




# January 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						<p><i>Please check weekly announcements for details or any changes</i></p>	<p><b>1</b> New Year's Day 7:00- Morning Coffee</p>
<p><b>2</b> 7:00- Morning Coffee 1:30- Chapel</p>	<p><b>3</b> 7:00- Morning Coffee 9:00-5:00- Villa Salon <b>9:45- Hy-Vee Outing</b> 10:00- Gentle Chair Exercise 12:00- Schwan's <b>2:00- New Year's Concert</b></p>	<p><b>4</b> 7:00- Morning Coffee 9:00- Walking Group 10:30- Scrabble 2:00- Bingo  <b><u>No Hymn Sing Today</u></b></p>	<p><b>5</b> 7:00- Morning Coffee 10:00- Gentle Chair Exercise 11:00- Aerobic Exercise 1:30- Quarterly Memorial Service</p>	<p><b>6</b> 7:00- Morning Coffee 9:00-5:00- Villa Salon 9:00- Walking Group <b>9:45- Cub Foods Outing</b> 10:00- Bible Study 1:30-3:30- Free Nail Polishing 3:30- Catholic Service 6:00- Movie</p>	<p><b>7</b> 7:00- Morning Coffee 10:00- Strength Exercise 2:00- Bingo</p>	<p><b>8</b> 7:00- Morning Coffee</p>	
<p><b>9</b> 7:00- Morning Coffee 1:30- Chapel</p>	<p><b>10</b> 7:00- Morning Coffee 9:00-5:00- Villa Salon <b>9:45- Walmart Outing</b> 10:00- Gentle Chair Exercise 2:00- Birthday Party</p>	<p><b>11</b> 7:00- Morning Coffee 9:00- Walking Group <b>10:15- Dollar Tree Outing</b> 10:30- Scrabble 2:00- Bingo  <b><u>No Hymn Sing Today</u></b></p>	<p><b>12</b> 7:00- Morning Coffee 10:00- Gentle Chair Exercise 11:00- Strength Exercise: Bands 1:30- Chapel 2:00- Craft Time</p>	<p><b>13</b> 7:00- Morning Coffee 9:00-5:00- Villa Salon 9:00- Walking Group 10:00- Bible Study <b>2:00- Wine Social</b> 3:30- Catholic Service</p>	<p><b>14</b> 7:00- Morning Coffee 10:00- Strength Exercise 10:30- Open Door Pantry 2:00- Bingo</p>	<p><b>15</b> 7:00- Morning Coffee</p>	
<p><b>16</b> 7:00- Morning Coffee 1:30- Chapel</p>	<p><b>17 Martin Luther King Jr. Day</b> 7:00- Morning Coffee 9:00-5:00- Villa Salon <b>9:45- Target Outing</b> 10:00- Gentle Chair Exercise 12:00- Schwan's 2:00- Focus Meeting</p>	<p><b>18</b> 7:00- Morning Coffee 9:00- Walking Group 10:30- Scrabble 1:00- Hymn Sing 2:00- Bingo</p>	<p><b>19</b> 7:00- Morning Coffee 10:00- Gentle Chair Exercise 11:00- Aerobic Exercise 1:30- Chapel 2:00- Trivia: National Popcorn Day Themed</p>	<p><b>20</b> 7:00- Morning Coffee 9:00-5:00- Villa Salon 9:00- Walking Group <b>9:45- Cub Foods Outing</b> 10:00- Bible Study 1:30-3:30- Free Nail Polishing 3:30- Catholic Service 6:00- Movie</p>	<p><b>21</b> 7:00- Morning Coffee 10:00- Strength Exercise <b>11:00- Lunch Outing</b> 2:00- Bingo</p>	<p><b>22</b> 7:00- Morning Coffee</p>	
<p><b>15</b> 7:00- Morning Coffee</p>	<p><b>24</b> 7:00- Morning Coffee 9:00-5:00- Villa Salon <b>9:45- Walmart Outing</b> 10:00- Gentle Chair Exercise 2:30- Music with Larry</p>	<p><b>25</b> 7:00- Morning Coffee 9:00- Walking Group <b>10:15- Fresh Thyme Outing</b> 10:30- Scrabble 1:00- Hymn Sing 2:00- Bingo</p>	<p><b>26</b> 7:00- Morning Coffee 10:00- Gentle Chair Exercise 11:00- Strength Exercise: Bands 1:00-1:30- Blood Pressure Checks 1:30- Chapel</p>	<p><b>27</b> 7:00- Morning Coffee 9:00-5:00- Villa Salon 9:00- Walking Group 10:00- Bible Study 2:00- DC Book Exchange 3:30- Catholic Service</p>	<p><b>28</b> 7:00- Morning Coffee 10:00- Strength Exercise <b>10:30- Card Making with Sharon</b> 2:00- Bingo</p>	<p><b>29</b> 7:00- Morning Coffee</p>	
<p><b>30</b> 7:00- Morning Coffee</p>	<p><b>31</b> 7:00- Morning Coffee 9:00-5:00- Villa Salon <b>9:45- Target Outing</b> 10:00- Gentle Chair Exercise 12:00- Schwan's</p>						