


January 2025 - Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<ul style="list-style-type: none"> EM Emotional EN Environmental IN Intellectual PH Physical VO Vocational SO Social SP Spiritual 	MC Memory Care	New Year's Day 1 10:00 EM Coffee & Donuts with Peggy 4:30 SO Visits with Kim	Bethany Off 2 11:30 EM Music with Shannon 12:45 VO Food Committee Meeting with Chef Tyler	Bethany Off 3 10:30 EM Pet visits with Lily & Ranger 11:30 PH Sit and Be Fit with Bethany 3:00 SO Movie Matinee	11:30 PH Exercise with Alexis 4 3:00 SO Bingo with Alexis
Exercise Videos, Movies, Coloring and Table Games Available 5	10:00 SP Catholic Mass (TV) and Communion 6 11:30 PH Chair Aerobics 2:30 EM Music with Kristin	10:00 SP Church Service (TV) 7 11:30 PH Seated Stretches 2:30 SO Candy Bingo	10:00 EM Coffee & Donuts with Peggy 8 11:00 PH Chair Yoga with Allison 2:00 PH TRYathlon Team Meeting 3:30 IN Much Ado About Nothing, The Film 4:30 SO Visits with Kim	10:00 IN TV Lounge: SeaWorld "Blue Horizons" Dolphin Show (TV) 9 11:00 PH Cardio Drumming 3:30 SO Manicures	10:30 EM Pet visits with Lily & Ranger 10 11:30 PH Sit and Be Fit with Bethany 3:00 VO Bus Outing: Shopping at Target	Exercise Videos, Movies, Coloring and Table Games Available 11
Exercise Videos, Movies, Coloring and Table Games Available 12	10:00 SP Catholic Mass (TV) and Communion 13 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC]	10:00 VO Bus Tour: Visit to our Friends at Anoka City Hall! 14 2:30 SO Candy Bingo 4:30 PH Seated Stretches	10:00 EM Coffee & Donuts with Peggy 15 11:00 SP Church & Communion 4:00 PH Cardio Drumming 4:30 SO Visits with Kim 6:30 EM Pet Visits with Jax & Claire	11:30 EM Music with Shannon 16 1:00 SO TRYathlon 3:30 VO Let's Make: No Bake Chocolate Chip Snack Bites	10:30 EM Pet visits with Lily & Ranger 17 11:30 PH Sit and Be Fit with Bethany 1:00 SO The Really Big Show 3:00 SO Snack Bingo	Exercise Videos, Movies, Coloring and Table Games Available 18
Exercise Videos, Movies, Coloring and Table Games Available 19	Martin Luther King Jr. Day 20 10:00 SP Catholic Mass (TV) and Communion 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC] 3:30 VO Coffee with Megan: Remembering MLK Jr.	11:30 PH Seated Stretches 21 1:00 SO TRYathlon 2:30 SO Candy Bingo	10:00 EM Coffee & Donuts with Peggy 22 11:00 PH Chair Yoga with Allison 3:30 SO Happy Hour 4:30 SO Visits with Kim	11:00 SO Lunch Outing: Broadway Pizza 23 1:00 SO TRYathlon 4:00 PH Cardio Drumming	Bethany Off 24 10:30 EM Pet visits with Lily & Ranger 11:30 PH Sit and Be Fit (TV) 1:00 SO The Really Big Show 3:00 SO Movie Matinee	Exercise Videos, Movies, Coloring and Table Games Available 25
Exercise Videos, Movies, Coloring and Table Games Available 26	10:00 SP Catholic Mass (TV) and Communion 27 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC]	10:00 SP Protestant Church Service (TV) 28 11:30 PH Seated Stretches 1:00 SO TRYathlon 2:30 SO Candy Bingo	10:00 EM Coffee & Donuts with Peggy 29 11:30 PH Chair Yoga 3:30 IN Crafternoon: DIY Valentine's Gnomes 4:30 SO Visits with Kim	11:30 EM Music with Shannon 30 1:00 SO TRYathlon 3:00 EM January Birthday Party with Ross	10:30 EM Pet visits with Lily & Ranger 31 11:30 PH Sit and Be Fit with Bethany 1:00 SO The Really Big Show	Happy Birthday to 1/11 Mardene Eichhorn 1/16 Donna DeMars