



HEARTHSIDE COMMONS JANUARY 2021



Sun

Mon

Tue

Wed

Thu

Fri

Sat



Resident Right:
The right to make choices
with respect to services
&
Lifestyle.



The Calendar is
Subject to Change
Please Check Dailies
for Calendar Changes.



1 **HAPPY NEW YEAR 2021**
2:00 –3:00
New Year Activity Package
& Refreshments Served

2 10:00-11:00 Exercise &
Saturday Current Events
2:30 –3:45 Match My Card
& Snack and Chat

3 10:00-11:00 Exercise &
Angel Stories
2:30 –3:45 Door Way
Games & Snack Cart

4 10:00-11:45 Chair Aerobics
& Literary Session
1:30-3:30 Black Jack
3:45 Snacks on the Go

5 10:00-11:45 Morning
Stretch & Sights Around
the World
1:30-3:30 Doorway Bingo
3:45 Drinks on the Go

6 10:00-11:45 Morning
Stretch & Finish the Lyrics
1:30-3:30 Letter Bingo
3:45 Hot Chocolate Cart

7 10:00-11:45 Yoga Moves
& Dear Abby
1:30-3:30 Dean Martin Social
3:45 Fun Packet

8 10:00-11:45 Dancercise
& Name that State
1:30-3:30 Doorway Bingo
3:45 TGIF Social

9 10:00-11:00 Exercise &
Morning Café
2:30-3:45 Family Feud Trivia
& Soda Floats

10 10:00-11:00 Exercise
& Did You Know?
2:30 –3:45 Doorway Games
& Pretzels, Beer

11 10:00-11:45 Chair Aerobics
& Meditations, Music
1:30-3:30 Bing Crosby Social
3:45 Snacks on the Go

12 10:00-11:45 Morning
Stretch & Crossword Puzzle
1:30-3:30 Doorway Bingo
3:45 Drinks on the Go

13 10:00-11:45 Morning
Stretch & Penny Ante
1:30-3:30 Target Shooting
3:45 Dried Fruit Tasting

14 10:00-11:45 Yoga Moves
& Seven Wonders
1:30-3:30 Tour of Italy
3:45 Hydration Cart

15 10:00-11:45 Dancercise
& Resident Council Forms
1:30-3:30 Doorway Bingo
3:45 Happy Hour

16 10:00-11:00 Exercise
& Reminisce Session
2:30-3:45 Music Bingo &
Chips & Dip

17 10:00-11:00 Exercise
& Bible Trivia , Music
2:30 –3:45 Door Way
Games & Snack Cart

18 MLK Jr. Birthday
10:00-11:45 Chair Aerobics
& Spelling Bee
1:30-3:30 MLK Social
3:45 Snacks on the Go

19 10:00-11:45 Morning
Stretch & Basket Ball Toss
1:30-3:30 Doorway Bingo
3:45 Drinks on the Go

20 10:00-11:45 Morning
Stretch & Would You Rather
1:30-3:30 Tissue Paper
Painting to Music
3:45 Ice Cream Sundaes

21 10:00-11:45 Yoga Moves
& You be the Judge
1:30-3:30 Winter
Wonderland Social
3:45 Fun Packets

22 10:00-11:45 Dancercise
& How Many Words
1:30-3:30 Doorway Bingo
3:45 TGIF Social

23 10:00-11:00 Exercise
& Clichés & Coffee
2:30-3:45 Balloon Volley &
Chocolate Dipping

24 10:00-11:00 Exercise
& Coffee Social
2:30 –3:45 Door Way
Games & Brownies

25 10:00-11:45 Chair Aerobics
& Jeopardy
1:30-3:30 Bowling for Dollars
3:45 Snacks on the Go

26 10:00-11:45 Morning
Stretch & Unscramble the Word
1:30-3:30 Doorway Bingo
3:45 Drinks on the Go

27 10:00-11:45 Morning
Stretch & Short Stories
1:30-3:30 Snow Ball Toss
3:45 Snowball Cart

28 10:00-11:45 Yoga Moves
& Celebrity Birthdays
1:30-3:30 Celebrating January
Birthdays
3:45 Hydration Cart

29 10:00-11:45 Dancercise
Finish the Lyrics
1:30-3:30 Doorway Bingo
3:45 Happy Hour

30 10:00-11:00 Exercise
& Poetry, Music
2:30-3:45 Hangman &
Hot Chocolate

31 10:00-11:00 Exercise
& Brain Teaser
2:30 –3:45 Door Way
Games & Cupcakes

