


January Salty Shores

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Holland Christian Homes</p>	<u>Daily Life Enrichment</u> <u>Lounge</u> Tranquil Moments	<u>Cozy Cove</u> Daily Matinee <u>Dining Room</u> Breakfast Club	<u>Living Room</u> Coloring Circle Puzzle Nook Tactile/Sensory Table Busy Bins	¹ 1000 Bible Study 1030 Physio Moves 1:00-3:00 Matinee Movie OR Community Stroll	² 	³ 10AM Giggle & Wiggle 1PM Celeb of the day 3 pm Guess it Right
⁴ COMMUNION 10 AM Church Service 7 PM Church Service 1:00-3:00 Matinee Movie OR	⁵ 10 AM Chair Zumba 11 AM Singing the Oldies 1PM Spill the tea 3PM Community Stroll	⁶ 10AM My Brag Book 1PM Cookie Jar Club 3PM Relaxation and Therapeutic touch	⁷ 10 AM Balloon Toss 1PM Let's Create 3PM Neighborhood Bingo	⁸ 1000 Bible Study 1030 Physio Moves 1:00-3:00 Matinee Movie OR	⁹ 9:30-11:00 -Chair Zumba -Snap & Fold 1:00-3:00 -Coloring circle	¹⁰ 10AM Giggle & Wiggle 1PM Celeb of the day 3 pm Guess it Right
¹¹ 10 AM Church Service 7 PM Church Service 1:00-3:00 Matinee Movie OR	¹² 10 AM Chair Zumba 11 AM Singing the Oldies 1PM Spill the tea 3PM Community Stroll	¹³ 10AM My Brag Book 1PM Cookie Jar Club 3PM Relaxation and Therapeutic touch	¹⁴ 10 AM Balloon Toss 1PM Let's Create 3PM Neighborhood Bingo	¹⁵ 1000 Bible Study 1030 Physio Moves 1:00-3:00 Matinee Movie OR	¹⁶ 9:30-11:00 -Chair Zumba -Snap & Fold 1:00-3:00 -Painting pictures	¹⁷ 10AM Giggle & Wiggle 1PM Celeb of the day 3 pm Guess it Right
¹⁸ 10 AM Church Service 7 PM Church Service 1:00-3:00 Matinee Movie OR	¹⁹ 10 AM Chair Zumba 11 AM Singing the Oldies 1PM Spill the tea 3PM Community Stroll	²⁰ 10AM My Brag Book 1PM Cookie Jar Club 3PM Relaxation and Therapeutic touch	²¹ 10 AM Balloon Toss 1PM Let's Create 3PM Neighborhood Bingo	²² 1000 Bible Study 1030 Physio Moves 1:00-3:00 Matinee Movie OR Community Stroll	²³ 9:30-11:00 -Chair Zumba -Snap & Fold 1:00-7:00 Relaxing Hands	²⁴ 10AM Giggle & Wiggle 1PM Celeb of the day 3 pm Guess it Right
²⁵ 10 AM Church Service 7 PM Church Service 1:00-3:00 Matinee Movie OR	²⁶ 10 AM Chair Zumba 11 AM Singing the Oldies 1PM Spill the tea 3PM Community Stroll	²⁷ 10AM My Brag Book 1PM Cookie Jar Club 3PM Relaxation and Therapeutic touch	²⁸ 10 AM Balloon Toss 1PM Let's Create 3PM Neighborhood Bingo	²⁹ 1000 Bible Study 1030 Physio Moves 1:00-3:00 Matinee Movie OR	³⁰ 9:30-11:00 -Chair Zumba -Snap & Fold 1:00-3:00	³¹ 10AM Giggle & Wiggle 1PM Celeb of the day 3 pm Guess it Right

Lifestyle & Leisure Moments

Feathered Friends
3rd

Mobility Movements
With Sheila 8th

Resident Council 26th

Life Enrichment Glossary

Resident led activities: *Snap & Fold, table games, puzzles, coloring, loops & laughs, Loops & Laughs Club* Knitting, Crocheting or Embroidery
Breakfast Club (with Shirley W.)-Calendar Discussion, Resident Spotlight, News & Views
The Reading Nook Ties That Binds, Culture Change Chronical, Daily Bread, Daily Chronicle
The Cookie Jar Club (with Johnny or Florence)-Baking (Cupcakes, Cookie, Cake)
Artful Moment - Seasonal Art, Water Painting, Canvas Painting, Arts & Craft
Scrapbooking- (Residents making their own Photo Books)
Green Thumbs (with Jolly)- Care of Neighborhood Plants **Weekly**
Music Melody- Sing Along, Karaoke, Drumming Circle, Piano Playing, Playing an Instrument
Music & Relaxation–
Virtual Games-Tovertafel or Obie, Virtual Headset, iPad
Chair Zumba-Exercise, ROM
Active Games-Balloon Tennis, Ball Toss, Badminton, Balloon Toss, Skee Ball, Parachute
Table Games-Ludo, Snake & Ladder, Card Games, Ring Toss, Dice Game, Dominoes, Bingo