

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						New Years Day 2022! 1 9:30am: Meaningful 1:1s 10am: Movie Matinee 11am: Seated Exercises 12pm: Social Hour 3pm: Trivia & Brain Games 4pm: Hymn Singalong 7pm: Movie Night	
2 9:30am: Meaningful 1:1s 10am: Seated Exercises 11am: Games & Puzzles 12pm: Singalong Songs 3pm: Arts & Crafts 5pm: Bingo 7pm: YouTube Concert	3 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Art & Coloring 12pm: Shadowbox Décor 2pm: Balloon Toss 2:30pm: Live Music (ALR) 3pm: Scenic Drive 5pm: Hand Rubs 7pm: Movie Night	4 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Live Music 12pm: Group Word Games 2pm: Matching & Sorting 4pm: Armchair Travel 7pm: Movie Night	5 Happy Birthday Marilyn D Happy Birthday Rita 9am: Protestant Service 10am: Seated Exercise 11am: Nails & Hair 12pm: Today in History 2pm: Meaningful 1:1s 3pm: Balloon Toss 7pm: Movie Night	6 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Catholic Service 12pm: Bingo 2pm: Bowling 3pm: Music Therapy 5pm: Evening Card Games 7pm: Movie Night	7 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Video Calls 12pm: Cooking/Baking 2pm: Nature Documentary 3pm: Sweet Treat Social 4pm: Short Stories 7pm: Movie Night	8 Elvis Presley's Bday. 9:30am: Meaningful 1:1s 10am: Movie Matinee 11am: Seated Exercises 12pm: Social Hour 3pm: Trivia & Brain Games 4pm: Hymn Singalong 7pm: Movie Night	
9 9:30am: Meaningful 1:1s 10am: Seated Exercises 11am: Games & Puzzles 12pm: Singalong Songs 3pm: Arts & Crafts 5pm: Bingo 7pm: YouTube Concert	10 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Art & Coloring 12pm: Shadowbox Décor 2pm: Balloon Toss 2:30pm: Live Music (ALR) 3pm: Scenic Drive 5pm: Hand Rubs 7pm: Movie Night	11 Happy B-day Virginia! 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Live Music 12pm: Group Word Games 2pm: Matching & Sorting 4pm: Armchair Travel 7pm: Movie Night	12 9am: Protestant Service 10am: Seated Exercise 11am: Nails & Hair 12pm: Today in History 1:30pm: Art Therapy (ALR) 3:30pm: Balloon Toss 7pm: Movie Night	13 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Catholic Service 12pm: Bingo 2pm: Cornhole 3pm: Music Therapy 5pm: Evening Card Games 7pm: Movie Night	14 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Video Calls 12pm: Cooking/Baking 2pm: Travel Documentary 3pm: Sweet Treat Social 4pm: Short Stories 7pm: Movie Night	15 9:30am: Meaningful 1:1s 10am: Movie Matinee 11am: Seated Exercises 12pm: Social Hour 3pm: Trivia & Brain Games 4pm: Hymn Singalong 7pm: Movie Night	
16 9:30am: Meaningful 1:1s 10am: Seated Exercises 11am: Games & Puzzles 12pm: Singalong Songs 3pm: Arts & Crafts 5pm: Bingo 7pm: YouTube Concert	17 MLK Jr. Day 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Art & Coloring 12pm: Shadowbox Décor 2pm: Balloon Toss 3pm: Scenic Drive 5pm: Hand Rubs 7pm: Movie Night	18 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Live Music 12pm: Group Word Games 2pm: Matching & Sorting 4pm: Armchair Travel 7pm: Movie Night	19 Hair Salon OPEN 9am: Protestant Service 10am: Seated Exercise 11am: Nails & Hair 12pm: Today in History 2pm: Meaningful 1:1s 3pm: Balloon Toss 7pm: Movie Night	20 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Catholic Service 12pm: Bingo 2pm: Shuffleboard 3pm: Music Therapy 5pm: Evening Card Games 7pm: Movie Night	21 Meeting Day 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Video Calls 12pm: Small Groups 2pm: Animal Documentary 4pm: Short Stories 7pm: Movie Night	22 9:30am: Meaningful 1:1s 10am: Movie Matinee 11am: Seated Exercises 12pm: Social Hour 3pm: Trivia & Brain Games 4pm: Hymn Singalong 7pm: Movie Night	
23 9:30am: Meaningful 1:1s 10am: Seated Exercises 11am: Games & Puzzles 12pm: Singalong Songs 3pm: Arts & Crafts 5pm: Bingo 7pm: YouTube Concert	24 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Art & Coloring 12pm: Shadowbox Décor 2pm: Balloon Toss 2:30pm: Live Music (ALR) 3pm: Scenic Drive 5pm: Hand Rubs 7pm: Movie Night	25 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Live Music 12pm: Group Word Games 2pm: Matching & Sorting 4pm: Armchair Travel 7pm: Movie Night	26 9am: Protestant Service 10am: Seated Exercise 11am: Nails & Hair 12pm: Today in History 2pm: Meaningful 1:1s 3pm: Balloon Toss 7pm: Movie Night	27 Birthday Pizza Party! 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Catholic Service 12pm: Bingo 2pm: Volleyball 3pm: Music Therapy 7pm: Movie Night	28 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Video Calls 12pm: Cooking/Baking 2pm: Science Documentary 3pm: Sweet Treat Social 4pm: Short Stories 7pm: Movie Night	29 9:30am: Meaningful 1:1s 10am: Movie Matinee 11am: Seated Exercises 12pm: Social Hour 3pm: Trivia & Brain Games 4pm: Hymn Singalong 7pm: Movie Night	
30 9:30am: Meaningful 1:1s 10am: Seated Exercises 11am: Games & Puzzles 12pm: Singalong Songs 3pm: Arts & Crafts 5pm: Bingo 7pm: YouTube Concert	31 9:30am: Meaningful 1:1s 10am: Seated Exercise 11am: Art & Coloring 12pm: Shadowbox Décor 2pm: Balloon Toss 2:30pm: Live Music (ALR) 3pm: Scenic Drive 5pm: Hand Rubs 7pm: Movie Night	 <p> CHAMPLAIN VALLEY SENIOR COMMUNITY ASSISTED LIVING & MEMORY CARE </p>				<p> MEMORY CARE ACTIVITY CALENDAR Breakfast: 9am-10am Lunch: 12:45pm-1:45pm Dinner: 6pm-7pm </p> <p> For Activity Support & Information Contact Hilary 518-817-9108 x407 hilary@champlainassistedliving.com <i>Activities are subject to change.</i> </p>	