britans Got Talent 5:30 Puzzles N' Relaxation	National Popcorn Day! 17 10:00 Daily Chronicles 10:30 Visit with Brad & Dory 11:00 Silver Sneakers 1:30 Interactive Kitchen Popcorn Ball Making 3:00 Happy Hour- Popcorn Bar 5:30 Movie Of Choice	10:00 Daily Chronicles 18 10:30 Walk with Wellness 11:00 Board Games 1:00 Coloring & Meditation 3:00 Americas Got Talent 5:30 Movie Of Choice
10:00 Daily Chronicles 19 10:30 Walk with Wellness 11:00 BINGO 2:00 Snack & Chat 3:00 Hand Massage 5:30 Coloring & Meditation	MLK DAY! 20 10:00 Daily Chronicles 11:00 Silver Sneakers 1:30 MLK Jeopardy 2:30 Cheese Lovers Social 5:30 - Martin Luther King Jr. Speech Movie	10:00 Daily Chronicles 21 10:30 Chair Zumba 11:00 Ring Toss 1:30 Scenic Drive 3:00 Winter Crafts 5:30 Board Games and Music	9:00 Music Therapy 22 10:00 Daily Chronicles 11 Chair Exercises 1:30 Community Walk 2:15 Sam Piercy Entertainment 3:00 Storytime with Brad 5:30 Movie Of Choice	10:00 Daily Chronicles 23 10:30 Silver Sneakers 11:00 Winter Puzzles 1:30 Interactive Kitchen - Blueberry Muffins 3:00 UNO 5:30 Aromatherapy and Relaxing Music	10:00 Daily Chronicles 24 10:30 Walk with Wellness 11:00 Board Games 2:00 Visit with Brad & Dory 3:00 Happy Hour- Resident Birthdays 5:30 Movie of choice	10:00 Daily Chronicles 25 10:30 Chair Yoga 11:00 True or False 1:30 Create Your Story 3:00 Ring Toss 5:30 Movie of Choice
10:00 Daily Chronicles 26 10:30 Walk with Wellness 11:00 BINGO 2:00 Snack & Chat 3:00 Hand Massage 5:30 Coloring & Meditation	10:00 Music Therapy 27 11:00 Daily Chronicles 2:00 Silver Sneakers 3:00 Learn About - Tracey Lawrence 5:30 Movie Of Choice	10:00 Daily Chronicles 28 10:30 Chair Zumba 11:00 Name That Movie 2:00 Interactive Kitchen - Cornbread 3:00 Winter Jeopardy 5:30 Puzzles N' Relaxation	10:00 Daily Chronicles 29 10:30 Chair Exercises 11:00 Soup Day Cookoff 1:30 Community Walk 3:00 Story time with Brad 5:30 Movie Of Choice	10:00 Daily Chronicles 30 10:30 Group Exercise 11:00 Wheel of Fortune 1:30 Crumble Cookie Drive 4:00 Famous Spotlight on Cher 5:30 Board Games and Relaxing Music	10:00 Daily Chronicles 31 10:00 Brad & Dory 11:00 Chair Yoga 1:30 Axe Throwing 3:00 Happy Hour- Beating the Winter Blues 5:30 Movie Of Choice	February 1 10:00 Daily Chronicles 10:30 Walk with Wellness 11:00 Board Games 1:00 Coloring & Meditation 3:00 Basketball 5:30 Movie!

Calendar Key:  
 Most activities are held in our Connection Points Neighborhood

Life Enrichment Director:  
 Brittany Lehman  
 Memory Care Lead: Kellie Cox

Director of Connection Points:  
 Jasmine Woodruff

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**Independence Village** SENIOR LIVING