

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2022



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|---|--|--|--|---|--|--|
| <p style="text-align: right;"><b>Happy New Years!</b> 1</p> <p>11:00 Family Meeting<br/>11:15 1:1 Visits With Elders<br/>2:45 Cheers to the New Year with Heather<br/>4:15 <b>Short Story: Ringing In The New Year</b><br/>7:00 The Lawrence Welk Show<br/>New Year's Day</p> |  |  |  |   |  |  |
| <p>11:00 Family Meeting 2<br/>11:15 Morning Worship Service on You Tube<br/>2:30 Prayer Book Reading Circle<br/>4:15 Snack &amp; Social Time<br/>6:30 January Monthly Gazette</p>   | <p><b>Alaska Day</b> 3<br/>10:00 Family Meeting<br/>10:30 <b>All About Alaska &amp; Trivia</b><br/>2:15 Basket Toss<br/>4:15 Manicures &amp; Music<br/>6:30 Game Show</p>                              | <p>11:00 Family Meeting 4<br/>11:15 Winter Trivia &amp; Story with Heather<br/>1:30 <b>Spiritual Service with Pastor Marsha</b><br/>4:15 Finish The Phrase<br/>6:30 Puzzles</p>  | <p>11:00 Family Meeting 5<br/>11:15 Sit &amp; Be Fit<br/>2:15 Coffee Day<br/>4:15 Name The Bird (YouTube)<br/>6:30 <b>All About Birds</b></p>  | <p>11:00 Family Meeting 6<br/>11:15 YouTube Yoga<br/>2:15 BINGO<br/>4:15 Winter Blanket Project<br/>6:30 Manicures &amp; Movie</p>  | <p><b>Charlie Brown Day</b> 7<br/><b>**Donut Day**</b><br/>10:45 Family Meeting<br/>11:15 Chair Yoga<br/>2:15 <b>Peanuts Comic Strips</b><br/>3:30 <b>Charlie Brown Inspired HAPPY HOUR!</b><br/>6:30 Friday Night Movie</p> | <p><b>Elvis Day!</b> 8<br/>11:00 Family Meeting<br/>11:15 Best of Elvis Presley Music<br/>2:15 <b>Fun Facts About Elvis</b><br/>4:15 Elvis's Favorite: PB &amp; Banana Sandwich Social<br/>7:00 The Lawrence Welk Show</p> |
| <p>11:00 Family Meeting 9<br/>11:15 Morning Worship Service on You Tube<br/>2:30 What's Your Horoscope? (Newspaper)<br/>4:15 Winter Word Searches<br/>6:30 News &amp; Views</p>   | <p>10:00 Family Meeting 10<br/>10:30 Upper Body Stretches<br/>2:15 Big Jenga<br/>4:15 Manicures &amp; Music<br/>6:30 Movie Night &amp; Popcorn</p>   | <p>11:00 Family Meeting 11<br/>11:15 Build A Snowman with Heather<br/>1:30 <b>Spiritual Service with Pastor Marsha</b><br/>3:00 Tea &amp; Conversation<br/>6:30 Poetry Reading Circle</p>                              | <p><b>Super Hero Day</b> 12<br/>11:00 Family Meeting<br/>11:15 Sit &amp; Be Fit<br/>2:15 Tea Party!<br/>4:15 <b>Superhero Puzzles and coloring pages</b><br/>6:30 Movie Night: Bat Man (Netflix)</p> | <p><b>Silly Sock Day</b> 13<br/>11:00 Family Meeting<br/>11:15 Pom-Pom Exercises<br/>2:15 Pom-Pom Exercises<br/>4:15 Manicures, Music &amp; Hand Massages<br/>6:30 Wheel Of Fortune</p> | <p><b>**Donut Day**</b> 14<br/>11:00 Family Meeting<br/>11:15 Chair Exercises<br/><b>2:30 Music Concert by Mike Sidoti!</b><br/><b>3:30 HAPPY HOUR</b><br/>6:30 Game Show: Jeopardy</p>                                      | <p>11:00 Family Meeting 15<br/>11:15 Furry Friends on YouTube<br/>2:30 Sing A Song Day<br/>4:15 Words That Start with "W"<br/>7:00 The Lawrence Welk Show</p>  |
| <p>11:00 Family Meeting 16<br/>11:15 Morning Worship Service on You Tube<br/>2:30 Story Circle<br/>4:15 Scavenger Hunt<br/>6:30 Cute Babies! on YouTube</p>   | <p>10:00 Family Meeting 17<br/>10:30 Make Snowflakes<br/>2:15 Snowball Fight<br/>4:15 Manicures &amp; Music<br/>6:30 <b>Remembering Martin Luther King Jr.</b><br/><br/>Martin Luther King Jr. Day</p> | <p>11:00 Family Meeting 18<br/>11:15 <b>Why Do Bears Hibernate?</b><br/>1:30 <b>Spiritual Service with Pastor Marsha</b><br/>4:15 Balloon on a String<br/>6:30 Tuesday Trivia</p>                                      | <p>11:00 Family Meeting 19<br/>11:15 Sit &amp; Be Fit<br/>2:15 <b>Movie Star Trivia</b><br/>4:15 Dolly Parton Day: <b>Fun Facts</b><br/>6:30 Dolly Parton Concert (YouTube)</p>                      | <p>11:00 Family Meeting 20<br/>11:15 Morning Stretches<br/>2:30 Tie Dye Snowflakes with Heather<br/>4:15 BINGO<br/>6:30 Wind Down with Music</p>  | <p><b>**Donut Day**</b> 21<br/>11:00 Family Meeting<br/>11:15 Bake For Happy Hour with Heather<br/>2:15 Hat Modeling Day!<br/><b>3:30 HAPPY HOUR</b><br/>6:30 Friday Night Movie</p>   | <p>11:00 Family Meeting 22<br/>11:15 Shirley Temple<br/>2:30 <b>What Ice Cream Flavor Says About Your Personality</b><br/>4:15 Saturday Strawberry Ice Cream &amp; Social Time<br/>7:00 The Lawrence Welk Show</p>         |
| <p>11:00 Family Meeting 23<br/>11:15 Morning Worship Service on You Tube<br/>2:15 1:1 Visits<br/>4:15 Card Games<br/>6:30 Story Circle<br/><br/>Activity Professionals Week</p>   | <p>10:00 Family Meeting 24<br/>11:00 House Walk<br/>2:15 Make Posters for Nurses &amp; Med-Techs<br/>4:15 Manicures &amp; Music<br/>6:30 Marshmallow Day: <b>Roast Marshmallows</b></p>                | <p><b>Thank A Nurse Day</b> 25<br/>11:00 Family Meeting<br/>11:15 Instrument Music Circle<br/>1:30 <b>Spiritual Service with Pastor Marsha</b><br/>3:00 Junk Drawer Detective with Heather<br/>6:30 Tuesday Trivia</p> | <p>11:00 Family Meeting 26<br/>11:15 Sit &amp; Be Fit<br/>2:15 A-Z Trivia<br/>4:15 Australia Fun Facts<br/>6:30 Travel By Chair to Australia (YouTube)<br/><br/>Australia Day (observed)</p>         | <p>11:00 Family Meeting 27<br/>11:15 <b>Make Chocolate Covered Strawberries</b><br/>2:15 Dressing Contest<br/>4:15 Manicures, Music &amp; Hand Massages<br/>6:30 Relax to Music</p>     | <p><b>**Donut Day**</b> 28<br/>11:00 Family Meeting<br/>11:15 Chair Exercises<br/>2:15 Science Experiment: <b>What Freezes?</b><br/><b>3:30 HAPPY HOUR</b><br/>6:30 Music by Patsy Cline</p>                                 | <p><b>Chocolate Cake Day</b> 29<br/>11:00 Family Meeting<br/>11:15 <b>Fun Facts about Chocolate</b><br/>2:30 Ho Ho Cupcakes Social<br/>4:15 Reading Circle From Bookshelf<br/>7:00 The Lawrence Welk Show</p>              |
| <p>11:00 Family Meeting 30<br/>11:15 Morning Worship Service on You Tube<br/>2:15 Poetry Circle<br/>4:15 All About Jackie Robinson<br/>6:30 Arts &amp; Crafts</p>   | <p>10:00 Family Meeting 31<br/>10:30 YouTube Exercises<br/>2:15 Small Wooden Painting Craft<br/>4:15 Manicures &amp; Music<br/>6:30 Grandparent Chit Chat</p>  | <p style="font-size: 2em; font-weight: bold; color: blue;">Rochester Presbyterian Home<br/>at Cottage Grove<br/>Mary's House Recreation Calendar</p>   |  |   |  |  |

Activities are provided by the Shahbazim in each house. To verify events or check for changes, please contact the house Shahbaz.  
Activities contact: Heather Hebert- [Heather.Hebert@rph.org](mailto:Heather.Hebert@rph.org) Well-Being Engagement Guide