

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

# January 2022

ANNA AND ELIZABETH HOUSE

							<p>*10:30 Rosary Ch. 51 <b>1</b></p> <p>*11:00 Mass Ch. 51</p> <p style="text-align: right; font-size: small;">New Year's Day</p>
<p>*10:30 Rosary Ch. 51 <b>2</b></p> <p>*11:00 Mass Ch. 51</p>	<p>10:00 Exercise- HH <b>3</b></p> <p><b>*1:00 Senior Fitness w/ Carol- AR 2</b></p> <p><b>*2:00 Winter Party w/ Roland Harris- AR 1</b></p>	<p><b>*9:30 Vitality Ballet-NHFR</b> <b>4</b></p> <p><b>*2:00 Bingo-AR 2</b></p>	<p><b>*9:00 Senior Fitness w/ Carol- AR 1</b> <b>5</b></p> <p><b>*1:00 Centering Prayer- 2nd FLR Naomi</b></p> <p><b>*2:00 Bingo-AR 2</b></p>	<p><b>*9:30 Cardio Exercise w/ Therapy Dept- AR 1</b> <b>6</b></p> <p><b>*1:30 Belles of Sarah- AR 1</b></p> <p><b>*2:30 Music w/ Troy- HH</b></p>	<p><b>*9:30 Music and Motion w/ Sherry-NFR</b> <b>7</b></p> <p><b>*1:30 Book Mobile-L</b></p>	<p><b>10:00 Exercise Ch. 7</b> <b>8</b></p> <p>*10:30 Rosary Ch. 51</p> <p>*11:00 Mass Ch. 51</p> <p>1:00 Movie Ch. 7</p>	
<p><b>10:00 Exercise Ch. 7</b> <b>9</b></p> <p>*10:30 Rosary Ch. 51</p> <p>*11:00 Mass Ch. 51</p> <p>1:00 Balloon Volley- AR 1</p>	<p>10:00 Exercise- HH <b>10</b></p> <p><b>*1:00 Senior Fitness w/ Carol- AR 1</b></p> <p><b>*3:00 Art W/ Carla- VMR</b></p>	<p><b>*9:30 Vitality Ballet-NHFR</b> <b>11</b></p> <p><b>*2:00 Community Happy Hour w/ Ken Roberts- AR 2</b></p> <p>3:00 Bible Study w/ Fr. Pio- AR 1</p>	<p><b>*9:00 Senior Fitness w/ Carol- AR1</b> <b>12</b></p> <p><b>*1:00 Centering Prayer- 2nd FLR Naomi</b></p> <p><b>*2:00 Bingo-AR 2</b></p>	<p>9:00 Tony's Donuts-AR 2 <b>13</b></p> <p><b>*9:30 Cardio Exercise w/ Therapy Dept- AR 1</b></p> <p>1:00 Gym Instructions- NHFR</p>	<p><b>*9:30 Music and Motion w/ Sherry-NFR</b> <b>14</b></p> <p><b>*1:30 Book Mobile-L</b></p> <p><b>2:00 Group Pictionary- AR2</b></p>	<p>*10:30 Rosary Ch. 51 <b>15</b></p> <p>*11:00 Mass Ch. 51</p>	
<p>*10:30 Rosary Ch. 51 <b>16</b></p> <p>*11:00 Mass Ch. 51</p>	<p>10:00 Exercise- HH <b>17</b></p> <p><b>*1:00 Senior Fitness w/ Carol- AR 1</b></p> <p><b>2:00 Group Sing-a-long AR 2</b></p> <p style="text-align: right; font-size: x-small;">Martin Luther King Jr. Day</p>	<p><b>*9:30 Vitality Ballet-NHFR</b> <b>18</b></p> <p><b>*2:00 Bingo-AR 2</b></p>	<p><b>*9:00 Senior Fitness w/ Carol- AR1</b> <b>19</b></p> <p><b>*1:00 Centering Prayer- 2nd FLR Naomi</b></p> <p><b>*2:00 Bingo-AR 2</b></p>	<p><b>*9:30 Cardio Exercise w/ Therapy Dept- AR 1</b> <b>20</b></p> <p><b>*1:30 Belles of Sarah- AR 1</b></p> <p><b>*2:30 Community Birthday Party w/ Sterling Lloyd- AR 2</b></p> <p><b>*2:30 Music w/ Troy- HH</b></p>	<p><b>*9:30 Music and Motion w/ Sherry-NFR</b> <b>21</b></p> <p><b>*1:30 Book Mobile-L</b></p>	<p>*10:30 Rosary Ch. 51 <b>22</b></p> <p>*11:00 Mass Ch. 51</p>	
<p>*10:30 Rosary Ch. 51 <b>23</b></p> <p>*11:00 Mass Ch. 51</p> <p style="text-align: center;"><b>NATIONAL ACTIVITY PROFESSIONALS' WEEK!</b></p> <p style="text-align: right; font-size: x-small;">Activity Professionals Week</p>	<p>10:00 Exercise- HH <b>24</b></p> <p><b>*1:00 Senior Fitness w/ Carol- AR 1</b></p> <p><b>*2:00 Creative Crafting- AR 2</b></p>	<p><b>*9:30 Vitality Ballet-NHFR</b> <b>25</b></p> <p><b>*2:00 Bingo-AR 2</b></p> <p>3:00 Bible Study w/ Fr. Pio- AR 1</p>	<p><b>*9:00 Senior Fitness w/ Carol- AR1</b> <b>26</b></p> <p><b>9:00 Waffle Wednesday- AR2</b></p> <p><b>*1:00 Centering Prayer- 2nd FLR Naomi</b></p> <p><b>*2:00 Social w/ Jan Marra- AR 2</b></p> <p style="text-align: right; font-size: x-small;">Australia Day (observed)</p>	<p><b>*9:30 Cardio Exercise w/ Therapy Dept- AR 1</b> <b>27</b></p> <p>1:00 Gym Instructions- NHFR</p> <p><b>2:30 Get to Know the Staff: Life Enrichment- AR 2</b></p>	<p><b>*9:30 Music and Motion w/ Sherry-NFR</b> <b>28</b></p> <p><b>*1:30 Book Mobile-L</b></p> <p><b>2:00 Household You choose-HH</b></p>	<p><b>10:00 Exercise Ch. 7</b> <b>29</b></p> <p>*10:30 Rosary Ch. 51</p> <p>*11:00 Mass Ch. 51</p> <p>1:30 Movie CH. 7</p>	
<p><b>10:00 Exercise Ch. 7</b> <b>30</b></p> <p>*10:30 Rosary Ch. 51</p> <p>*11:00 Mass Ch. 51</p> <p>1:00 Bingo-HH</p>	<p>10:00 Exercise- HH <b>31</b></p> <p><b>*1:00 Senior Fitness w/ Carol- AR 1</b></p> <p><b>2:00 Musical Instruments- AR 2</b></p>	<p><b>*Rosary and Mass daily starting at 10:30am and 11:00am in the Chapel or CH. 51!</b></p>  <p style="text-align: center;"><b>DECEMBER BIRTHDAYS:</b></p> <p style="text-align: center;">Margaret Nuernberger- 1/6</p> <p style="text-align: center;">Carolyn Trosky- 1/8</p> <p style="text-align: center;">Verna Cardinals- 1/15</p> <p style="text-align: center;">Willard Bradshaw- 1/26</p>					

1-1's are done daily from 10am-12pm and 1pm-3pm

\*Be Active \*Be Creative \*Be Entertained \*Be Connected \*Spiritual