




# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Morning</b> <b>1</b> Sit & Fit Chair Exercise Sing A Song Sing Along <b>Afternoon</b> Heritage Hikers Balloon Ball <b>New Year's Day</b>	<b>Morning</b> <b>2</b> Sit & Fit Chair Exercise True Or False Tuesday <b>Afternoon</b> Snacks & Refreshments Heritage Hikers <a href="#">Virtual Mass</a>	<b>Morning</b> <b>3</b> Sit & Fit Chair Exercise Hot Potato W/ Music <b>Afternoon</b> Heritage Hikers Name That Sound	<b>Morning</b> <b>4</b> Sit & Fit Chair Exercise What am I <b>Afternoon</b> Heritage Hikers Name That Tune Coloring & Music	<b>Morning</b> <b>5</b> Sit & Fit Chair Exercise Fun Fact Friday <b>Afternoon</b> Heritage Hikers Friday Trivia <a href="#">Happy Hour W/ Snacks</a>	<b>Morning</b> <b>6</b> Sit & Fit Chair Exercise Saturday Sillys <b>Afternoon</b> Snacks & Refreshments Heritage Hikers Coloring & Conversations
<b>Morning</b> <b>7</b> Sit & Fit Chair Exercise Donut Delivery <b>Afternoon</b> <a href="#">Virtual Mass</a> Movie & Popcorn	<b>Morning</b> <b>8</b> Sit & Fit Chair Exercise Sing A Song Sing Along <b>Afternoon</b> Heritage Hikers Elvis Birthday Fun <a href="#">6:00 Kilocycle Cowboy Sings In AL</a>	<b>Morning</b> <b>9</b> Sit & Fit Chair Exercise True Or False Tuesday <b>Afternoon</b> Snacks & Refreshments Heritage Hikers <a href="#">Virtual Mass</a>	<b>Morning</b> <b>10</b> Sit & Fit Chair Exercise Hot Potato W/ Music <b>Afternoon</b> Heritage Hikers Snowman Craft	<b>Morning</b> <b>11</b> Sit & Fit Chair Exercise What am I <b>Afternoon</b> Heritage Hikers Name That Tune BINGO	<b>Morning</b> <b>12</b> Sit & Fit Chair Exercise Fun Fact Friday <b>Afternoon</b> Heritage Hikers Friday Trivia <a href="#">Happy Hour W/ Toe Tapping Tunes W/ Bob</a>	<b>Morning</b> <b>13</b> Sit & Fit Chair Exercise Saturday Sillys <b>Afternoon</b> Snacks & Refreshments Heritage Hikers Duck Craft
<b>Morning</b> <b>14</b> Sit & Fit Chair Exercise Donut Delivery <b>Afternoon</b> <a href="#">Virtual Mass</a> Movie & Popcorn	<b>Morning</b> <b>15</b> Sit & Fit Chair Exercise Sing A Song Sing Along <b>Afternoon</b> Heritage Hikers Strawberry Ice Cream Social <b>Martin Luther King</b>	<b>Morning</b> <b>16</b> Sit & Fit Chair Exercise True Or False Tuesday <b>Afternoon</b> Snacks & Refreshments Heritage Hikers <a href="#">Virtual Mass</a>	<b>Morning</b> <b>17</b> Sit & Fit Chair Exercise Hot Potato W/ Music <b>Afternoon</b> Heritage Hikers Winter BINGO	<b>Morning</b> <b>18</b> Sit & Fit Chair Exercise What am I <b>Afternoon</b> Heritage Hikers Name That Tune Music & Memories	<b>Morning</b> <b>19</b> Sit & Fit Chair Exercise Fun Fact Friday <b>Afternoon</b> Heritage Hikers Friday Trivia <a href="#">Happy Hour W/ Snacks</a>	<b>Morning</b> <b>20</b> Sit & Fit Chair Exercise Saturday Sillys <b>Afternoon</b> Snacks & Refreshments Heritage Hikers Who, What, When
<b>Morning</b> <b>21</b> Sit & Fit Chair Exercise Donut Delivery <b>Afternoon</b> <a href="#">Virtual Mass</a> Movie & Popcorn	<b>Morning</b> <b>22</b> Sit & Fit Chair Exercise Sing A Song Sing Along <b>Afternoon</b> Heritage Hikers Finish The Phrase Balloon Ball	<b>Morning</b> <b>23</b> Sit & Fit Chair Exercise True Or False Tuesday <b>Afternoon</b> Snacks & Refreshments Heritage Hikers <a href="#">Virtual Mass</a>	<b>Morning</b> <b>24</b> Sit & Fit Chair Exercise Hot Potato W/ Music <b>Afternoon</b> Heritage Hikers Winter Sensory Fun	<b>Morning</b> <b>25</b> Sit & Fit Chair Exercise What am I <b>Afternoon</b> Heritage Hikers Name That Tune BINGO	<b>Morning</b> <b>26</b> Sit & Fit Chair Exercise Fun Fact Friday <b>Afternoon</b> Heritage Hikers Friday Trivia <a href="#">Happy Hour W/ Snacks</a>	<b>Morning</b> <b>27</b> Sit & Fit Chair Exercise Saturday Sillys <b>Afternoon</b> Snacks & Refreshments Heritage Hikers Coloring & Conversations
<b>Morning</b> <b>28</b> Sit & Fit Chair Exercise Donut Delivery <b>Afternoon</b> <a href="#">Virtual Mass</a> Movie & Popcorn	<b>Morning</b> <b>29</b> Sit & Fit Chair Exercise Sing A Song Sing Along <b>Afternoon</b> Heritage Hikers Finish The Phrase Balloon Ball	<b>Morning</b> <b>30</b> Sit & Fit Chair Exercise True Or False Tuesday <b>Afternoon</b> Snacks & Refreshments Heritage Hikers <a href="#">Virtual Mass</a>	<b>Morning</b> <b>31</b> Sit & Fit Chair Exercise Hot Potato W/ Music <b>Afternoon</b> Heritage Hikers POKENO		<b>January Birthdays:</b> <a href="#">Ernestine G. Jan. 8<sup>th</sup></a>  <a href="#">Dayne Rea Jan. 18<sup>th</sup></a>  <a href="#">Mary P. Jan. 30<sup>th</sup></a>	

## MEMORY CARE

Community Life Enrichment Calendar

## SPECIAL EVENTS

Family Social January 15<sup>th</sup> at 1:00 PM  
Educational Presentation January 20<sup>th</sup> 3:00 PM

*\*All activities are subject to change when necessary. Residents' families are invited to participate in community events.*