





# JANUARY 2024



## ACTIVITIES IN THE ACTIVITY ROOM

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|--|--|--|---|--|---|--|
|  | <b>1</b><br>2:30 – Chair Yoga<br>3 – New Year's Party  | <b>2</b><br>10:30 – Dominoes<br>3:30 – Seated Hula Dance<br>4 – Pokeno Bingo | <b>3</b><br>8:45 – Small Group<br>2:30 – Hymn Singalong<br>3:30 – Popcorn & Hot Chocolate         | <b>4</b><br>2:15 – Church Service with Megan Wagner<br>4:30 – Small Group  | <b>5</b><br>10:30 – Alphabet Quiz<br>2:30 – Golf<br>3:30 – Bingo                              | <b>6</b><br>2:30 – Cover the Number Dice Game  |
| <b>7</b>   | <b>8</b><br>2 – Bingo<br>3 – Make Snowman Craft  | <b>9</b><br>10:30 – Bible Study<br>3 – Music Hour and Treats                 | <b>10</b><br>8:45 – Small Group<br>2:30 – Conversation Catch<br>3:30 – UNO                        | <b>11</b><br>2:15 – Church Service with Rev. Ellens  | <b>12</b><br>10:30 – Can You Name 5?<br>3:30 – Chair Exercises                                | <b>13</b><br> |
| <b>14</b>  | <b>15</b><br><i>Martin Luther King Day</i><br>10:30 – MLK True or False<br>3:30 – Chair Exercises<br>4 – Bingo & Popcorn | <b>16</b><br>10:30 – Bible Study<br>2:30 – Monthly Birthday Party            | <b>17</b><br>8:45 – Small Group<br>3 – Afternoon Snack<br>3:30 – Naturalist Lindsey talk on Bison | <b>18</b><br>2:15 – Church Service with Rev. Ericksen<br>4:30 – Small Group  | <b>19</b><br>10:30 – Alphabet Quiz<br>2 – Noodle Stretches<br>2:30 – Make & Enjoy Scotcheroos | <b>20</b><br>2 – Melissa & Milo the dog  |
| <b>21</b><br> | <b>22</b><br>2:30 – Chair Exercises<br>3 – Make Snowman Craft  | <b>23</b><br>10:30 – Bible Study<br>2:30 – Armchair Travel to Sri Lanka      | <b>24</b><br>8:45 – Small Group<br>2:30 – Picture and Word Games<br>3 – Resident Council          | <b>25</b><br>2:15 – Church Service with Dave Hoyer<br>4:30 – Small Group   | <b>26</b><br>10:30 – Reminisce: Winter Time<br>1:30 – Bingo<br>2:30 – Manicures               | <b>27</b>  |
| <b>28</b>  | <b>29</b><br>2:30 – Balloon Swat<br>3 – Social Hour  | <b>30</b><br>10:30 – Bible Study<br>2:30 – From Start to Finish Game         | <b>31</b><br>8:45 – Small Group<br>2:30 – Men's Coffee with Katie Ginger                          | <p>• COMMUNITY MEMORIAL HEALTH CENTER CALENDAR<br/>IS SUBJECT TO CHANGE<br/>HARTLEY, IOWA<br/>IA LTC OMBUDSMAN – JENNIFER GOLLE (866) 236-1430</p> |   |  |