

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2021

Personal Care Unit

						Happy New Year! 1 9:00 Fitness Friday 10:00 It's a Wonderful Life Movie 12:30 Get Crafty 1:30 Snacks and Chat 2:00 Chair Travel <small>New Year's Day</small>	9:00 Saturday Stretches 2 10:00 Balloon Bounce 12:30 Patio Time 1:30 Snack Break 2:00 Movie and Popcorn
						9:30 Bethania Service 3 10:00 Balloon Warm Up 11:00 Read The Paper 12:30 Worship Hour 1:30 Munch and Mingle 2:00 Lawrence Welk	9:00 Balloon Toss 4 10:00 Morning Stretches 12:30 Chair Travel 1:30 Coffee and Cookies With Friends 2:00 Game Show Fun
9:30 Bethania Service 10 10:00 Balloon Warm Up 11:00 Book Club 12:30 Worship Hour 1:30 Snacks With Friends 2:00 Jeopardy	9:00 Balloon Warm Up 11 10:00 Movement Monday 12:30 Those Were the Days: Remembering Life in the 1950s You Tube 1:30 2:00 Snack and Chat	National Marzipan Day 12 9:00 Tone it Tuesdays 10:00 What is Marzipan 12:30 Lets Get Cooking 1:30 Break Time 2:00 Snacks and Trivia	9:00 Coffee and Chat 13 10:00 History of Dolly Parton 12:30 Fit With Linda 1:30 Smoothie Hour 2:00 Classic TV	9:00 Morning Exercise 14 10:15 Hair Fix ups 12:15 Bingo 1:30 Wine Hour with Tasty Treats 2:00 Game Show Fun	9:00 Fitness Friday 15 10:00 Reminisce Fashions of the Decades 12:30 Craft Corner 1:30 Rest and Restore 2:00 Snacks and Shows	National Fig Newton Day 16 9:00 Saturday Stretches 10:00 Fig Newton History & how it's Made 12:30 Valentine Box Craft 2:00 Fig Newton Tasting 3:00 Movie Time!	
9:30 Bethania Service 17 10:00 Balloon Warm Up 11:00 Read the Paper 12:30 Worship Hour 1:30 Root Beer Float Happy Hour 2:00 Lawrence Welk	Martin Luther King Day 18 9:00 Balloon Bounce 10:00 Martin Luther King Documentary 12:30 Afternoon Workout 1:30 Cool Down 2:00 Snacks With Friends <small>Martin Luther King Day</small>	National Popcorn Day 19 9:00 Tone it Tuesdays 10:00 History of Popcorn 12:30 Baking Fun 1:30 Rest and Restore 2:00 Munch and Mingle Popcorn Flavor Bar	9:00 Coffee and Chat 20 10:00 History of Disneyland 12:30 Fit With Linda 1:30 Wine Down Wednesday 2:00 Snacks and Music	9:00 Morning Exercise 21 10:15 Nail Spa 12:15 Bingo 1:30 Take a Break and Chat With Snacks 2:00	9:00 Fitness Friday 22 10:00 Reminisce Old Fashion Fun 12:30 Get Artsy 1:30 Take a Break 2:00 Munch and Mingle	9:00 Saturday Stretches 23 10:00 Make Music 12:30 Coloring Corner 1:30 Word Searches and Appetizers 2:00 Rest and Restore 3:00 Show Time	
9:30 Bethania Service 24 10:00 Balloon Warm Up 11:00 Book Club 12:30 Worship Hour 1:30 Cheese and Crackers 2:00 Game Shows <small>Activity Professionals Week</small>	9:00 Balloon Fun 25 10:00 Get Moving 12:30 It's Swell! Remembering Those Great Toys of the Baby Boomer Era 2:00 Snack Cart	Australia Day 26 9:00 Tone it Tuesdays 10:00 Australia Talk 12:30 Cooking Hour 1:30 Take a Break 2:00 Chair Travel Australia With Snacks <small>Australia Day (observed)</small>	9:00 Coffee and Chat 27 10:00 History of Ford Cars 12:30 Fit With Linda 1:30 Cheese and Cracker Break 2:00 Show Time	National Kazoo Day 28 9:00 Morning Exercise 10:00 Kazoo History 12:15 Bingo 1:30 Kazoo Concert 2:00 Snacks and Shows	9:00 Fitness Friday 29 10:00 Reminisce Family Pets 12:30 Make our Valentines 1:30 Rest and Restore 2:00 Cookie and Coffee Cart	9:00 Saturday Stretches 30 10:00 Read the Funnies 12:30 Group Fun 1:30 Break Time 2:00 Munch and Mingle and Music 3:00 Movie Time	
9:30 Bethania Service 31 10:00 Balloon Warm Up 11:00 Read the Paper 12:30 Worship Hour 1:30 Ice Cream Social 2:00 Lawrence Welk	Breakfast- 8:00 Lunch – 11:30 Dinner – 4:30 Patio Visits Tuesdays- 2pm Thursdays- 2pm Sundays – 10:30am and 2pm						