

January 2022

Ocean Hills Memory Care Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January cont'd 30 9:30 ↔ Weight training 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 🍷 Treeval Word Game: Food Combos 12:30 ❤ Soundscapes 1:00 🌿 Manicures 2:00 ☆ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🍷 Chicken Soup for the Soul 7:00 🍷 Church Gathering and Worship	31 9:30 ↔ Seated Aerobics 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 Conversations with Friends 11:30 ☀ Finish The Phrase Game 12:30 ❤ Soundscapes 1:30 ❤ Chicken Soup for the Soul 2:00 ☆ Crafty Club: Picture Perfect 4:00 🌿 Blessed Blooms Club 6:30 🍷 Mindfulness Meditation	 Location Keys Activity Room AR Dining Room DR	❤ Emotional ☀ Intellectual ↔ Physical ☆ Purposeful 🌿 Social 🍷 Spiritual	“And now, let us believe in a long year that is given to us, new, untouched, full of things that have never been.” – Rainer Maria Rilke	New Year's Day 1 9:30 ↔ Morning Stretch 10:00 ☀ Daily Chronicle & Monthly Gazette [AR] 10:00 ↔ Infusion Bar 11:30 ☀ A World of Good-News 12:30 ❤ Soundscapes 1:00 🍷 Be Our Guest: Winter Wonderland with Al Estrella 2:00 ☆ Puzzle Club 3:00 🍷 Travelogue: Zambian Safari 4:00 🌿 Jolly Jokes and Silly Sayings 6:30 🍷 Prayer or group spiritual reading 7:00 ☀ Pass the Popcorn: Jingle Jangle	
2 9:30 ↔ Throw Tic Tac Toe 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 What's in A Word 11:30 ☀ Taste-testing 12:30 ❤ Soundscapes 1:00 🌿 Manicures 2:00 ☆ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🍷 Sentimental Serenity 7:00 🍷 Church Gathering and Worship	3 9:30 ↔ Sit and Be Fit 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Crosswords and puzzles 12:30 ❤ Soundscapes 1:30 ❤ Chicken Soup for the Soul 2:00 ☆ Wonderful World of Watercolor 4:00 🌿 Wacky Weeding 6:30 🍷 Chicken Soup for the Soul	4 9:30 ↔ Chair Dance 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 Conversations with Friends 11:30 ☀ Dominos 12:30 ❤ Soundscapes 2:00 ☆ Food on the griddle 3:00 Ax throwing competition 4:00 🌿 Cooking Club: French Cuisine 6:30 🍷 Daily Devotions 7:00 ❤ Timeless Melodies Choir Club	5 9:30 ↔ Baget Golf 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:00 ↔ Senior Samba with Tamar 10:30 🗨 What's in A Word 11:30 ☀ Dave Delivers Donuts in Denver: Tongue Twisters 12:30 ❤ Soundscapes 1:30 ❤ Chicken Soup for the Soul 2:00 ☆ Colorful Collage 3:30 🌿 Resident Spotlight: My History - Mary Lou 4:00 🌿 Seasonal Celebration: Winters Magic 6:30 🍷 Music in Motion 7:00 ❤ Chapter Chat	6 9:30 ↔ Volleyball 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Tablet for coloring or painting 12:30 ❤ Soundscapes 1:00 🍷 Baking with Yolanda 1:30 🗨 Food for Thought – De-zzerts and Sweetz: Desserts That Start with Z 2:00 ☆ Community Store 2:30 🌿 Prize Bingo 4:00 🌿 Friendly Formal 6:30 🍷 Mindfulness Meditation	7 9:30 ↔ Ageless Grace 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 Conversations with Friends 11:30 ☀ Group Imagination 12:30 ❤ Soundscapes 1:00 ☆ Makeover Madness Photo Shoot 1:30 ❤ Riddle Me This 2:00 🌿 Trips and Travels: Scenic Drive 4:00 🍷 Uncorked: Mocktails 6:30 🍷 Tablet for relaxation 7:00 ☀ Montessori Life	8 9:30 ↔ Balloon Toss 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 What's in A Word 11:30 ☀ A World of Good-News 12:30 ❤ Soundscapes 1:00 🍷 Be Our Guest: A day in the life of David Bowie 2:00 ☆ Puzzle Club 3:00 🍷 Nature Knowledge Hour: Space 4:00 🌿 Manicure Madness 6:30 🍷 Meditation Circle 7:00 ☀ Pass the Popcorn: Happy Feet
9 9:30 ↔ Zumba Gold 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ This Day in History Discussion Group 12:30 ❤ Soundscapes 1:00 🌿 Manicures 2:00 ☆ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🍷 Weekday Worship: Favorite Hymns 7:00 🍷 Church Gathering and Worship	10 9:30 ↔ Free-Throw Competition 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 Conversations with Friends 11:30 ☀ Group Rhyme 12:30 ❤ Soundscapes 1:30 ❤ Chicken Soup for the Soul 2:00 ☆ Star of David chocolate pretzels 4:00 🌿 Making mocktails 6:30 🍷 Weekday Worship: Favorite Hymns	Happy Birthday Sally 11 9:30 ↔ Bag Toss 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 What's in A Word 11:30 ☀ Popsicle stick trees 12:30 ❤ Soundscapes 2:00 ☆ “Weaving” a basket for first responders 3:30 🌿 Famous Artist 4:00 🌿 Cooking Club: American Classic 6:30 🍷 Sentimental Serenity 7:00 ❤ Timeless Melodies Choir Club	12 9:30 ↔ Rocking and Rolling 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:00 ↔ Senior Samba with Tamar 11:30 ☀ Creating firework art 12:30 ❤ Soundscapes 1:30 ❤ Chicken Soup for the Soul 2:00 ☆ Baking cookies 4:00 🌿 Flag-colored parfaits 6:30 🍷 Music in Motion 7:00 ❤ Chapter Chat	13 9:30 ↔ Ribbon Dance 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 Conversations with Friends 11:30 ☀ Clap, Clap 12:30 ❤ Soundscapes 1:00 🍷 Desserts with Yolanda 2:00 ☆ Crafty Club: Suncatchers 2:30 🌿 Prize Bingo 3:00 🌿 Dazzling Zebras 4:00 🌿 Fruit of the Month Club 6:30 🍷 Mindfulness Meditation	14 9:30 ↔ Bean Bag Toss 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 What's in A Word 11:30 ☀ Daily Chronicles 12:30 ❤ Soundscapes 1:00 ☆ Creature Craft: Snowflakes 1:30 ❤ Talk & Toss 2:00 🌿 Trips and Travels: Peacocks 4:00 🍷 Uncorked: Winter Wonderland Drinks 6:30 🍷 Chicken Soup for the Soul 7:00 ☀ Montessori Life	15 9:30 ↔ Meditation and Relaxation 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ A World of Good-News 12:30 ❤ Soundscapes 1:00 🍷 Be Our Guest: A day in the life of Martin Luther King Jr 2:00 ☆ Puzzle Club 4:00 🌿 Armchair Travel: Ireland 6:30 🍷 Prayer or group spiritual reading 7:00 ☀ Pass the Popcorn: Hairspray
16 9:30 ↔ Kickball 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 Conversations with Friends 11:30 ☀ Grocery Game 12:30 ❤ Soundscapes 1:00 🌿 Manicures 2:00 ☆ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🍷 Tablet for relaxation 7:00 🍷 Church Gathering and Worship	Martin Luther King, Jr. Day 17 9:30 ↔ Octaband 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 What's in A Word 11:30 ☀ Jingle Jumble 12:30 ❤ Soundscapes 1:30 ❤ Chicken Soup for the Soul 2:00 ☆ Words of Wisdom 4:00 🌿 Birdscaping: Attracting and Recognizing your Native Birds 6:30 🍷 Daily Devotions	Happy Birthday Oriole 18 9:30 ↔ HORSE 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ National Museum of Modern and Contemporary Art: Korea Virtual Tour 12:30 ❤ Soundscapes 2:00 ☆ Pampered Paws 3:00 🗨 Ring toss 4:00 🌿 Painting watercolor dreidels 6:30 🍷 Meditation Circle 7:00 ❤ Timeless Melodies Choir Club	19 9:30 ↔ Basketball 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:00 ↔ Senior Samba with Tamar 10:30 🗨 Conversations with Friends 11:30 ☀ Brainstorming 12:30 ❤ Soundscapes 1:30 ❤ Chicken Soup for the Soul 2:00 ☆ Crafty Club: Stained Glass 3:30 🌿 Resident Spotlight: My History - Sam 6:30 🍷 Prayer or group spiritual reading 7:00 ❤ Chapter Chat	Happy Birthday Ann 20 9:30 ↔ Home Stretch Derby 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 What's in A Word 11:30 ☀ Link Think 12:30 ❤ Soundscapes 1:00 🌿 Ice Cream Social 2:00 ☆ Painting Posies 2:30 🌿 Prize Bingo 4:00 🌿 Freerice 6:30 🍷 Sentimental Serenity	21 9:30 ↔ Bowling 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Pictionary 12:30 ❤ Soundscapes 1:00 ☆ No-bake items 1:30 ❤ Balloon Volleyball 2:00 🌿 Trips and Travels: Duck Park 4:00 🍷 Uncorked: A toast with our friends 6:30 🍷 Meditation Circle 7:00 ☀ Montessori Life	22 9:30 ↔ Frisbee Golf 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 Conversations with Friends 11:30 ☀ A World of Good-News 12:30 ❤ Soundscapes 1:00 🍷 Be Our Guest: Songs of Winter 2:00 ☆ Puzzle Club 4:00 🌿 Armchair Travel: France 6:30 🍷 Weekday Worship: Favorite Hymns 7:00 ☀ Pass the Popcorn: Happy Feet 2
23 9:30 ↔ Bocce Ball 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 What's in A Word 11:30 ☀ Community Choice 12:30 ❤ Soundscapes 1:00 🌿 Manicures 2:00 ☆ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🍷 Mindfulness Meditation 7:00 🍷 Church Gathering and Worship	24 9:30 ↔ Balance Boogie 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ Opposites 12:30 ❤ Soundscapes 1:30 ❤ Chicken Soup for the Soul 2:00 ☆ Aquapaint 4:00 🌿 Tablet for a virtual aquarium or virtual pets 6:30 🍷 Daily Devotions	25 9:30 ↔ TacTic Toss 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 Conversations with Friends 10:30 🗨 What's in A Word 11:30 ☀ Tape Art 12:30 ❤ Soundscapes 2:00 ☆ Collaborative Winter Garden 3:00 🗨 Past & Present: Comparisons 4:00 🌿 I Love Lucy 6:30 🍷 Chicken Soup for the Soul 7:00 ❤ Timeless Melodies Choir Club	26 9:30 ↔ Senior Stretch 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:00 ↔ Senior Samba with Tamar 10:30 🗨 What's in A Word 11:30 ☀ Word Wall 12:30 ❤ Soundscapes 1:30 ❤ Paint Club: Owl and the Moon 2:00 ☆ Community Chores 4:00 ☆ Birthday Bash 6:30 🍷 Music in Motion 7:00 ❤ Chapter Chat	27 9:30 ↔ Sports Moves 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 11:30 ☀ History of Film 12:30 ❤ Soundscapes 1:00 🌿 Ice Cream Social 2:00 ☆ Stamp Art: Fruity stamps 2:30 🌿 Prize Bingo 3:30 🗨 Documentary: Our Planet 4:00 🌿 Patio Put-Put 6:30 🍷 Tablet for relaxation	28 9:30 ↔ Baget Baseball 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 Conversations with Friends 11:30 ☀ National Gallery of Art: Washington DC Virtual Visit 12:30 ❤ Soundscapes 1:30 ❤ Reminisce with friends 2:00 ☆ Cooking Club: Smooth Moves 2:00 🌿 Trips and Travels: Through the Hills 4:00 🍷 Uncorked: Happy Hour 6:30 🍷 Music in Motion 7:00 ☀ Montessori Life	29 9:30 ↔ Aqua Toss 10:00 ☀ Daily Chronicle [AR] 10:00 ↔ Infusion Bar 10:30 🗨 What's in A Word 11:30 ☀ A World of Good-News 12:30 ❤ Soundscapes 1:00 🍷 Be Our Guest: Al Estrada 2:00 ☆ Puzzle Club 2:30 ❤ Live Music with Double Take! [DR] 4:00 🌿 Wheel of Fortune 6:30 🍷 Prayer or group spiritual reading 7:00 ☀ Pass the Popcorn: Dennis the Menace

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