

# Hearthside Commons January 2024

## Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Residents Right:</b> The right to receive a level of care and services that address the residents changing physical and psychosocial status.</p>	<p><b>1</b> <u>New Years Day</u> 10:00 Gentle Stretches 10:15 Coffee &amp; A Show 2:00 Movie &amp; Popcorn or Activity Packets</p>	<p><b>2</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Winter Word Game 1:30 Share your Resolution 2:00 Brain Aerobics 2:30 Bingo 3:30 Easy Listening 6:30 Audio Book</p>	<p><b>3</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Manicures &amp; Show 1:30 Chair Yoga 2:00 Short Story Club 2:30 Women Rock Day! 3:30 Wine Down Wed. 6:30 Movie Night</p>	<p><b>4</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Dominoes 1:30 Women's Group 2:00 Italy Facts 2:30 Making Pasta Dishes 3:30 Spaghetti Day Trivia 6:30 30 Min. Bingo</p>	<p><b>5</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 National Bird Day 1:30 Hollywood Stars 2:00 Activity Packets 2:30 Bingo 3:30 TGIF Social</p>	<p><b>6</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Snowflake Wreath 1:30 Technology Day 2:00 Easy Listening 2:30 Bingo 3:30 Snack and Chat</p>
<p><b>7</b> 10:00 Catholic Mass with Father John 1:30 Nondenominational Church Service 2:30 Refreshments and Music</p>	<p><b>8</b> 9:30 Coffee Talk w/Mary 10:00 Gentle Stretches 10:15 Show and Tell Day 1:30 Monday Zumba Class 2:00 Dear Abby 2:30 Show and Tell Day 3:30 Snack and Chat</p>	<p><b>9</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 New Year Craft 1:30 Guided Meditation 2:00 Brain Aerobics 2:30 Bingo 3:30 Easy Listening 6:30 Audio Book</p>	<p><b>10</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Manicures &amp; Show 1:30 Chair Yoga 2:00 Short Story Club 2:30 Bocce Ball 3:30 Wine Down Wed. 6:30 Movie Night</p>	<p><b>11</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Name Monuments 1:30 Resident Led Rosary 2:00 Arkansas Day 2:30 Pokeno 3:30 Hydration &amp; Music 6:30 30 Min. Bingo</p>	<p><b>12</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Kiss A Ginger Day 1:30 Uno Card Game 2:00 Activity Packets 2:30 Bingo 3:30 TGIF Social</p>	<p><b>13</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Crosswords Puzzle 1:30 Public Radio Day 2:00 Easy Listening 2:30 Bingo 3:30 Snack and Chat</p>
<p><b>14</b> 10:00 Catholic Mass with Father John 1:30 Nondenominational Church Service 2:30 Refreshments and Music</p>	<p><b>15</b> <u>Martin Luther King Jr. Day</u> 10:00 Gentle Stretches 10:00 Resident Led Bible Study 10:15 Coffee &amp; A Show 2:30 MLK, Jr Facts &amp; Sing Along with Friends</p>	<p><b>16</b> 9:30 Chat w/ Mary 10:00 Exercise 10:30 Resident Council Mtg. 1:30 Guided Meditation 2:00 Brain Aerobics 2:30 Bingo 3:30 Easy Listening</p>	<p><b>17</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Manicures &amp; Show 1:30 Chair Yoga 2:00 Short Story Club 2:30 Target Golf 3:30 Wine Down Wed. 6:30 Movie Night</p>	<p><b>18</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Jewelry Making 1:30 Men's Group 2:00 Michigan Day 2:30 Card Bingo 3:30 Hydration &amp; Music 6:30 30 Min. Bingo</p>	<p><b>19</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Good Memory Day 1:30 Drama Club 2:00 Activity Packets 2:30 Bingo 3:30 TGIF Social</p>	<p><b>20</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Fill in the Blank 1:30 Washington Scandals 2:00 Easy Listening 2:30 Bingo 3:30 Snack and Chat</p>
<p><b>21</b> 10:00 Catholic Mass with Father John 1:30 Nondenominational Church Service 2:30 Refreshments and Music</p>	<p><b>22</b> 9:30 Coffee Talk w/ Mary 10:00 Gentle Stretches 10:15 Stay Healthy Month 1:30 Monday Zumba Class 2:00 Catholic Communion 2:30 Celebration of Life Day 3:30 Healthy Snack Social</p>	<p><b>23</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Shadow Art 1:30 Guided Meditation 2:00 Brain Aerobics 2:30 Bingo 3:30 Easy Listening</p>	<p><b>24</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Manicures &amp; Show 1:30 Chair Yoga 2:00 Short Story Club 2:30 Bowling 3:30 Wine Down Wed. 6:30 Movie Night</p>	<p><b>25</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 DIY Party Décor 1:30 Resident Led Rosary 2:30 Celebrating January Birthday Winter Wonderland 6:30 30 Min. Bingo</p>	<p><b>26</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Australia Day 1:30 Bangaram's 2:00 Activity Packets 2:30 Bingo 3:30 Happy Hour</p>	<p><b>27</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Pop Art Day 1:30 How Many Words 2:00 Easy Listening 2:30 Bingo 3:30 Snack and Chat</p>
<p><b>28</b> 10:00 Catholic Mass with Father John 1:30 Nondenominational Church Service 2:30 Refreshments and Music</p>	<p><b>29</b> 9:30 Coffee Talk w/ Mary 10:00 Gentle Stretches 10:15 Song &amp; Word Puzzles 1:30 Monday Zumba Class 2:00 Name that State 2:30 Giant Sorry Games 3:30 Snack And Chat</p>	<p><b>30</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Balloon War 1:30 Guided Meditation 2:00 Brain Aerobics 2:30 Bingo 3:30 Easy Listening</p>	<p><b>31</b> 9:30 Chat w/ Mary 10:00 Exercise 10:15 Manicures &amp; Show 1:30 Chair Yoga 2:00 Short Story Club 2:30 Table Tennis &amp; Trivia 3:15 Bingo Store 6:30 Movie Night</p>			