

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

Lakeside Assisted Living

Happy New Year! **1**
 10:30 Exercise in the MPR
 1:00 Resolution Garland
 Craft in the Café
 3:00 Movie Time in the 200
 Hall Livingroom
 New Year's Day

11:00 Catholic Mass in the **2**
 MPR
 1:30 Exercise in the MPR
 3:00 Movie Time in the 200
 Hall Livingroom

10:30 Yoga/Stretch in the MPR **3**
 1:30 Exercise with Melissa in the
 MPR
 3:00 YouTube Concert: John
 Tesh Big Band in the 200 Hall LR
 8:15pm Browns v Steelers on
 NBC

10:30 Exercise in the MPR **4**
 1:30 Card Games in the
 Café
 3:00 Movie Time in the 200
 Hall Living room

10:30 Yoga/Stretch in the **5**
 MPR
 1:00 Manicures in the Café
 3:00 Who Am I? in the MPR

10:30 Exercise in the MPR **6**
 1:30 Quick Questions Game
 in the MPR
 3:00 Movie Time in the 200
 Hall Livingroom

10:30 Exercise in the MPR **7**
 1:30 Bingo in the Café
 3:00 The Elvis Presley
 Documentary on YouTube
 200 Hall Livingroom

10:30 Exercise in the MPR **8**
 2:00 Elvis is in the Building
 3:30 Comedian Tom Papa:
 You're Doing Great! On
 YouTube in the 200 Hall
 Livingroom

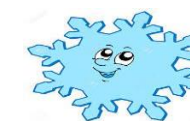
11:00 Catholic Mass in the **9**
 MPR
 1:00 Browns v Bengals 200
 Hall Livingroom
 1:30 Exercise in the MPR

10:30 Yoga/Stretch in the **10**
 MPR
 1:30 Exercise with Melissa
 in the MPR
 3:00 Betty White: The First
 Lady of Television on Netflix
 200 Hall Livingroom

10:30 Exercise in the MPR **11**
 1:30 Card Games in the
 Café
 3:30 Take a Walk Tuesday!
 meet Karon in the Café

10:30 Yoga/Stretch in the **12**
 MPR
 1:00 Manicures in the Café
 3:00 Vision Board for 2022
 in the Café

10:30 Exercise in the MPR **13**
 1:30 Short Story and
 Discussion 100 Hall
 Livingroom
 3:00 Game Time in the Cafe




10:30 Exercise in the MPR **14**
 1:30 Bingo in the Café
 3:00 Wii in the 100 Hall LR

10:30 Exercise in the MPR **15**
 1:30 Crossword/ Word
 Search Puzzles in the Café
 3:00 Movie Time in the 200
 Hall Livingroom

11:00 St. Christopher Rock **16**
 River Catholic Mass on
 YouTube in 200 Hall
 Livingroom
 1:30 Exercise in the MPR
 2:00 Movie Time in the 200
 Hall Livingroom

10:30 Yoga/Stretch in the MPR **17**
 1:30 Exercise with Melissa in the
 MPR
 3:00 How Martin Luther King Jr.
 Changed the World
 Documentary on YouTube 200
 Hall Livingroom
 Martin Luther King Jr. Day

10:30 Exercise in the MPR **18**
 2:00 January Birthday
 Celebration

 3:30 Take a Walk Tuesday!
 meet Karon in the Café

10:30 Yoga/Stretch in the **19**
 MPR
 1:00 Manicures in the Café
 3:00 Hot Cocoa and
 Coloring in the cafe

10:00 Depart for Marcs **20**
 10:30 Exercise in the MPR
 2:00 Keith Parker- Guitarist
 and singer
 3:30 Happy Hour in the café

10:30 Exercise in the MPR **21**
 1:30 Bingo in the Café
 3:00 Painting in the Café

10:30 Exercise in the MPR **22**
 1:30 Yahtzee! In the Café
 3:00 Name That Tune in the
 MPR

11:00 St. Christopher Rock **23**
 River Catholic Mass on
 YouTube in 200 Hall
 Livingroom
 1:30 Exercise in the MPR
 2:00 Movie Time in the 200
 Hall Livingroom
 Activity Professionals Week

10:30 Yoga/Stretch in the **24**
 MPR
 1:30 Exercise with Melissa
 in the MPR
 3:00 Neil Diamond: A
 Solitary Man Documentary
 on YouTube 200 Hall LR

10:30 Exercise in the MPR **25**
 1:30 Card Games in the
 Café
 3:30 Take a Walk Tuesday!
 meet Karon in the Café

9:30 Manicures in the Café **26**
 10:30 Yoga/Stretch in the
 MPR
 1:30 Food Comm./Resident
 Council Mtg in the MPR
 3:00 Social Hour in the Café
 Australia Day (observed)

10:30 Exercise in the MPR **27**
 1:30 Visit with Sophie: an
 adorable pup who will
 make you smile! 😊 MPR
 3:00 Netflix movie Show
 Dogs in the 200 Hall LR



10:30 Exercise in the MPR **28**
 1:30 Bingo in the Café
 3:00 Craft in the Cafe

10:30 Exercise in the MPR **29**
 1:30 Cookies and Coloring
 in the Café
 3:00 Movie Time in the 200
 Hall Livingroom

11:00 St. Christopher Rock **30**
 River Catholic Mass on
 YouTube in 200 Hall
 Livingroom
 1:30 Exercise in the MPR
 2:00 Movie Time in the 200
 Hall Livingroom

10:30 Yoga/Stretch in the **31**
 MPR
 1:30 Exercise with Melissa
 in the MPR
 3:00 Carol Channing
 Documentary YouTube 200
 Hall Livingroom



Don't forget to check the Daily Activity sheet for any changes or added activities