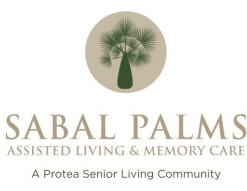


January 2021

Sabal Palms Memory Care Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January cont'd 31 9:30 ↔ Seated Qigong Tai Chi and Yoga 10:00 ↔ Infusion Bar 11:30 ⚡ Word Storm 2:00 ★ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Church Gathering and Worship	 31	❤️ Emotional ⚡ Intellectual ↔ Physical ★ Purposeful 🌿 Social 🦋 Spiritual			New Year's Day 1 9:30 ↔ Seated Aerobics 10:00 ↔ Infusion Bar 11:30 ⚡ Name That Tune 1:00 🌿 Trips and Travels/ Roll & Stroll Community Grounds 2:00 ★ Crafty Club: Suncatchers 4:00 🌿 Uncorked/ Fun with Friends 6:30 ❤️ Montessori Life	2 9:30 ↔ Rocking and Rolling 10:00 ↔ Infusion Bar 11:30 ⚡ A World of Good: News 1:00 🌿 Be Our Guest/ Carol Burnett (Virtual) 2:00 ★ Puzzle Club 4:00 🌿 Dominos 6:30 ⚡ Pass the Popcorn/The Andy Griffith Show
9:30 ↔ Zumba Gold 10:00 ↔ Infusion Bar 11:30 ⚡ Treeval Word Game: Peacemakers 2:00 ★ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Church Gathering and Worship	3 9:30 ↔ Sittercise 10:00 ↔ Infusion Bar 11:30 ⚡ Treeval: Word Game Food Combos 2:00 ★ Leaf and Floral Printing 4:00 🌿 Patio Put-Put 6:30 ❤️ Singing with Susie Q	4 9:30 ↔ Ageless Grace 10:00 ↔ Infusion Bar 11:30 ⚡ Team's Choice Trivia 2:00 ★ Makeover Madness Photo Shoot 4:00 🌿 Freerice 6:30 🦋 Timeless Melodies Choir Club	5 9:30 ↔ Ribbon Dance 10:00 ↔ Infusion Bar 11:30 ⚡ Higher or Lower 2:00 ★ Colorful Relaxation 4:00 🌿 Garden Rocks 6:30 ❤️ Chapter Chat	6 9:30 ↔ Volleyball 10:00 ↔ Infusion Bar 11:30 ⚡ Word Search 2:00 ★ Paint Pour 2:30 🌿 Prize Bingo 4:00 🌿 Resident Spotlight: My History 6:30 🦋 Meditation Circle	7 9:30 ↔ Kickball 10:00 ↔ Infusion Bar 11:30 ⚡ Pictionary 1:00 🌿 Trips and Travels/ Scenic Ride to the Beach 2:00 ★ Crafty Club: Jewelry Making 4:00 🌿 Uncorked/ Drink up 6:30 ❤️ Montessori Life	8 9:30 ↔ Chair Dance 10:00 ↔ Infusion Bar 11:30 ⚡ A World of Good: News 1:00 🌿 Be Our Guest/ Betty White (Virtual) 2:00 ★ Puzzle Club 4:00 🌿 Wheel of Fortune 6:30 ⚡ Pass the Popcorn/ Movie Hour featuring Casablanca
9:30 ↔ Octaband 10:00 ↔ Infusion Bar 11:30 ⚡ Treeval Word Game: US Presidents 2:00 ★ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Church Gathering and Worship	10 9:30 ↔ Irish Chair Dance 10:00 ↔ Infusion Bar 11:30 ⚡ Treeval Word Game: Food Combos 2:00 ★ Collaborative Fairy Garden 4:00 🌿 Armchair Travel: Ireland 6:30 ❤️ Loving Reminders	11 9:30 ↔ Ageless Grace 10:00 ↔ Infusion Bar 11:30 ⚡ Team's Choice Trivia 2:00 ★ Pampered Paws 4:00 🌿 Riddle Me This 6:30 🦋 Timeless Melodies Choir Club	12 9:30 ↔ Sit and Be Fit 10:00 ↔ Infusion Bar 11:30 ⚡ Daily Chronicles 2:00 ★ Colorful Relaxation 4:00 🌿 Wacky Weeding 6:30 ❤️ Chapter Chat	13 9:30 ↔ Badminton 10:00 ↔ Infusion Bar 11:30 ⚡ Grocery Game 2:00 ★ Aquapaint 2:30 🌿 Prize Bingo 4:00 🌿 Cooking Club: French Cuisine 6:30 🦋 Soothing Soundscapes	14 9:30 ↔ Kickball 10:00 ↔ Infusion Bar 11:30 ⚡ National Gallery of Art: Washington DC Virtual Visit 1:00 🌿 Trips and Travels/ Out for Ice Cream Treats 2:00 ★ Crafty Club: Newspaper Florals 4:00 🌿 Uncorked/Social Gathering 6:30 ❤️ Montessori Life	15 9:30 ↔ Ageless Grace 10:00 ↔ Infusion Bar 11:30 ⚡ A World of Good: News 1:00 🌿 Be Our Guest/Guest Star Elvis takes the Stage (Virtual) 2:00 ★ Puzzle Club 4:00 🌿 I Love Lucy 6:30 ⚡ Pass the Popcorn/ Matinee featuring Driving Miss Daisy
9:30 ↔ Bean Bag Toss 10:00 ↔ Infusion Bar 11:30 ⚡ MindStart Puzzling 2:00 ★ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Church Gathering and Worship	17 Martin Luther King, Jr. Day 9:30 ↔ TacTic Toss 10:00 ↔ Infusion Bar 11:30 ⚡ Community Choice 2:00 ★ Birthday Bash/ Birthday Get Together 4:00 🌿 Armchair Travel: France 6:30 🦋 Chicken Soup for the Soul	18 9:30 ↔ Ageless Grace 10:00 ↔ Infusion Bar 11:30 ⚡ Link Think 2:00 ★ Community Store 4:00 🌿 Scentsations 6:30 🦋 Timeless Melodies Choir Club	19 9:30 ↔ Bowling 10:00 ↔ Infusion Bar 11:30 ⚡ Essenti-Touch 2:00 ★ Words of Wisdom 4:00 🌿 Sunshine Social 6:30 ❤️ Chapter Chat	20 9:30 ↔ Baget Baseball 10:00 ↔ Infusion Bar 11:30 ⚡ Grocery Game 2:00 ★ Aquapaint 2:30 🌿 Prize Bingo 4:00 🌿 Beautiful Blossoms Game 6:30 🦋 Daily Devotions	21 9:30 ↔ Bocce Ball 10:00 ↔ Infusion Bar 11:30 ⚡ National Museum of Modern and Contemporary Art: Korea Virtual Tour 1:00 🌿 Trips and Travels/ Mystery Ride 2:00 ★ Crafty Club: Picture Perfect 4:00 🌿 Uncorked/ Wine & Friends 6:30 ❤️ Montessori Life	22 9:30 ↔ Home Stretch Derby 10:00 ↔ Infusion Bar 11:30 ⚡ A World of Good: News 1:00 🌿 Be Our Guest/John F. Kennedy Documentary 2:00 ★ Puzzle Club 4:00 🌿 Planet Earth 6:30 ⚡ Pass the Popcorn/Fun Flick Grumpy Old Men
9:30 ↔ Frisbee Golf 10:00 ↔ Infusion Bar 11:30 ⚡ MindStart Puzzling 2:00 ★ World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Church Gathering and Worship	24 9:30 ↔ Throw Tic Tac Toe 10:00 ↔ Infusion Bar 11:30 ⚡ Poetry Pals 2:00 ★ Residents Pick 4:00 🌿 Cooking Club: American Classic 6:30 🦋 Sentimental Serenity	25 9:30 ↔ Free-Throw Competition 10:00 ↔ Infusion Bar 11:30 ⚡ Montessori Life 2:00 ★ Staff Appreciation: Aroma Sachet 4:00 🌿 Seasonal Celebration/ Celebrating Martin Luther King Jr. 6:30 🦋 Timeless Melodies Choir Club	26 9:30 ↔ Aqua Toss 10:00 ↔ Infusion Bar 11:30 ⚡ Four Word Phrases 2:00 ★ Community Chores 4:00 🌿 Jolly Jokes and Silly Sayings 6:30 ❤️ Chapter Chat	27 9:30 ↔ Baget Golf 10:00 ↔ Infusion Bar 11:30 ⚡ Opposites 2:00 ★ Cooking Club: Smooth Moves 2:30 🌿 Prize Bingo 4:00 🌿 Stamp Art 6:30 🦋 Weekday Worship: Favorite Hymns	28 9:30 ↔ Senior Stretch 10:00 ↔ Infusion Bar 11:30 ⚡ High Tea 1:00 🌿 Trips and Travels 2:00 ★ Crafty Club: Stained Glass 4:00 🌿 Uncorked/ Fun with Friends 6:30 ❤️ Montessori Life	29 9:30 ↔ Home Stretch Derby 10:00 ↔ Infusion Bar 11:30 ⚡ A World of Good: News 1:00 🌿 Be Our Guest/ John Wayne 2:00 ★ Puzzle Club 4:00 🌿 Cookies and Conversation 6:30 ⚡ Pass the Popcorn / Movie Featuring Annie
						30

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