

# Special Happenings at the Memory Care Center

**January 2020**

| Mon  | Tue   | Wed   | Thu  | Fri   | Sat  |
|--|---|---|--|---|--|
|  |   | 1<br><b>New Year's Day<br/>Center Closed</b>  | 2<br>Story in a Bag<br>Tai Chi For Beginners<br>Athletes Born in January<br>Get Moving: Golf Putting                             | 3<br>History Documentary: Alaska<br>Statehood<br>Name That Tune 1950s<br>Men's Baking Group<br>Get Moving: Corn Hole                                      | 4<br>Shake Loose A Memory<br>Watercolor Art Class<br>Get Moving: Stretch & Flex<br>With Music                            |
| 6<br>Nature Documentary: Owls<br>Creative Crafting: Snowy Owls<br>I Hear Memories<br>Get Moving: Shuffleboard  | 7<br>Nature Haiku & Ink Paintings<br>Use Your Senses<br>Gentle Chair Yoga Class<br>Get Moving: Target Toss  | 8 <b>Elvis' Birthday</b><br>Elvis Tribute & Sing Along<br>Virtual Travel: Graceland<br>Cooking Matters: Banana<br>Bread<br>Get Moving: Ladderball                       | 9<br>Creative Writing Class<br>Men's Woodworking Project<br>Hand Massages & Spa Music<br>Get Moving: Bowling                     | 10<br>Tea History & Tasting<br>Virtual Travel: India's Tea<br>Plantations<br>Gentle Chair Yoga Class<br>Get Moving: Volleyball                            | 11<br>Finish The Proverb<br>Creative Crafting Class<br>Get Moving: Stretch & Flex<br>With Music                          |
| 13 <b>Drumming Circle With Tom</b><br>Entertainers With January<br>Birthdays<br>Winter Aromatherapy Class<br>Cooking Matters: Fruit Scones<br>Get Moving: Golf Putting | 14<br>Robert Frost's Winter Poetry<br>Creative Crafting: Snowflakes<br>Gentle Chair Yoga Class<br>Get Moving: Corn Hole                           | 15<br>Nutrition & You: Figs &<br>Dates<br>Art Class: Birch Trees<br>Table Topics Game<br>Music Appreciation: Neil<br>Diamond<br>Get Moving: Bowling                     | 16<br>Art Appreciation: Cezanne<br>Oil Pastel Class: Still Life<br>Tai Chi For Beginners<br>Get Moving: Target Toss              | 17<br>Martin Luther King's Legacy<br>Creative Crafting: Peace Dove<br>Brain Fitness: Board Game<br>Challenges<br>Get Moving: Shuffleboard                 | 18<br>Famous Faces<br>Cooking Matters: Pudding Pie<br>Get Moving: Stretch & Flex<br>With Music                           |
| 20<br><b>Martin Luther King, Jr. Day<br/>Center Closed</b>   | 21 <b>Squirrel Appreciation Day</b><br>Nature Documentary: Squirrels<br>Creative Writing Class<br>Tai Chi For Beginners<br>Get Moving: Ladderball | 22 <b>Music Therapy Class<br/>With Hands in Harmony</b><br>Joanna Presents Music<br>Therapy<br>Drawing Class: Cardinals<br>NFL Memory Game<br>Get Moving: Baseball Toss | 23<br>Art Class: Geometric Winter<br>Trees<br>Men's Woodworking Project<br>Hand Massages & Spa Music<br>Get Moving: Golf Putting | 24 <b>National Peanut Butter<br/>Day</b><br>Peanut History & Fun Facts<br>Cooking Matters: PB Cookies<br>Gentle Chair Yoga Class<br>Get Moving: Corn Hole | 25 <b>Chinese New Year<br/>Begins</b><br>Penny Ante<br>Mixed Media Art Class<br>Get Moving: Stretch & Flex<br>With Music |
| 27<br>Memory Box: Winter Sports<br>Music Appreciation: Harry<br>Belafonte<br>Oil Pastel Class: Northern Lights<br>Get Moving: Target Toss                              | 28<br>Nutrition & You: Yogurt<br>Presidents Born In January<br>Gentle Chair Yoga Class<br>Get Moving: Golf Putting                                | 29<br>Good Health: Hydration In<br>Winter<br>Afternoon Tea & Tunes<br>Super Bowl Outlook<br>Get Moving: Horseshoes  | 30 <b>Worship &amp; Dance Music<br/>With Doug</b><br>Men's Baking Group<br>Tai Chi For Beginners<br>Get Moving: Volleyball       | 31 <b>Monthly Birthday<br/>Celebration</b><br>Recognizing Cornerstone<br>January Birthdays<br>Super Bowl Brackets<br>Get Moving: Ladderball               |  |

**Please Join Us For:**

Daily Arthritis Foundation Exercise Class  
Rosary Offered Every Monday

Men's Group Meets Daily  
Nu-Step Program with Certified Restorative Aide

January Focus: Fun & Fitness In the New Year  
Walking & Fitness Groups Offered Daily

