


# January 2021

## Terraza Court of Culver City Memory Care Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January cont'd</b> <b>31</b> 9:30 🦋 Breathe & Flow 9:30 🔄 Seated Qigong Tai Chi and Yoga 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 ❤️ Nails & Tales 11:30 🌟 Word Storm 2:00 🌟 Family Visitation [PAL] 2:00 🌟 World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Church Gathering and Worship	 <b>Assisted Living &amp; Memory Care</b>	<b>Location Keys</b> Activities Room Memory Unit ARMU Dining Room Memory Unit DRMU Hallways HW Patio Assisted Living PAL TVR Memory Unit TVMU	❤️ Emotional 🌟 Intellectual 🔄 Physical 🌟 Purposeful 🌿 Social 🦋 Spiritual	<b>New Year's Day</b> <b>1</b> 9:30 🔄 Seated Aerobics 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌿 Sing Along 11:30 🌟 Name That Tune 1:00 🌿 Trips and Travels 1:15 ❤️ Family Visitation [PAL] 2:00 🌟 Crafty Club: Suncatchers 2:20 🌿 HAPPY HOUR CART [HW] 3:30 🌟 Target Toss Challenge 4:00 🌿 Uncorked 6:30 ❤️ Montessori Life	<b>2</b> 9:30 🔄 Rocking and Rolling 9:30 🔄 Warm Up Routine 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌟 Sensory Awakening [TVMU] 11:30 🌟 A World of Good: News 1:00 🌿 Be Our Guest 1:15 🌿 Family Visitation [PAL] 2:00 🌟 Puzzle Club 4:00 🌿 Dominos 6:30 🌟 Pass the Popcorn	
<b>3</b> 9:30 🦋 Breathe & Flow 9:30 🔄 Zumba Gold 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 ❤️ Nails & Tales 11:30 🌟 Treeval Word Game: Peacemakers 2:00 🌿 Family Visitation [PAL] 2:00 🌟 World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Church Gathering and Worship	<b>4</b> 9:30 🔄 Sittercise 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌿 Sing Along [DRMU] 11:30 🌟 Treeval: Word Game Food Combos 1:00 🌟 Aroma Hand Massage [ARMU] 2:00 🌟 Leaf and Floral Printing 3:30 🎈 Balloon Party 4:00 🌿 Patio Put-Put 6:30 ❤️ Singing with Susie Q	<b>5</b> 9:30 🔄 Ageless Grace 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 🌟 Word search game [ARMU] 11:30 🌟 Team's Choice Trivia 2:00 🌟 Makeover Madness Photo Shoot 2:00 🌿 Mandalas 2:00 🌟 Sensory Awakening [TVMU] 3:30 🌿 Birdscaping: Attracting and Recognizing your Native Birds 4:00 🌿 Freerice 6:30 🦋 Timeless Melodies Choir Club	<b>6</b> 9:30 🔄 Full Body Stretching [DRMU] 9:30 🔄 Ribbon Dance 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 ❤️ Aroma Hand Massage 11:30 🌟 Higher or Lower 1:30 🌟 Color Me Calm 2:00 🌟 Colorful Relaxation 3:00 🔄 Ball Game [DRMU] 4:00 🌿 Garden Rocks 6:30 ❤️ Chapter Chat	<b>7</b> 9:30 🔄 Full Body Stretching 9:30 🔄 Volleyball 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 🌟 Sensory Awakening 11:30 🌟 Word Search 2:00 🌟 Paint Pour 2:30 🌿 Prize Bingo 4:00 🌿 Resident Spotlight: My History 6:30 🦋 Meditation Circle	<b>8</b> 9:30 🔄 Kickball 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌿 Sing Along 11:30 🌟 Pictionary 1:00 🌿 Trips and Travels 1:15 ❤️ Family Visitation [PAL] 2:00 🌟 Crafty Club: Jewelry Making 2:20 🌿 HAPPY HOUR CART [HW] 3:30 🌟 Target Toss Challenge 4:00 🌿 Uncorked 6:30 ❤️ Montessori Life	<b>9</b> 9:30 🔄 Chair Dance 9:30 🔄 Warm Up Routine 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌟 Sensory Awakening [TVMU] 11:30 🌟 A World of Good: News 1:00 🌿 Be Our Guest 1:15 🌿 Family Visitation [PAL] 2:00 🌟 Puzzle Club 4:00 🌟 Wheel of Fortune 6:30 🌟 Pass the Popcorn
<b>10</b> 9:30 🦋 Breathe & Flow 9:30 🔄 Octaband 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 ❤️ Nails & Tales 11:30 🌟 Treeval Word Game: US Presidents 2:00 🌿 Family Visitation [PAL] 2:00 🌟 World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Church Gathering and Worship	<b>11</b> 9:30 🔄 Irish Chair Dance 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌿 Sing Along [DRMU] 11:30 🌟 Treeval World Game: Food Combos 1:00 🌟 Aroma Hand Massage [ARMU] 2:00 🌟 Collaborative Fairy Garden 3:30 🎈 Balloon Party 4:00 🌿 Armchair Travel: Ireland 6:30 ❤️ Loving Reminders	<b>12</b> 9:30 🔄 Ageless Grace 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 🌟 Word search game [ARMU] 11:30 🌟 Team's Choice Trivia 2:00 🌿 Mandalas 2:00 🌟 Pampered Paws 2:00 🌟 Sensory Awakening [TVMU] 3:30 🌿 Birdscaping: Attracting and Recognizing your Native Birds 4:00 🌿 Riddle Me This 6:30 🦋 Timeless Melodies Choir Club	<b>13</b> 9:30 🔄 Full Body Stretching [DRMU] 9:30 🔄 Sit and Be Fit 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 ❤️ Aroma Hand Massage 11:30 🌟 Daily Chronicles 1:30 🌟 Color Me Calm 2:00 🌟 Colorful Relaxation 3:00 🔄 Ball Game [DRMU] 4:00 🌿 Wacky Weeding 6:30 ❤️ Chapter Chat	<b>14</b> 9:30 🔄 Badminton 9:30 🔄 Full Body Stretching 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 🌟 Sensory Awakening 11:30 🌟 Grocery Game 2:00 🌟 Aquapaint 2:30 🌿 Prize Bingo 4:00 🌿 Cooking Club: French Cuisine 6:30 🦋 Soothing Soundscapes	<b>15</b> 9:30 🔄 Kickball 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌿 Sing Along 11:30 🌟 National Gallery of Art: Washington DC Virtual Visit 1:00 🌿 Trips and Travels 1:15 ❤️ Family Visitation [PAL] 2:00 🌟 Crafty Club: Newspaper Florals 2:20 🌿 HAPPY HOUR CART [HW] 3:30 🌟 Target Toss Challenge 4:00 🌿 Uncorked 6:30 ❤️ Montessori Life	<b>16</b> 9:30 🔄 Ageless Grace 9:30 🔄 Warm Up Routine 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌟 Sensory Awakening [TVMU] 11:30 🌟 A World of Good: News 1:00 🌿 Be Our Guest 1:15 🌿 Family Visitation [PAL] 2:00 🌟 Puzzle Club 4:00 🌿 I Love Lucy 6:30 🌟 Pass the Popcorn
<b>17</b> 9:30 🔄 Bean Bag Toss 9:30 🦋 Breathe & Flow 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 ❤️ Nails & Tales 11:30 🌟 MindStart Puzzling 2:00 🌿 Family Visitation [PAL] 2:00 🌟 World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Church Gathering and Worship	<b>Martin Luther King, Jr. Day</b> <b>18</b> 9:30 🔄 TacTic Toss 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌿 Sing Along [DRMU] 11:30 🌟 Community Choice 1:00 🌟 Aroma Hand Massage [ARMU] 2:00 🌟 Birthday Bash 3:30 🎈 Balloon Party 4:00 🌿 Armchair Travel: France 6:30 🦋 Chicken Soup for the Soul	<b>19</b> 9:30 🔄 Ageless Grace 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 🌟 Word search game [ARMU] 11:30 🌟 Link Think 2:00 🌟 Community Store 2:00 🌿 Mandalas 2:00 🌟 Sensory Awakening [TVMU] 3:30 🌿 Birdscaping: Attracting and Recognizing your Native Birds 4:00 🌿 Scentsations 6:30 🦋 Timeless Melodies Choir Club	<b>20</b> 9:30 🔄 Bowling 9:30 🔄 Full Body Stretching [DRMU] 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 ❤️ Aroma Hand Massage 11:30 🌟 Essenti-Touch 1:30 🌟 Color Me Calm 2:00 🌟 Words of Wisdom 3:00 🔄 Ball Game [DRMU] 4:00 🌿 Sunshine Social 6:30 ❤️ Chapter Chat	<b>21</b> 9:30 🔄 Baget Baseball 9:30 🔄 Full Body Stretching 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 🌟 Sensory Awakening 11:30 🌟 Grocery Game 2:00 🌟 Aquapaint 2:30 🌿 Prize Bingo 4:00 🌿 Beautiful Blossoms Game 6:30 🦋 Daily Devotions	<b>22</b> 9:30 🔄 Bocce Ball 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌿 Sing Along 11:30 🌟 National Museum of Modern and Contemporary Art: Korea Virtual Tour 1:00 🌿 Trips and Travels 1:15 ❤️ Family Visitation [PAL] 2:00 🌟 Crafty Club: Picture Perfect 2:20 🌿 HAPPY HOUR CART [HW] 3:30 🌟 Target Toss Challenge 4:00 🌿 Uncorked 6:30 ❤️ Montessori Life	<b>23</b> 9:30 🔄 Home Stretch Derby 9:30 🔄 Warm Up Routine 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌟 Sensory Awakening [TVMU] 11:30 🌟 A World of Good: News 1:00 🌿 Be Our Guest 1:15 🌿 Family Visitation [PAL] 2:00 🌟 Puzzle Club 4:00 🌿 Planet Earth 6:30 🌟 Pass the Popcorn
<b>24</b> 9:30 🦋 Breathe & Flow 9:30 🔄 Frisbee Golf 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 ❤️ Nails & Tales 11:30 🌟 MindStart Puzzling 2:00 🌿 Family Visitation [PAL] 2:00 🌟 World of Color 4:00 🌿 Green Thumb Gardeners 6:30 🦋 Church Gathering and Worship	<b>25</b> 9:30 🔄 Throw Tic Tac Toe 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌿 Sing Along [DRMU] 11:30 🌟 Poetry Pals 1:00 🌟 Aroma Hand Massage [ARMU] 2:00 🌟 Residents Pick 3:30 🎈 Balloon Party 4:00 🌿 Cooking Club: American Classic 6:30 🦋 Sentimental Serenity	<b>26</b> 9:30 🔄 Free-Throw Competition 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 🌟 Word search game [ARMU] 11:30 🌟 Montessori Life 2:00 🌿 Mandalas 2:00 🌟 Sensory Awakening [TVMU] 2:00 🌟 Staff Appreciation: Aroma Sachet 3:30 🌿 Birdscaping: Attracting and Recognizing your Native Birds 4:00 🌿 Seasonal Celebration 6:30 🦋 Timeless Melodies Choir Club	<b>27</b> 9:30 🔄 Aqua Toss 9:30 🔄 Full Body Stretching [DRMU] 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 ❤️ Aroma Hand Massage 11:30 🌟 Four Word Phrases 1:30 🌟 Color Me Calm 2:00 🌟 Community Chores 3:00 🔄 Ball Game [DRMU] 4:00 🌿 Jolly Jokes and Silly Sayings 6:30 ❤️ Chapter Chat	<b>28</b> 9:30 🔄 Baget Golf 9:30 🔄 Full Body Stretching 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 11:00 🌟 Sensory Awakening 11:30 🌟 Opposites 2:00 🌟 Cooking Club: Smooth Moves 2:30 🌿 Prize Bingo 4:00 🌿 Stamp Art 6:30 🦋 Weekday Worship: Favorite Hymns	<b>29</b> 9:30 🔄 Senior Stretch 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌿 Sing Along 11:30 🌟 High Tea 1:00 🌿 Trips and Travels 1:15 ❤️ Family Visitation [PAL] 2:00 🌟 Crafty Club: Stained Glass 2:20 🌿 HAPPY HOUR CART [HW] 3:30 🌟 Target Toss Challenge 4:00 🌿 Uncorked 6:30 ❤️ Montessori Life	<b>30</b> 9:30 🔄 Home Stretch Derby 9:30 🔄 Warm Up Routine 10:00 🔄 Infusion Bar 10:00 🔄 Morning walk 10:30 🌟 Sensory Awakening [TVMU] 11:30 🌟 A World of Good: News 1:00 🌿 Be Our Guest 1:15 🌿 Family Visitation [PAL] 2:00 🌟 Puzzle Club 4:00 🌿 Cookies and Conversation 6:30 🌟 Pass the Popcorn

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