

Sunday

Monday

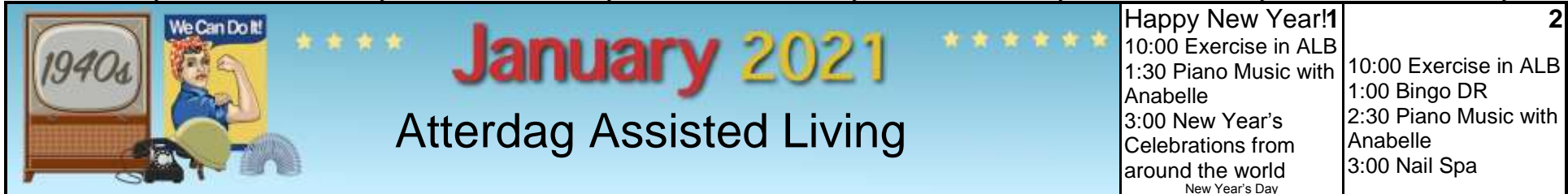
Tuesday

Wednesday

Thursday

Friday

Saturday



January 2021
Atterdag Assisted Living

<p>9:15am: Bethania Church in the LR 10:30am: Family Visits on the front patio 12:30 Spiritual Church Video in the LR 1:30: Exercise in ALB LR 3:00pm: Presbyterian Church in the LR</p>	<p>10:00am: Cardio Chair Exercise in ALB LV 12:30 Family Visits on the front Patio 2:30 Piano Music with Anabelle LR 3:30 Brain Games LR</p>	<p>10:00am: Chair Yoga Exercise in ALB LV 12:30 "Secrets of the Zoo" Episode 1 LR or Ch. 4 in your room 2:00: Adult Coloring 3:30 Memories and Reminisce</p>	<p>9:00 Nail Spa 10:00: Cardio Chair Exercise in ALB LR 12:30 Family Visits on the front Patio 1:30-4:00 ALB hair Salon LR</p>	<p>9:00 Morning Devotions 10:00 Chair Zumba Exercise in ALB LV 1:00 Movie Matinee 3:45 Happy Hour and Crosswords</p>	<p>Happy New Year! 10:00 Exercise in ALB 1:30 Piano Music with Anabelle 3:00 New Year's Celebrations from around the world <small>New Year's Day</small></p>	<p>10:00 Exercise in ALB 1:00 Bingo DR 2:30 Piano Music with Anabelle 3:00 Nail Spa</p>
<p>9:15am: Bethania Church in the LR 10:30am: Family Visits on the front patio 12:30 Spiritual Church Video in the LR 1:30: Exercise in ALB LR 3:00pm: Presbyterian Church in the LR</p>	<p>10:00am: Cardio Chair Exercise in ALB LV 12:30 Family Visits on the front Patio 2:30 Piano Music with Anabelle LR 3:30 Brain Games LR</p>	<p>10:00am: Chair Yoga Exercise in ALB LV 12:30 "Secrets of the Zoo" Episode 2 LR or Ch. 4 in your room 3:30 Memories and Reminisce</p>	<p>9:00 Nail Spa 10:00: Cardio Chair Exercise in ALB LR 12:30 Family Visits on the front Patio 1:30-4:00 ALB hair Salon LR</p>	<p>9:00 Morning Devotions 10:00 Chair Zumba Exercise in ALB LV 1:00 Movie Matinee 3:45 Happy Hour and Crosswords</p>	<p>10:00 Cardio Chair Exercise 10:30 Family Visits on the front Patio 1:00 Current Events on the news 3:30 Sing-A-long</p>	<p>10:00 Exercise in ALB 1:00 Bingo DR 2:30 Piano Music with Anabelle 3:00 Nail Spa</p>
<p>9:15am: Bethania Church in the LR 10:30am: Family Visits on the front patio 12:30 Spiritual Church Video in the LR 1:30: Exercise in ALB LR 3:00pm: Presbyterian Church in the LR</p>	<p>10:00am: Cardio Chair Exercise in ALB LV 12:30 Martin Luther King Jr. Biography LR 12:30 Family Visits on the Front Patio 2:30 Piano Music with Anabelle LR 3:30 Brain Games LR <small>Martin Luther King Day</small></p>	<p>10:00am: Chair Yoga Exercise in ALB LV 12:30 "Secrets of the Zoo" Episode 3 LR or Ch. 4 in your room 3:30 Memories and Reminisce</p>	<p>9:00 Nail Spa 10:00: Cardio Chair Exercise in ALB LR 12:30 Family Visits on the front Patio 1:30-4:00 ALB hair Salon LR</p>	<p>9:00 Morning Devotions 10:00 Chair Zumba Exercise in ALB LV 1:00 Movie Matinee 3:45 Happy Hour and Crosswords</p>	<p>10:00 Cardio Chair Exercise 10:30 Family Visits on the front Patio 1:00 Current Events on the news 3:30 Sing-A-long</p>	<p>10:00 Exercise in ALB 1:00 Bingo DR 2:30 Piano Music with Anabelle 3:00 Nail Spa</p>
<p>9:15am: Bethania Church in the LR 10:30am: Family Visits on the front patio 12:30 Spiritual Church Video in the LR 1:30: Exercise in ALB LR 3:00pm: Presbyterian Church in the LR <small>Activity Professionals Week</small></p>	<p>10:00am: Chair Zumba Exercise in ALB LV 12:30 Family Visits on the Front Patio 2:30 Piano Music with Anabelle LR 3:30 Brain Games LR</p>	<p>10:00am: Chair Yoga Exercise in ALB LV 12:30 "Secrets of the Zoo" Episode 4 LR or Ch. 4 in your room 3:30 Memories and Reminisce <small>Australia Day (observed)</small></p>	<p>9:00 Nail Spa 10:00: Cardio Chair Exercise in ALB LR 12:30 Family Visits on the front Patio 1:30-4:00 ALB hair Salon LR</p>	<p>9:00 Morning Devotions 10:00 Chair Zumba Exercise in ALB LV 1:00 Movie Matinee 3:45 Happy Hour and Crosswords</p>	<p>10:00 Cardio Chair Exercise 10:30 Family Visits on the front Patio 1:00 Current Events on the news 3:30 Sing-A-long</p>	<p>10:00 Exercise in ALB 1:00 Bingo DR 2:30 Piano Music with Anabelle 3:00 Nail Spa</p>

Activities are subject to change!

