

January 2022
Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January cont'd 30 10:00 🚶 Walking Group [VAct] 1:30 🏛 Chapel Service [VLR] 2:30 ❤️ Month at A Glance [VLR] 3:30 📖 Weekly News Story [VLR] 6:00 ❤️ Ice Cream Sundays [VLR]	31 9:00 🚶 Chair Yoga & Meditation [AR] 10:00 📖 Fit Minds [VLR] 3:00 🚶 Corn Hole [VAct] 4:00 ❤️ Sing A Long [VAct] 6:00 ❤️ Hand Massages [VLR]	 ANTHOLOGY OF TUCKAHOE	❤️ Emotional 🌿 Environmental 📖 Intellectual 🚶 Physical 👥 Social 🌸 Spiritual	Location Keys Activities Room AR Bistro Lobby B Library 1st floor LIB Pub P Virtue Activity Space VAct Virtue Library VLIB Virtue Living Room VLR	New Year's Day 1 10:30 ❤️ Music In The Morning Sing Along [VLR] 1:30 ❤️ Adult Coloring Therapy [VAct] 2:30 📖 New Years Reminisce [VLR] 3:30 🚶 Stretch & Flex [VLR] 6:00 🍷 Saturday Night Snack and Chat [VLR]	
2 10:00 🚶 Walking Group [VAct] 10:30 🏛 Meditation, Weekly Devotional, & Music Therapy [VAct] 1:30 🏛 Chapel Service [VLR] 2:30 🚶 Table Ball [VLR] 3:30 📖 Weekly News Story [VLR] 6:00 ❤️ Ice Cream Sundays [VLR]	3 9:30 🚶 Jammin with Jillson [AR] 10:00 📖 Fit Minds [VLR] 2:00 🍷 Music with Mary [P] 3:00 🚶 Corn Hole [VAct] 4:00 ❤️ Name That Tune [VAct] 6:00 ❤️ Hand Massages [VLR]	4 9:00 🚶 Sit & Be Fit [VLR] 10:00 ❤️ Table Talk [VLR] 2:00 📖 Poetry Reading [VLR] 3:00 🚶 Balloon Ball Toss [VLR] 4:00 🌿 Nature Sound Scapes [VAct] 6:00 ❤️ Spa Day [VAct]	5 9:00 🚶 Chair Dancing [VLR] 10:00 📖 Fit Minds [VLR] 2:00 ❤️ Craft Corner [VAct] 3:00 🚶 Golf [VAct] 4:00 📖 IN2L Study a Country [LIB] 6:00 🍷 Ladies Club [VAct] 6:00 🍷 Men's Club [VLIB]	6 9:00 🚶 Strength & Balance [VLR] 10:00 📖 Trivia [VLR] 2:00 📖 Time Travel Reminisce [VLR] 3:00 🍷 Happy Hour [P] 3:30 ❤️ Squeezeplay [P] 4:00 🏛 Bible Stories [VLR] 6:00 ❤️ Relax & Reminisce [VLR]	7 9:00 🚶 Chair Yoga & Meditation [VLR] 10:00 ❤️ Cookie Baking [VLR] 2:00 📖 BINGO [VLR] 3:00 🚶 Ring Toss [VAct] 4:00 🍷 Tea Time [VLR] 6:00 📖 Evening Sorting [VAct]	8 10:30 🚶 Move & Groove [VAct] 1:30 ❤️ Adult Coloring Therapy [VAct] 2:30 ❤️ Movie Matinee [VLR] 3:30 🚶 Nature Stroll [VAct] 6:00 🍷 Saturday Night Comics [VLR]
9 10:00 🚶 Walking Group [VAct] 10:30 🌿 Morning Mind and Nature [VAct] 1:30 🏛 Chapel Service [VLR] 2:30 ❤️ Comedy Hour [VLR] 3:30 📖 Weekly News Story [VLR] 6:00 ❤️ Ice Cream Sundays [VLR]	10 9:30 🚶 Jammin with Jillson [AR] 10:00 📖 Fit Minds [VLR] 2:00 🍷 Birthday Party [P] 2:00 🍷 Kevin Sings the Classics [P] 3:00 🚶 Corn Hole [VAct] 4:00 ❤️ Sing A Long [VAct] 6:00 ❤️ Hand Massages [VLR]	11 9:00 🚶 Sit & Be Fit [VLR] 10:00 ❤️ Table Talk [VLR] 2:00 📖 Story Telling [VLR] 3:00 🚶 Afternoon Stretch [VLR] 4:00 🌿 Nature Sound Scapes [VAct] 6:00 ❤️ Spa Day [VAct]	12 9:00 🚶 Chair Dancing [VLR] 10:00 📖 Fit Minds [VLR] 11:00 🍷 Lunch Bunch-Melitos 2:00 ❤️ Craft Corner [VAct] 3:00 🚶 Bowling [VAct] 4:00 📖 IN2L Study a Country [LIB] 6:00 🍷 Ladies Club [VAct] 6:00 🍷 Men's Club [VLIB]	13 9:00 🚶 Strength & Balance [VLR] 10:00 ❤️ Stories & Sensory [VAct] 2:00 📖 Time Travel Reminisce [VLR] 2:30 🚶 Afternoon Aerobics [VLR] 3:00 🍷 Happy Hour [P] 3:00 ❤️ Music with Debra & Patrick [P] 6:00 ❤️ Relax & Reminisce [VLR]	14 9:00 🚶 Chair Yoga & Meditation [VLR] 10:00 ❤️ Snack & Chat [VLR] 2:00 📖 BINGO [VLR] 3:00 📖 Card Games [VAct] 3:30 ❤️ Afternoon Movie [VLR] 6:00 📖 Evening Sorting [VAct]	15 10:30 📖 Morning Sports Chat [VAct] 1:30 ❤️ Adult Coloring Therapy [VAct] 2:30 🍷 Dance Party [VLR] 3:30 🚶 Stretch & Flex [VLR] 6:00 🍷 Saturday Night Word Find [VLR]
16 10:00 🚶 Walking Group [VAct] 1:30 🏛 Chapel Service [VLR] 2:30 📖 Card Games [VLR] 3:30 📖 Weekly News Story [VLR] 6:00 ❤️ Ice Cream Sundays [VLR]	Martin Luther King, Jr. Day 17 9:00 🚶 Chair Yoga & Meditation [AR] 10:00 📖 Fit Minds [VLR] 1:30 🍷 Afternoon Treat Run-Starbucks [AR] 3:00 🚶 Corn Hole [VAct] 4:00 📖 MLK Day History Round Table Talk [VLIB] 6:00 ❤️ Hand Massages [VLR]	18 9:00 🚶 Sit & Be Fit [VLR] 10:00 📖 Puzzles [VLR] 2:00 ❤️ Health Fair [AR] 3:00 🚶 Balloon Ball Toss [VLR] 4:00 🌿 Bird Watchers-Bird Sounds [VAct] 6:00 ❤️ Spa Day [VAct]	19 9:00 🚶 Chair Dancing [VLR] 10:00 📖 Fit Minds [VLR] 2:00 ❤️ Craft Corner [VAct] 3:00 🚶 Bean Bag Toss [VAct] 4:00 📖 IN2L Study a Country [LIB] 6:00 🍷 Ladies Club [VAct] 6:00 🍷 Men's Club [VLIB]	20 9:00 🚶 Strength & Balance [VLR] 10:00 📖 Trivia [VLR] 2:00 📖 Time Travel Reminisce [VLR] 3:00 ❤️ Broadway Hits [P] 3:00 🍷 Happy Hour [P] 4:00 🏛 Bible Stories [VLR] 6:00 ❤️ Relax & Reminisce [VLR]	21 9:00 🚶 Chair Yoga & Meditation [VLR] 10:00 🍷 Resident Council [VLR] 2:00 📖 BINGO [VLR] 3:00 🚶 Ring Toss [VAct] 3:30 🍷 Music with Mary [P] 6:00 📖 Evening Sorting [VAct]	22 10:30 🚶 Move & Groove [VAct] 1:30 ❤️ Adult Coloring Therapy [VAct] 2:30 ❤️ Movie Matinee [VLR] 3:30 🚶 Nature Stroll [VAct] 6:00 🍷 Saturday Night Snack and Chat [VLR]
23 10:00 🚶 Walking Group [VAct] 10:30 🌿 Morning Mind and Nature [VAct] 1:30 🏛 Chapel Service [VLR] 2:30 🚶 Table Ball [VAct] 3:30 📖 Weekly News Story [VLR] 6:00 ❤️ Ice Cream Sundays [VLR]	24 9:00 🚶 Chair Yoga & Meditation [AR] 10:00 📖 Fit Minds [VLR] 2:00 📖 Book Club [VLIB] 3:00 🚶 Corn Hole [VAct] 4:00 ❤️ Hymn Sing [VAct] 6:00 ❤️ Hand Massages [VLR]	25 9:00 🚶 Sit & Be Fit [VLR] 10:00 ❤️ Morning Movie [VLR] 2:00 📖 Creative Writing/Card Making [VLR] 3:00 🏛 Aromatouch Hand Massages [LIB] 4:00 🌿 Nature Sound Scapes [VAct] 6:00 ❤️ Spa Day [VAct]	26 9:00 🚶 Chair Dancing [VLR] 10:00 📖 Fit Minds [VLR] 2:00 ❤️ Craft Corner [VAct] 3:00 🚶 Ball Toss [VAct] 4:00 📖 IN2L Study a Country [LIB] 6:00 🍷 Ladies Club [VAct] 6:00 🍷 Men's Club [VLIB]	27 9:00 🚶 Strength & Balance [VLR] 10:00 📖 Trivia [VLR] 2:00 📖 Time Travel Reminisce [VLR] 2:30 🚶 Afternoon Aerobics [VLR] 3:00 🍷 Happy Hour [P] 5:00 📖 Fox Rehab Info Night [B] 6:00 ❤️ Relax & Reminisce [VLR]	28 9:00 🚶 Chair Yoga & Meditation [VLR] 10:00 ❤️ Cookie Decorating [VLR] 10:30 🍷 Scenic Drive 2:00 📖 BINGO [VLR] 3:00 🚶 Kick Ball [VAct] 4:00 🍷 Hot Chocolate Social [VLR] 6:00 📖 Mix & Match [VAct]	29 10:30 📖 Morning Sports Chat [VAct] 1:30 ❤️ Adult Coloring Therapy [VAct] 2:30 🍷 Dance Party [VLR] 2:30 ❤️ Movie Matinee [VLR] 3:30 🚶 Stretch & Flex [VLR] 6:00 ❤️ Saturday Night Singing [VLR]

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