

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2022

## HAPPY NEW YEARS

1  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 PRETTY NAILS

New Year's Day

2  
 9:00 COFFEE / TV  
 10:30 RELIGIOUS MUSIC  
 1:30 HYDRATION  
 CONSERVATION  
 2:30 SIT & CHAT  
 FAMILY VIST

3  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 PRETTY NAILS

4  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 BINGO

5  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 CHECKERS

6  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 BINGO

7  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 MOVIE

8  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 PRETTY NAILS

9  
 9:00 COFFEE / TV  
 10:30 RELIGIOUS MUSIC  
 1:30 HYDRATION  
 CONSERVATION  
 2:30 SIT & CHAT  
 FAMILY VIST

10  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 PRETTY NAILS

11  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 BINGO

12  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 BOWLING

13  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 BINGO

14  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 OUTSIDE ACTIVITY

15  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 PRETTY NAILS

16  
 9:00 COFFEE / TV  
 10:30 RELIGIOUS MUSIC  
 1:30 HYDRATION  
 CONSERVATION  
 2:30 SIT & CHAT  
 FAMILY VIST

17  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 1:00 PRETTY NAILS  
 2:00 CELEBRATE MARTIN  
 LUTHER KING

Martin Luther King Jr. Day

18  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 BINGO

19  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 MOVIES

20  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 BINGO

21  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 SNACKS & MOVIES

22  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 PRETTY NAILS

23  
 9:00 COFFEE / TV  
 10:30 RELIGIOUS MUSIC  
 1:30 HYDRATION  
 CONSERVATION  
 2:30 SIT & CHAT  
 FAMILY VIST

Activity Professionals Week

24  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 PRETTY NAILS

25  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 BINGO

26  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 BIRTHDAY PARTY

Australia Day (observed)

27  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 BINGO

28  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 CHECKERS

29  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 PRETTY NAILS

30  
 9:00 COFFEE / TV  
 10:30 RELIGIOUS MUSIC  
 1:30 HYDRATION  
 CONSERVATION  
 2:30 SIT & CHAT  
 FAMILY VIST

31  
 9:00 COFFEE / TV  
 9:30 EXERCISE  
 10:00 THE PRICE IS RIGHT  
 2:00 PRETTY NAILS

**B- HALL**  
**BEAUTY SHOP WEEKLY**  
**SHOPPING WEEKLY**  
**SEE THE ACTIVITY DEPT.**

