

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# Memory Care Activities Calendar

## January 2021

								1		2	
								<p>9am: Reading Hour 10:30am: Balloon Toss 12pm: Sing-along Songs 2pm: Munchie Matinee 3pm: Spa Day 6pm: Movie Night</p>		<p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: Games 3pm: Social Hour 6pm: Movie Night</p>	
3		<p><u>DONALD'S BIRTHDAY!</u></p> <p>9am: Reading Hour 10:30am: Balloon Toss 12pm: Sing-along Songs 2pm: Ice Cream Social 3pm: Large Puzzles 6pm: Movie Night</p>		4		<p><u>RITA'S BIRTHDAY!</u></p> <p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: 1-on-1s / Scenic Drive 3pm: Social Hour 6pm: Movie Night</p>		5		6	
<p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: Sports Activity 3pm: Hand Rubs 6pm: Movie Night</p>								<p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: Arts &amp; Crafts 3pm: Hand Rubs 6pm: Movie Night</p>		8	
<p><u>CATHERINE'S BIRTHDAY!</u></p> <p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: Sports Activity 3pm: Hand Rubs 6pm: Movie Night</p>		10		11		12		13		14	
		<p>9am: Reading Hour 10:30am: Balloon Toss 12pm: Sing-along Songs 2pm: Ice Cream Social 3pm: Large Puzzles 6pm: Movie Night</p>				<p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: 1-on-1s / Scenic Drive 3pm: Social Hour 6pm: Movie Night</p>		<p>9am: Reading Hour 10:30am: Balloon Toss 12pm: Sing-along Songs 2pm: Cooking/Baking 3pm: Afternoon Treat 6pm: Movie Night</p>		<p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: Arts &amp; Crafts 3pm: Hand Rubs 6pm: Movie Night</p>	
17		18		<p><u>GRACE'S BIRTHDAY!</u></p> <p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: 1-on-1s / Scenic Drive 3pm: Social Hour 6pm: Movie Night</p>		19		<p><u>GAYNELLE'S BIRTHDAY!</u></p> <p>9am: Reading Hour 10:30am: Balloon Toss 12pm: Sing-along Songs 2pm: Cooking/Baking 3pm: Afternoon Treat 6pm: Movie Night</p>		20	
<p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: Sports Activity 3pm: Hand Rubs 6pm: Movie Night</p>		<p>9am: Reading Hour 10:30am: Balloon Toss 12pm: Sing-along Songs 2pm: Ice Cream Social 3pm: Large Puzzles 6pm: Movie Night</p>						<p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: Arts &amp; Crafts 3pm: Hand Rubs 6pm: Movie Night</p>		22	
24		25		26		27		<p><u>VICTORIA'S BIRTHDAY!</u></p> <p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: Arts &amp; Crafts 3pm: Hand Rubs 6pm: Movie Night</p>		28	
		<p>9am: Reading Hour 10:30am: Balloon Toss 12pm: Sing-along Songs 2pm: Ice Cream Social 3pm: Large Puzzles 6pm: Movie Night</p>		<p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: 1-on-1s / Scenic Drive 3pm: Social Hour 6pm: Movie Night</p>		<p>9am: Reading Hour 10:30am: Balloon Toss 12pm: Sing-along Songs 2pm: Cooking/Baking 3pm: Afternoon Treat 6pm: Movie Night</p>				<p>9am: Reading Hour 10:30am: Balloon Toss 12pm: Sing-along Songs 2pm: Munchie Matinee 3pm: Spa Day 6pm: Movie Night</p>	
31		<p><u>CVSC BIRTHDAY PARTY</u></p> <p>9am: Coffee Social 10:30am: Seated Fitness 12pm: Sensory Boards 2pm: Birthday Party 3pm: Social Hour 6pm: Movie Night</p>		30							
<p>9am: Coffee Social 11am: Seated Fitness 12pm: Sensory Boards 2pm: Sports Activity 3pm: Hand Rubs 6pm: Movie Night</p>				<p><b>CHAMPLAIN VALLEY</b> SENIOR COMMUNITY</p> <p>ASSISTED LIVING &amp; MEMORY CARE</p>						<p>Activity Information and Support is available by contacting: Hilary Harwood, Activities Director (518) 817-9108 ext. 407 <a href="mailto:hilary@champlainassistedliving.com">hilary@champlainassistedliving.com</a></p>	
								<p>9am-10am: Breakfast   11am-12pm: 1-on-1 Activities   12:45pm-2pm: Lunch   6pm-8pm: Dinner</p>			