

January 2021

The Landing of Stow Assisted Living Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
January cont'd 31 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ⚡ Pictionary [AR] 1:15 🍪 Baking Hot Chocolate Cookies [AR] 3:00 ↔ Afternoon Exercise Class	 The Landing of STOW Assisted Living & Memory Care			Location Keys Activity Room AR Bistro B Dining Room DR Lobby L Resident Room RR Theater Room T Therapy Room TR	❤️ Emotional ⚡ Intellectual ↔ Physical ★ Purposeful 🍪 Social 🦋 Spiritual	10:15 ⚡ Daily Chronicles [AR] 10:30 ❤️ A First Time for Everything [B] 2:00 ⚡ New Years Word Search [B] 3:00 ⚡ What New in the New Year [B]	9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Bingo with 8 People [AR] 1:15 🍪 Bingo with 8 People 3:00 ↔ Afternoon Exercise Class
9:15 ↔ Fitness Together Class [TR] 10:00 ⚡ Daily Chronicles [AR] 10:30 🍪 New Years Resolutions and Jokes [AR] 1:15 ⚡ New Years Word Games [AR] 3:00 ↔ Afternoon Exercise Class	3 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 New Years Resolutions and Jokes [AR] 1:15 ⚡ New Years Word Games [AR] 3:00 ↔ Afternoon Exercise Class	4 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ★ Resident Council Meeting [AR] 10:30 🌟 Watering the Herb Garden [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 ⚡ POKENO [AR] 3:00 ↔ Walker/Wheelchair Obstacle Course [TR] 5:30 ❤️ Movie Time-The Best of the Dean Martin Show [T]	5 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🌟 Manicures and Music [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 In Room Activity Cart [RR] 3:00 ↔ Chair Yoga [TR] 3:45 ↔ Wii Bowling [T]	6 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Bingo [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 Bingo Shopping [AR] 2:30 🍪 Bingo [AR]	7 9:15 ↔ Fitness Together Class [TR] 10:00 🦋 Virtual Catholic Communion 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Burns and Allen Show Podcast [AR] 10:30 🌟 Watering the Herb Garden [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 ↔ Drum Fit Class [AR] 3:00 ↔ Drum Fit Class	8 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ❤️ Documentary on Elvis Presley [T] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 Happy Hour with Elvis Trivia [DR] 3:00 ❤️ Musical Jeopardy [AR] 4:00 ↔ Walking Club [TR]	9 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Bingo with 8 People [AR] 1:15 🍪 Bingo with 8 People 3:00 ↔ Afternoon Exercise Class
9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ⚡ Spelling Bee [AR] 1:15 🍪 Balloon Bop [AR] 3:00 ↔ Afternoon Exercise Class	10 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ⚡ Spelling Bee [AR] 1:15 🍪 Balloon Bop [AR] 3:00 ↔ Afternoon Exercise Class	11 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ⚡ Life in the 1920's [T] 10:30 🌟 Watering the Herb Garden [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 Would You Rather Game [AR] 3:00 ↔ Balance Boogie [TR] 5:30 ❤️ Movie Time-Frank Sinatra in Double Dynamite [T]	12 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Baking Cherry Cheesecake Cupcakes [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 In Room Activity Cart [RR] 3:00 ↔ Muscle and Movement Class [TR] 3:45 🌟 Activity Planning Meeting [AR]	13 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Bingo [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 Bingo [AR] 3:30 🦋 Virtual Protestant Communion [AR]	14 9:15 ↔ Fitness Together Class [TR] 10:00 🦋 Virtual Catholic Communion 10:15 ⚡ Daily Chronicles [AR] 10:30 ❤️ Mindfulness Meditation Class 10:30 🌟 Watering the Herb Garden [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 Cooking Demo [DR] 3:15 🍪 Scavenger Hunt-Can you see it? [L] 5:30 ↔ Corn Hole [AR]	15 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ❤️ Documentary on Betty White [T] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 Happy Hour with Card Club [DR] 3:00 ⚡ Health Talk with Melissa [AR] 4:00 ↔ Stretching and Relaxation [TR]	16 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Bingo [AR] 1:15 🍪 Bingo 3:00 ↔ Afternoon Exercise Class
9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Making Picture Collages [AR] 1:15 ↔ Ladder Toss [AR] 3:00 ↔ Afternoon Exercise Class	17 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Making Picture Collages [AR] 1:15 ↔ Ladder Toss [AR] 3:00 ↔ Afternoon Exercise Class	18 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ❤️ Martin Luther King Jr. Documentary and Discussion [T] 10:30 🌟 Watering the Herb Garden [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 ↔ Drum Fit Class [AR] 3:00 ↔ Drum Fit Class 5:30 ❤️ Movie Time-John Wayne in Big Jake [T]	19 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ❤️ Documentary on Dolly Parton's Life [T] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 In Room Activity Cart [RR] 3:00 ↔ Tai Chi [TR]	20 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 📖 Biography on Joe Biden [T] 1:15 ↔ Sit to Fit Class [TR] 2:00 🌟 Presidential Inauguration Social [T] 3:00 🍪 Paint & Sip Class [AR]	21 9:15 ↔ Fitness Together Class [TR] 10:00 🦋 Virtual Catholic Communion 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Horseraces-Bring 6 Quarters to Bet [AR] 10:30 🌟 Watering the Herb Garden [AR] 1:15 ↔ Sit to Fit Class [TR] 2:30 ❤️ Tea Party with Krista [DR] 3:00 ↔ Muscle and Movement Class [TR] 5:30 Trivia [L]	22 9:15 ↔ Fitness Together to 40's Music [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ❤️ Fads & Fashions of the 40's [AR] 1:15 ↔ Sit to Fit Class to 40's Music [TR] 2:00 🍪 Happy Hour with Did it Jive in the 40's Game. 3:00 ↔ Balance Class [TR] 3:45 ❤️ The Funny 40's [AR]	23 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ⚡ Jeopardy [AR] 1:15 🍪 Pie Social and Word Games [AR] 3:00 ↔ Afternoon Exercise Class
9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Bingo [AR] 1:15 🍪 Bingo [AR] 3:00 ↔ Afternoon Exercise Class	24 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Bingo [AR] 1:15 🍪 Bingo [AR] 3:00 ↔ Afternoon Exercise Class	25 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🌟 Watering the Herb Garden [AR] 10:30 ↔ Wii Bowling [T] 1:15 ↔ Sit to Fit Class [TR] 1:45 ❤️ Movie & Popcorn-A Beautiful Day in the Neighborhood [T] 3:30 🍪 Seated Volleyball [TR] 5:30 ⚡ Who Am I? [L]	26 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 ❤️ Making Janice's Apple Dumpling Recipe [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 In Room Activity Cart [RR] 3:00 ↔ Kick Bowling [TR] 3:45 ⚡ Tea & Trivia Tuesday [AR]	27 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Bingo [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 Bingo [AR] 4:00 ⚡ Brain Games [AR]	28 9:15 ↔ Fitness Together Class [TR] 10:00 🦋 Virtual Catholic Communion 10:15 ⚡ Daily Chronicles [AR] 10:30 ❤️ Mindfulness Meditation Class 10:30 🌟 Watering the Herb Garden [AR] 1:15 ↔ Sit to Fit Class [TR] 3:30 🦋 Virtual Bible Study with Mickey & Rich [AR] 5:30 Corn Hole [L]	29 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Family Feud [AR] 1:15 ↔ Sit to Fit Class [TR] 2:00 🍪 Happy Hour with Card Club 3:00 🍪 Ladder Toss [TR] 4:00 ⚡ Scattergories [AR]	30 9:15 ↔ Fitness Together Class [TR] 10:15 ⚡ Daily Chronicles [AR] 10:30 🍪 Bingo [AR] 1:15 🍪 Bingo 3:00 ↔ Afternoon Exercise Class

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