

# Assisted Living Activities

## January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 a.m. Coffee and hot tea 2 p.m. Trivia Tuesday/ snack	2 10 a.m. Exercise 4:15 p.m. Worship	3 2 p.m. Balloon ball	1 10 a.m. Exercise 2 p.m. Pie Day Friday	2
3	4 10 a.m. Exercise 2 p.m. Root beer floats or sundaes	5 10 a.m. Coffee and hot tea 2 p.m. Trivia Tuesday/ snack	6 10 a.m. Exercise 4:15 p.m. Worship	7 2 p.m. Balloon ball	8 10 a.m. Exercise 2 p.m. Pie Day Friday	9
10	11 10 a.m. Exercise 2 p.m. Root beer floats or sundaes	12 10 a.m. Coffee and hot tea 2 p.m. Trivia Tuesday/ snack	13 10 a.m. Exercise 4:15 p.m. Worship	14 2 p.m. Balloon ball	15 10 a.m. Exercise 2 p.m. Pie Day Friday	16
17	18 10 a.m. Exercise 2 p.m. Root beer floats or sundaes	19 10 a.m. Coffee and hot tea 2 p.m. Trivia Tuesday/ snack	20 10 a.m. Exercise 4:15 p.m. Worship	21 2 p.m. Balloon ball	22 10 a.m. Exercise 2 p.m. Pie Day Friday	23
24	25 10 a.m. Exercise 2 p.m. Root beer floats or sundaes	26 10 a.m. Coffee and hot tea 2 p.m. Trivia Tuesday/ snack	27 10 a.m. Exercise 4:15 p.m. Worship	28 2 p.m. Balloon ball	29	30