

Inglemoor Rehabilitation and Care Centers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="font-size: 2em; color: #0056b3;">January 2022</h1> <p style="color: #008000; font-weight: bold;">Inglemoor Rehabilitation & Care Center - Heritage</p>					<p>Note:</p> <p>All programs are one-to-one and subject to change.</p>	<p style="color: #d9534f; font-weight: bold;">New Year's Day 1</p> <p>10:00 Jazzercise 10:30 Travel Club: Colorado 2:00 Hallway Bingo 3:15 Paper Snowflakes</p>
2	3	4	Cappuccino visits 5	Kia Visits 6	7	8
<p>10:00 Hallway Exercise 10:30 Teddy Bear Day 2:00 Who Am I? 3:15 January Dates in History</p>	<p>10:00 Baton Exercise 10:30 Recreation Planning Meeting 2:00 Noodle Hockey 3:15 Science for Seniors</p>	<p>10:00 Groovin' to Oldies 10:30 Travel Club Austria 2:00 Hallway Bingo 3:15 Inspirational Readings 6:00 Game Night</p>	<p>10:00 Stretch and Flex *10:00 Eucharist 10:30 Famous People Born in January 2:00 Bowling 3:15 1-1 Men's Topics</p>	<p>10:00 Dance to the 50s 10:30 History of Little Christmas 2:00 Hallway Bingo 3:15 Little Christmas Social 6:00 Creative Night</p>	<p>10:00 Ball Exercise 10:30 Old Rocks Day 2:00 Winter Wonderland Party 3:15 Hot Cocoa Social</p>	<p>10:00 Jazzercise 10:30 Balsam Facts 2:00 Hallway Bingo 3:15 Winter Poetry</p>
9	10	11	Cappuccino visits 12	Kia Visits 13	14	15
<p>10:00 Hallway Exercise 10:30 Winter Attire Through the Years 2:00 Snowball Game 3:15 Word Games</p>	<p>10:00 Baton Exercise 10:30 Group Crossword 2:00 Axe Throwing 3:15 Science for Seniors</p>	<p>10:00 Groovin' to Oldies 10:30 Travel Club Alaska 2:00 Hallway Bingo 3:15 Inspirational Readings 6:00 Game Night</p>	<p>10:00 Stretch and Flex *10:00 Eucharist 10:30 This Day in 1955 2:00 Log Rolling 3:15 1-1 Men's Topics</p>	<p>10:00 Dance to the 50s 10:30 Tall Tales 2:00 Hallway Bingo 3:15 1-1 Women's Topics 6:00 Creative Night</p>	<p>10:00 Ball Exercise 10:30 Creating Words from "Snowflake" 2:00 Log Cabin Building 3:15 Hot Cocoa Social</p>	<p>10:00 Jazzercise 10:30 Making Snow 2:00 Hallway Bingo 3:15 Canasta</p>
16	Martin Luther King Day 17	18	Cappuccino visits 19	Kia Visits 20	21	22
<p>10:00 Hallway Exercise 10:30 News, Views, and Horoscopes 2:00 Basketball 3:15</p>	<p>10:00 Baton Exercise 10:30 Resident Council 2:00 Betty White's 100th Birthday 3:15 Science for Seniors</p>	<p>10:00 Groovin' to Oldies 10:30 Food Committee Meeting 2:00 Hallway Bingo 3:15 Inspirational Readings 6:00 Game Night</p>	<p>10:00 Stretch and Flex *10:00 Eucharist 10:30 Fact or Fiction 2:00 Pancake Activity 3:15 1-1 Men's Topics</p>	<p>10:00 Dance to the 50s 10:30 <i>Breakfast at Tiffany's</i> Tea Social 2:00 Hallway Bingo 3:15 1-1 Women's Topics 6:00 Creative Night</p>	<p>10:00 Ball Exercise 10:30 Would You Rather? 2:00 Circus Day 3:15 Hot Cocoa Social</p>	<p>10:00 Jazzercise 10:30 Winter Pictures 2:00 Hallway Bingo 3:15 Wit and Wisdom</p>
23	24	25	Cappuccino visits 26	Kia Visits 27	28	29
<p>10:00 Hallway Exercise 10:30 Arts, Music, and Culture 2:00 Toss N' Talk 3:15</p>	<p>Activity Prof. Week 10:00 Baton Exercise 10:30 Art Talks – 15th Century Painters 2:00 Active Game 3:15 Science for Seniors</p>	<p>10:00 Groovin' to Oldies 10:30 Travel Club Wyoming 2:00 Hallway Bingo 3:15 Inspirational Readings 6:00 Game Night</p>	<p>10:00 Stretch and Flex 10:30 Sing-A-Long 2:00 Snowball Fight vs. Frosty 3:15 1-1 Men's Topics</p>	<p>10:00 Dance to the 50s 10:30 All About Nature 2:00 Hallway Bingo 3:15 1-1 Women's Topics 6:00 Creative Night</p>	<p>10:00 Ball Exercise 10:30 Australia Day 2:00 Navigate the Future: Activity Prof. Week Event 3:15 Hot Cocoa Social</p>	<p>10:00 Jazzercise 10:30 Humorous Quotes 2:00 Hallway Bingo 3:15 Popular Sports Cliches</p>
30	31					
<p>10:00 Hallway Exercise 10:30 Inspirational Songs 2:00 Broomstick Hockey 3:15 Words within a Word</p>	<p>10:00 Baton Exercise 10:30 Reminiscing Family 2:00 Resident Birthday Party 3:15 Science for Seniors</p>					