

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



Wellington Place Memory Support

10:00 Exercise
10:30 Coffee and Conversation
1:00 Word Puzzles
3:00 Helpful Chores

1

New Year's Day

10:00 Exercise
10:30 Read the Newspaper
1:00 Puzzles
3:00 Movie and Popcorn

2

10:00 Exercise
10:30 Hangman
1:00 Bowling
2:30 This Week in History
4:00 Hot Chocolate Popcorn

3

10:00 Exercise
10:30 A Fair Day Discussion
1:00 Country Music
1:30 Visit from Hazel, the dog!
4:00 UNO

4

10:00 Velcro Catch
10:30 Reminisce – Slumber Parties
1:00 Stretches
2:30 Wisen Now Wednesday
4:00 Cookie Social

5

10:00 Exercise
10:30 Catholic Church
1:00 Lutheran Church
2:30 Card Bingo
4:00 Beaded Suncatchers

6

10:00 Exercise
10:30 Order Up!
1:00 Manicures
2:30 Armchair Travels: Alaska
4:00 Bingo

7

10:00 Exercise
10:30 Coffee and Conversation
1:00 Word Puzzles
3:00 Helpful Chores

8

10:00 Exercise
10:30 Read the Newspaper
1:00 Dear Abby Day Discussion
3:00 Movie and Popcorn

9

10:00 Exercise
10:30 Would You Rather
1:00 Soccer
2:30 This Week in History
4:00 Winter Chex Mix

10

10:00 Exercise
10:30 Trivia
1:00 Name That Tune
2:30 Snowman Craft
4:00 Card Bingo

11

10:00 Parachute
10:30 Question Ball
1:00 Stretches
2:30 Wisen Now Wednesday
4:00 Hot Cocoa Social

12

10:00 Exercise
10:30 Catholic Church
1:00 Performance by Kent Larson
2:30 UNO
4:00 Lutheran Church

13

10:00 Exercise
10:30 Junk Drawer Detective
1:00 Men's Group – NBA Trivia
2:30 Our Planet: From Deserts to Grasslands
4:00 Bingo

14

10:00 Exercise
10:30 Coffee and Conversation
1:00 Word Puzzles
3:00 Helpful Chores

15

10:00 Exercise
10:30 Read the Newspaper
1:00 Hunt for Happiness Discussion
3:00 Movie and Popcorn

16

10:00 Exercise
10:30 Martin Luther King Jr. Trivia
1:00 Ladder Ball
2:30 This Week in History
4:00 Monster Cookie Dip

17

10:00 Exercise
10:30 Weird Foods Discussion
1:00 Molly B Polka Party!
1:30 Visit from Hazel, the dog!
4:00 Family Feud

18

10:00 Balloon Ball
10:30 Reminisce- Snowball Fight!
1:00 Stretches
2:30 Wisen Now Wednesday
4:00 Apple Turnover Social

19

10:00 Exercise
10:30 Catholic Church
1:00 Lutheran Church
2:30 Crazy 8's
4:00 Foolproof House Plants

20

10:00 Exercise
10:30 Snowflake Science Experiment
1:00 Manicures
2:30 Westerns
4:00 Bingo

21

10:00 Exercise
10:30 Coffee and Conversation
1:00 Word Puzzles
3:00 Helpful Chores

22

10:00 Exercise
10:30 Read the Newspaper
1:00 Frost Puzzle
3:00 Movie and Popcorn

23

10:00 Exercise
10:30 Who am I?
1:00 Balloon Tennis
2:30 This Week in History
4:00 Muddy Buddies

24

10:00 Exercise
10:30 Junk Drawer Detective
1:00 Name That Tune
2:30 Paint by Numbers
4:00 I Have Never Game

25

10:00 Soccer
10:30 Remembering Elvis Songs
1:00 Stretches
2:30 Wisen Now Wednesday
4:00 Root Beer Float Social

26

10:00 Exercise
10:30 Catholic Church
1:00 Lutheran Church
2:30 Coverall
4:00 Jewelry Making

27

10:00 Exercise
10:30 Static Electricity Experiment
1:00 Men's Group – Famous Boxer Puzzle
2:30 Facts About Plants Documentary

28

10:00 Exercise
10:30 Coffee and Conversation
1:00 Word Puzzles
3:00 Helpful Chores

29

10:00 Exercise
10:30 Read the Newspaper
1:00 Lone Ranger Fun Facts
3:00 Movie and Popcorn

30

10:00 Exercise
10:30 From Aardvark to Zebra Game
1:00 Ladder Ball
2:30 This Week in History
4:00 Hot Chocolate Dip

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