

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

# January 2022

## Pomeroy Living

							<b>1</b> 10:00 Pet Therapy (Therapy Dogs)  3:30 New Year's Activity Cart <small>New Year's Day</small>
<b>2</b> 1:00 Virtual Church Service  4:00 Activity Visits	<b>3</b> 1:30 Monday Moves & Exercise  3:30 Social Visits	<b>4</b> 10:00 Better Your Brain Trivia  2:00 Bingo (CDR)  4:00 Card Games	<b>5</b> 1:30 Balloon Toss  3:30 Aroma Tx: Relaxation Hour	<b>6</b> 10:00 Rosary  2:00 Bingo (CDR)  4:00 Card Games	<b>7</b> 2:00 Happy Hour (CDR)  4:00 Social Visits  8:00 Movie Ch. 29	<b>8</b> 10:00 Communion Visits in Room  3:30 Recreation Cart and Materials	
<b>9</b> 2:00 Pokeno (CDR)  4:00 Activity Visits	<b>10</b> 1:30 Mind/Body Fitness  3:30 Trivia Fun	<b>11</b> 10:00 Coffee & Conversations  2:00 Bingo (CDR)  4:00 Card Games	<b>12</b> 1:30 Seated Yoga  3:30 Paint by Number Session	<b>13</b> 10:00 Manicures  2:00 Bingo (CDR)  4:00 Card Games	<b>14</b> 1:30 Fri. Fitness  3:30 Cocoa & Conversations  6:30 Winter Movie	<b>15</b> 10:00 Communion Visits in Room  2:00 Zebra Bingo (CDR)	
<b>16</b> 1:00 Virtual Worship Service  4:00 Activity Visits	<b>17</b> 2:00 MLK Day Program (CDR)  3:30 Social Visits  <small>Martin Luther King Jr. Day</small>	<b>18</b> 10:00 Better Your Brain Trivia  2:00 Manicures  4:00 Card Games	<b>19</b> 1:30 Balloon Toss  3:30 Paint & Sip	<b>20</b> 11:00 Dance w/ Brittany (CDR)  2:00 Bingo (CDR)  4:00 Dice Games	<b>21</b> 2:00 Jan. B-day Party (RT)  4:00 Social Visits  8:00 Movie Ch. 29	<b>22</b> 10:00 Communion Visits in Room  2:00 Social Games (CDR)	
<b>23</b> 2:00 Weekend Bingo (CDR)  4:00 Activity Visits  <small>Activity Professionals Week</small>	<b>24</b> 1:30 Mind/Body Fitness  3:30 Z to A Musical Trivia	<b>25</b> 10:00 Coffee & Conversations  2:00 Bingo (CDR)  4:00 Card Games	<b>26</b> 1:30 Rock and Roll Fitness  3:30 Aroma Tx: Relaxation Hour  <small>Australia Day (observed)</small>	<b>27</b> 10:00 Manicures  2:00 Bingo (CDR)  4:00 Card Games	<b>28</b> 1:30 Fri. Fitness  3:30 Rosary  8:00 Movie Ch. 29	<b>29</b> Communion  1:30 Games  3:30 Recreation Cart and Materials	
<b>30</b> 1:30 Piano Hymns & Spiritual Songs  3:30 Social Game/Activities	<b>31</b> 1:30 Fitness Dice  3:30 Zen Painting & Relaxation	All activities on Auburn unit unless otherwise specified.   RT= Rose Terrace CDR = Christie Dining Room					