

January 2022 Ocean Hills Assisted Living Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January cont'd 30 Girl Scout Cookies Go On Sale Today! 9:00 Virtual Catholic Mass [MT] 9:30 Church Drives **Sign Up At The Front Desk** [Bus] 9:30 Coffee & Donuts with Friends [L] 9:30 Daily Chronicle Pick Up [Lib] 10:00 Virtual Service - North Coast Calvary Chapel [MT] 11:00 Keeping Moving w/ Judy [AR] 1:30 Afternoon Matinee and Popcorn [MT] 2:30 Let's Learn How To Play: LRC (Left Right Center) [AR] 3:00 Ted Talks [MT] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Drama Movie Night [MT]	31 9:30 Daily Chronicle Pick Up [Lib] 9:30 Personal Shopping: Trader Joes, Ross **Sign Up At Front Desk** [Bus] 10:00 Core Strength & Balance w/ Scott [AR] 11:00 Word of the Day & Brain Exercises [AR] 2:30 Bingo! [AR] 4:00 Rummikub Club [AR] 4:30 The Grammy's Pre Showing Party! [T] 5:00 CBS Presents: The 64th Annual	 Location Keys Activity Room AR Bus Bus Dining Room DR Game Room GR Ice Cream Parlor ICP Library Lib Lobby L Movie Theater MT Tavern T	Location Keys Emotional Intellectual Meal Physical Purposeful Social Spiritual	New Year's Day 1 9:30 Daily Chronicle Pick Up [Lib] 9:30 Morning Stretches [AR] 9:50 Meditation [AR] 10:00 Bean Bag Toss Competition! [AR] 10:45 Let's Roll: Scenic Drive **Sign up in the Front Desk** [Bus] 1:30 8 Days of 2021 Oscar Winners Movie Feature: "Promising Young Woman" (2020) [MT] 2:00 New Year's Eve Stories [AR] 2:30 New Year's Eve Trivia [AR] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 3:30 Bingo! [AR] 4:00 Rummikub Club [AR] 6:30 Saturday Cinema [MT]	Please Note: All activities are subject to change without notice. Please see your daily schedules for any changes! Thank you!	New Year's Day 1 9:30 Daily Chronicle Pick Up [Lib] 9:30 Morning Stretches [AR] 9:50 Meditation [AR] 10:00 Bean Bag Toss Competition! [AR] 10:45 Let's Roll: Scenic Drive **Sign up in the Front Desk** [Bus] 1:30 8 Days of 2021 Oscar Winners Movie Feature: "Promising Young Woman" (2020) [MT] 2:00 New Year's Eve Stories [AR] 2:30 New Year's Eve Trivia [AR] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 3:30 Bingo! [AR] 4:00 Rummikub Club [AR] 6:30 Saturday Cinema [MT]
2 9:00 Virtual Catholic Mass [MT] 9:30 Church Drives **Sign Up At The Front Desk** [Bus] 9:30 Coffee & Donuts with Friends [L] 9:30 Daily Chronicle Pick Up [Lib] 10:00 Virtual Service - North Coast Calvary Chapel [MT] 11:00 Keeping Moving w/ Judy [AR] 1:30 7 Days of 2021 Oscar Winners Movie Feature: "Ma Rainey's Black Bottom" (2020) [MT] 1:45 Let's Talk Movies: What Should We Watch Next Club? [AR] 2:30 Let's Learn How To Play: Uno [AR] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Drama Movie Night [MT]	3 9:30 Daily Chronicle Pick Up [Lib] 9:30 Personal Shopping: Walmart, Albertsons**Sign Up At Front Desk** [Bus] 10:00 Core Strength & Balance w/ Scott [AR] 10:30 Who am I? [AR] 11:00 Word of the Day & Brain Exercises [AR] 1:30 6 Days of 2021 Oscar Winners Movie Feature: "Mank" [MT] 2:30 Bingo! [AR] 4:00 Rummikub Club [AR] 6:30 Documentary Film [MT]	4 Doctor Appointments: 9:30 am - 3:30 pm 9:30 Daily Chronicle Pick Up [Lib] 10:00 Keep Moving w/ Raquel [AR] 10:30 Word of the Day & Brain Exercises [AR] 11:00 New Years Eve Predictions! [AR] 1:30 5 Days of 2021 Oscar Winners Movie Feature: "Sound of Metal" (2020) [MT] 1:30 Dear Abby...? [AR] 2:00 Card Bingo 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Music Movie Night: [MT]	5 9:30 Daily Chronicle Pick Up [Lib] 10:15 This Day in History [AR] 10:30 Word of the Day & Brain Exercises [AR] 11:00 Chair Tai Chi with Patrick [AR] 11:30 15 Minute Zen & Aromatherapy [AR] 1:30 4 Days of 2021 Oscar Winners Movie Feature: "Soul" (2020) [MT] 1:30 Let's Learn How To Play: Monopoly! [AR] 2:30 Independent Art Hour: Create Your Own Art [AR] 4:00 Rummikub Club [AR] 4:00 Sing a Long Happy Hour [GR] 6:30 Comedy Movie Night [MT]	6 Doctor Appointments: 9:30 am - 3:30 pm 9:15 Catholic Communion [MT] 9:30 Daily Chronicle Pick Up [Lib] 10:15 This Day in History [AR] 10:30 Strength Exercises w/ Nancy [AR] 11:00 Word of the Day & Brain Exercises [AR] 1:30 3 Days of 2021 Oscar Winners Movie Feature: "The Father" (2020) [MT] 1:30 Multi-denominational communion [AR] 4:00 Rummikub Club [AR] 6:30 Inspiring Movie Night [MT]	7 Happy Birthday, Betty "Jean" Corbridge! 9:15 Ocean Hills Walkers - Join Our Walking Club! **Please Note Time Change!** [L] 9:30 Daily Chronicle Pick Up [Lib] 10:15 This Day in History [AR] 10:30 Morning Exercise [AR] 11:30 Lunch Outing: Amalfi Cucina Italiana (\$) **Sign up at the Front Desk** [Bus] 1:30 2 Days of 2021 Oscar Winners Movie Feature: "Judah and The Black Messiah" (2020) [MT] 1:30 Music Appreciation (YouTube) [AR] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Romantic Movie Night [MT]	8 Happy Birthday, Francine 'Fran' De La Vega! 9:15 Remembering Elvis Presley! [AR] 9:30 Daily Chronicle Pick Up [Lib] 9:30 Morning Stretches [AR] 9:50 Meditation [AR] 10:00 Bean Bag Toss Competition! [AR] 10:45 Beach Walks at the Oceanside Pier **Sign up at the Front Desk** [Bus] 1:30 1 Days of 2021 Oscar Winners Movie Feature: "Nomadland" (2020) [MT] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 3:30 Bingo! [AR] 4:00 Rummikub Club [AR] 6:30 Saturday Cinema [MT]
9 9:00 Virtual Catholic Mass [MT] 9:30 Church Drives **Sign Up At The Front Desk** [Bus] 9:30 Coffee & Friends [L] 9:30 Daily Chronicle Pick Up [Lib] 10:00 Virtual Service - North Coast Calvary Chapel [MT] 11:00 Keeping Moving w/ Judy [AR] 11:00 Mimosa Bar [DR] 1:30 Afternoon Matinee and Popcorn [MT] 2:30 Let's Learn How To Play: Dominoes [AR] 3:00 Ted Talks [MT] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Drama Movie Night [MT]	10 9:30 Daily Chronicle Pick Up [Lib] 9:30 Personal Shopping: TJ Max, Dollar Tree **Sign Up At Front Desk** [Bus] 10:00 Core Strength & Balance w/ Scott [AR] 11:00 Word of the Day & Brain Exercises [AR] 2:30 Bingo! [AR] 4:00 Rummikub Club [AR] 6:30 Documentary Film [MT]	11 Doctor Appointments: 9:30 am - 3:30 pm Happy Birthday, Sally Davis! 9:15 Armchair Astronomy with Ken VanLew (In Person) **Sign up in the AR** [MT] 9:30 Daily Chronicle Pick Up [Lib] 10:00 Chair Yoga with Sarah! [AR] 10:30 Word of the Day & Brain Exercises [AR] 11:00 Short Stories: Chicken Soup for the Soul [AR] 1:30 Together in Christ: Bible Study with Phyllis [AR] 2:00 Card Bingo 3:00 Resident Ambassador - Interested in Helping Out Your Neighbors? [AR] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Music Movie Night: [MT]	12 9:30 Daily Chronicle Pick Up [Lib] 10:15 This Day in History [AR] 10:30 Word of the Day & Brain Exercises [AR] 11:00 Chair Tai Chi with Patrick [AR] 11:30 15 Minute Zen & Aromatherapy [AR] 1:30 Let's Learn How To Play: Kings In The Corner! [AR] 2:30 Creative Craft Hour: Winter Wonderland Decor! **Sign up in the Activity Room** [AR] 4:00 Rummikub Club [AR] 6:30 Comedy Movie Night [MT]	13 Doctor Appointments: 9:30 am - 3:30 pm Happy Birthday, Nancy Seifert! 9:15 Catholic Communion [MT] 9:30 Daily Chronicle Pick Up [Lib] 10:15 This Day in History [AR] 10:30 Strength Exercises w/ Nancy [AR] 11:00 Word of the Day & Brain Exercises [AR] 1:30 Multi-denominational communion [AR] 3:15-4:00 Hot Fudge Social [ICP] 4:00 Rummikub Club [AR] 6:30 Inspiring Movie Night [MT]	14 Happy Birthday, Lillian Ashton! 9:30 Daily Chronicle Pick Up [Lib] 9:30 Let's Visits: Hotel Del Coronado (\$) ! *Sign Up At The Front Desk* [Bus] 2:00 Armchair Travel: Rick Steve's Presents Rome [MT] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Romantic Movie Night [MT]	15 National Bagel Day! 9:30 Daily Chronicle Pick Up [Lib] 9:30 Morning Stretches [AR] 9:50 Meditation [AR] 10:00 Bean Bag Toss Competition! [AR] 10:45 Let's Roll: Scenic Drive **Sign up in the Front Desk** [Bus] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 3:30 Bingo! [AR] 4:00 Rummikub Club [AR] 6:30 Saturday Cinema [MT]
16 9:00 Virtual Catholic Mass [MT] 9:30 Church Drives **Sign Up At The Front Desk** [Bus] 9:30 Coffee & Donuts with Friends [L] 9:30 Daily Chronicle Pick Up [Lib] 10:00 Virtual Service - North Coast Calvary Chapel [MT] 11:00 Keeping Moving w/ Judy [AR] 1:30 Afternoon Matinee and Popcorn [MT] 2:30 Let's Learn How To Play: Pokeno [AR] 3:00 Ted Talks [MT] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Drama Movie Night [MT]	17 Martin Luther King, Jr. Day 9:30 Daily Chronicle Pick Up [Lib] 9:30 Personal Shopping: Walmart, Albertsons**Sign Up At Front Desk** [Bus] 10:00 Core Strength & Balance w/ Scott [AR] 10:30 Remembering Martin Luther King Jr. [AR] 11:00 Word of the Day & Brain Exercises [AR] 2:30 Bingo! [AR] 4:00 Betty White 100th Birthday - Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Documentary Film [MT]	18 Doctor Appointments: 9:30 am - 3:30 pm Happy Birthday, Oriole McLean! 9:30 Daily Chronicle Pick Up [Lib] 10:00 Keep Moving w/ Raquel [AR] 10:30 Word of the Day & Brain Exercises [AR] 11:00 Laughter Is The Best Medicine [AR] 1:30 Together in Christ: Bible Study with Phyllis [AR] 2:00 Card Bingo 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Music Movie Night: [MT]	19 9:30 Daily Chronicle Pick Up [Lib] 10:15 This Day in History [AR] 10:30 Word of the Day & Brain Exercises [AR] 11:00 Chair Tai Chi with Patrick [AR] 11:30 15 Minute Zen & Aromatherapy [AR] 1:30 Resident Council Meeting [AR] 2:30 Independent Art Hour: Create Your Own Art [AR] 3:00 Bowling Competitions! 4:00 Rummikub Club [AR] 6:30 Comedy Movie Night [MT]	20 Doctor Appointments: 9:30 am - 3:30 pm Happy Birthday, Ann Bryning! 9:15 Catholic Communion [MT] 9:30 Daily Chronicle Pick Up [Lib] 10:15 This Day in History [AR] 10:30 Strength Exercises w/ Nancy [AR] 11:00 Word of the Day & Brain Exercises [AR] 1:30 Chef Chats [DR] 1:30 Multi-denominational communion [AR] 3:00 Reader's Book Club [AR] 4:00 Rummikub Club [AR] 6:30 Inspiring Movie Night [MT]	21 9:15 Ocean Hills Walkers - Join Our Walking Club! **Please Note Time Change!** [L] 9:30 Daily Chronicle Pick Up [Lib] 10:15 This Day in History [AR] 10:30 Morning Exercise [AR] 11:30 Lunch Outing: Stone Brewing World Bistro And Gardens **Sign up at the front desk** [Bus] 1:00 Hearing Aid Cleaning w/ Lynne, M.A. **Sign up in the Activity Room** [GR] 1:30 Music Appreciation (YouTube) [AR] 3:00 Stone Age Doc Presents: A Day In The Life of a Physician in Ancient Egypt. **Sign up in the Activity Room** [AR] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Romantic Movie Night [MT]	22 9:30 Daily Chronicle Pick Up [Lib] 9:30 Morning Stretches [AR] 9:50 Meditation [AR] 10:00 Badminton Competition! [AR] 10:45 Beach Walks at the Oceanside Pier **Sign up at the Front Desk** [Bus] 2:00 What Do You Think? Chocolate Covered Anything! [AR] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 3:30 Bingo! [AR] 4:00 Rummikub Club [AR] 6:30 Saturday Cinema [MT]
23 9:00 Virtual Catholic Mass [MT] 9:30 Church Drives **Sign Up At The Front Desk** [Bus] 9:30 Coffee & Friends [L] 9:30 Daily Chronicle Pick Up [Lib] 10:00 Virtual Service - North Coast Calvary Chapel [MT] 11:00 Keeping Moving w/ Judy [AR] 11:00 Mimosa Bar [DR] 1:30 Afternoon Matinee and Popcorn [MT] 3:00 Ocean Hills Jeopardy Game! [AR] 3:00 Ted Talks [MT] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Drama Movie Night [MT]	24 9:30 Daily Chronicle Pick Up [Lib] 9:30 Personal Shopping: The Shoppes at Carlsbad **Sign Up At Front Desk** [Bus] 10:00 Core Strength & Balance w/ Scott [AR] 11:00 Word of the Day & Brain Exercises [AR] 2:30 Bingo! [AR] 4:00 Rummikub Club [AR] 6:30 Documentary Film [MT]	25 Doctor Appointments: 9:30 am - 3:30 pm Happy Birthday, Kathleen "Kathy" Carter and Velda Hawk! 9:30 Daily Chronicle Pick Up [Lib] 10:00 Chair Yoga with Sarah! [AR] 10:30 Word of the Day & Brain Exercises [AR] 11:00 Remembering Etta James! [AR] 1:30 Together in Christ: Bible Study with Phyllis [AR] 2:00 Card Bingo 3:00 January Birthday Celebration - Cake and Ice Cream [T] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Music Movie Night: [MT]	26 Happy Birthday, Margaret Waddell! Happy National Spouse Day! 9:30 Daily Chronicle Pick Up [Lib] 10:15 This Day in History [AR] 10:30 Word of the Day & Brain Exercises [AR] 11:00 Chair Tai Chi with Patrick [AR] 11:30 15 Minute Zen & Aromatherapy [AR] 1:30 Let's Learn How To Play: Kings In The Corner! [AR] 4:00 Rummikub Club [AR] 4:00 Sing a Long Happy Hour [GR] 6:30 Comedy Movie Night [MT]	27 Doctor Appointments: 9:30 am - 3:30 pm 9:15 Catholic Communion [MT] 9:30 Daily Chronicle Pick Up [Lib] 10:00 Word of the Day & Brain Exercises [AR] 10:30 Strength Exercises w/ Nancy [AR] 11:00 Holocaust Remembrance Day [AR] 1:30 Multi-denominational communion [AR] 3:15-4:00 Banana Split Social [ICP] 4:00 Rummikub Club [AR] 6:30 Inspiring Movie Night [MT]	28 9:30 Daily Chronicle Pick Up [Lib] 9:30 Museum and Lunch: Air and Space Museum & Lunch at The Prado **Sign up at the front desk** [Bus] 2:00 Armchair Travel: Rick Steve's Presents Florence [MT] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 4:00 Happy Hour! [T] 4:00 Rummikub Club [AR] 6:30 Romantic Movie Night [MT]	29 9:30 Daily Chronicle Pick Up [Lib] 9:30 Morning Stretches [AR] 9:50 Meditation [AR] 10:00 Volleyball Competition! [AR] 10:45 Let's Roll: Scenic Drive **Sign up in the Front Desk** [Bus] 1:30 What Do You Think? Grammy Predictions! [GR] 2:30 Live Music with Double Take! [DR] 3:15-4:00 Ice Cream Parlor Is Open! [ICP] 3:45 Bingo! **Please Note: Time and Location Change!** [GR] 4:00 Rummikub Club [AR] 6:30 Saturday Cinema [MT]

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