

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2021

## Madrona House Memory Care Activity Calendar

					<p>10:30am Move &amp; Groove <b>1</b>          1:00pm January Gazette and Jan. Fun Facts          2:00pm Snack &amp; New Year's Coloring          3pm Short Story: Ringing in the New Year          5:30pm Friday Nite Flick  <small>New Year's Day</small></p>	<p>10:30am Move &amp; Groove <b>2</b>          1pm Junk Drawer Detective          2pm Movie Matinee &amp; Popcorn          3pm Puzzles          5:30pm Short Stories          6pm Manicures          6:30pm Netflix</p>
<p>10:00am Morning Greetings <b>3</b>          10:30am Chair Yoga          11:00am Drum Circle          1:25pm Seahawks VS 49ERS Tailgate Party          3:00pm Flower Arranging          5:30pm Helping Hands          6:30pm Documentary Series</p>	<p>10:30am Move &amp; Groove <b>4</b>          1:00pm Balloon Volleyball          2pm Snack and Candy Cane Snowflake          3pm Monday Concert          5:30pm Feel Good Stories          6pm Browsing Books</p>	<p>10:30am Move &amp; Groove <b>5</b>          1:30pm Yoga w/Conrad(4<sup>th</sup>)          1:30pm Yoga Video (3W)          2pm Snack &amp; Craft          3pm Remembering Songs from the 1940s          5:30pm Games &amp; Knitting Circle          6:30pm Travel Video</p>	<p>10:30am Mystery Ride (3W) <b>6</b>          10:30am Move &amp; Groove          1:00pm Meditation with Conrad          2:00pm Bake Cookies          3:00pm Bowling Tournament          5:30pm Manicures          6:30pm Game Shows</p>	<p>1:00pm Build a Snowman <b>7</b>          1:30pm Mystery Ride (4<sup>th</sup>)          2pm Cinnamon Rolls and Beading          3pm EZ Does it Random Trivia/Pen Pals          5:30pm Manicures &amp; Hand Massages          6:30pm Dean Martin Celebrity Roast</p>	<p>10:30am Move &amp; Groove <b>8</b>          1:00pm Balloon Volleyball          2:00pm Afternoon Tea Party          3pm Word Game          5:30pm Friday Nite Flick</p>	<p>10:30am Move &amp; Groove <b>9</b>          1pm Order Up          2pm Movie Matinee &amp; Popcorn          3pm Manicures          5:30pm Short Stories          6pm 1:1 Visits          6:30pm Netflix</p>
<p>10:00am Morning Greetings <b>10</b>          10:30am Chair Yoga          11:00am Drum Circle          2:00pm Cooking with Conrad          3:00pm Rummage Box          5:30pm Helping Hands          6:30pm Documentary Series</p>	<p>9:30am Fun with Angie <b>11</b>          10:30am Move &amp; Groove          1:00pm Balloon Volleyball          2pm Snack and Snow Picture          3pm Monday Concert          5:30pm Poetry Circle          6pm Browsing Books</p>	<p>9:30am Fun with Angie <b>12</b>          10:30am Move &amp; Groove          1:30pm Yoga Video (4W)          1:30pm Yoga w/Conrad (3W)          2pm Snack &amp; Craft          3pm Sing Along          5:30pm Games &amp; Knitting Circle          6:30pm Travel Video</p>	<p>10:30am Mystery Ride (4<sup>th</sup>) <b>13</b>          10:30am Move &amp; Groove          1:00pm Meditation with Conrad          2:00pm Bake Cookies          3:00pm Bowling Tournament          5:30pm Manicures          6:30pm Game Shows</p>	<p>10:30am Move &amp; Groove <b>14</b>          1:00pm Build a Snowman          2:00pm Cinnamon Rolls &amp; Reminisce Magazines          3pm Beading/Pen Pals          5:30pm Manicures &amp; Hand Massages          6:30pm Dean Martin Celebrity Roast</p>	<p>10:30am Move &amp; Groove <b>15</b>          1:00pm Fun with Instruments          2:00pm Snack &amp; Craft          3pm A-Z Word Game          5:30pm Friday Nite Flick</p>	<p>10:30am Move &amp; Groove <b>16</b>          1pm Junk Drawer Detective          2pm Movie Matinee &amp; Popcorn          3pm Manicures          5:30pm Short Stories          6pm 1:1 Visits          6:30pm Netflix</p>
<p>10:00am Morning Greetings <b>17</b>          10:30am Chair Yoga          11:00am Drum Circle          2:00pm Snack &amp; Craft          3:00pm Flower Arranging          5:30pm Helping Hands          6:30pm Documentary Series</p>	<p>10:30am Move &amp; Groove <b>18</b>          1:00pm Balloon Volleyball          2pm Snack &amp; Craft          3pm Monday Concert          5:30pm Feel Good Stories          6pm Browsing Books  <small>Martin Luther King Day</small></p>	<p>10:30am Move &amp; Groove <b>19</b>          1:30pm Yoga w/Conrad (4<sup>th</sup>)          1:30pm Yoga Video (3W)          2pm Snack and Craft          3pm Sing Along          5:30pm Games &amp; Knitting Circle          6:30pm Travel Video</p>	<p>10:30am Move &amp; Groove <b>20</b>          1:00pm Meditation with Conrad          2:00pm Bake Cookies          3:00pm January Birthday Celebration          5:30pm Manicures          6:30pm Game Shows</p>	<p>10:30am Move &amp; Groove <b>21</b>          1:00pm Build a Snowman          1:30pm Mystery Ride (3W)          2pm Cinnamon Rolls          3pm Can You Picture This?/Pen Pals          5:30pm Manicures &amp; Hand Massages          6:30pm Dean Martin Celebrity Roast</p>	<p>10:30am Move &amp; Groove <b>22</b>          1:00pm Balloon Volleyball          2:00pm Snack &amp; Craft          3pm Happy Hour          5:30pm Friday Nite Flick</p>	<p>10:30am Move &amp; Groove <b>23</b>          1pm The Funny 40's          2pm Movie Matinee &amp; Popcorn          3pm Manicures          5:30pm Short Stories          6pm 1:1 Visits          6:30pm Netflix</p>
<p>10:00am Morning Greetings <b>24</b>          10:30am Chair Yoga          11:00am Drum Circle          2:00pm Cooking with Conrad          3:00pm Folding          5:30pm Helping Hands          6:30pm Documentary Series  <small>Activity Professionals Week</small></p>	<p>9:30am Fun with Angie <b>25</b>          10:30am Move &amp; Groove          1:00pm Balloon Volleyball          2pm Snack and Craft          3pm Monday Concert          5:30pm Poetry Circle          6pm Browsing Books</p>	<p>9:30am Fun with Angie <b>26</b>          10:30am Move &amp; Groove          1:30pm Yoga Video (4W)          1:30pm Yoga w/Conrad (3W)          2pm Snack &amp; Craft          3pm Sing Along          5:30pm Games &amp; Knitting Circle          6:30pm Travel Video  <small>Australia Day (observed)</small></p>	<p>10:30am Mystery Ride (3W) <b>27</b>          10:30am Move &amp; Groove          1:00pm Meditation with Conrad          2:00pm Bake Cookies          3:00pm Corn Hole          5:30pm Manicures          6:30pm Game Shows</p>	<p>10:30am Move &amp; Groove <b>28</b>          1:00pm Build a Snowman          1:30pm Mystery Ride (4<sup>th</sup>)          2pm Cinnamon Rolls          3pm You Can Puzzle Too/Pen Pals          5:30pm Manicures &amp; Hand Massages          6:30pm Dean Martin Celebrity Roast</p>	<p>10:30am Move &amp; Groove <b>29</b>          1:00pm Balloon Volleyball          2:00pm Snack &amp; Craft          3pm Snow Picture          5:30pm Friday Nite Flick</p>	<p>10:30am Move &amp; Groove <b>30</b>          1pm Word Games          2pm Movie Matinee &amp; Popcorn          3pm Manicures          5:30pm Short Stories          6pm 1:1 Visits          6:30pm Netflix</p>
<p>10:00am Morning Greetings <b>31</b>          10:30am Chair Yoga          11:00am Drum Circle          2:00pm Snack &amp; Craft          3:00pm String Pasta          5:30pm Helping Hands          6:30pm Documentary Series</p>	<p><b>Happy Birthday to all our January Babies!</b>          1.3 John T          1.11 Carol F          1.16 Bill V</p>					