





# JANUARY 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>“JANUARY, the first month of the year, a perfect time to start all over again, changing energies and deserting old moods, new beginnings, new attitudes” — Charmaine J Forde</b></p>					<p>1 </p>	<p>2 <b>'New Years'</b>  <b>Word Puzzle available today</b>            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: Golf (Activity Hall)</p>
<p>3            10:30am &amp; 3pm            Coffee Time &amp; Snack</p>	<p>4            10:30am &amp; 3pm            Coffee Time &amp; Snack            6:30pm: Movie Night            (2<sup>nd</sup> floor)</p>	<p>5 10am: <i>'Get Energized'</i>            (3<sup>rd</sup> floor gym)            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: BINGO            (Activity Hall)</p>	<p>6 10am: <i>'Get Energized'</i>            (3<sup>rd</sup> floor gym)            3pm  <b>'HOT CHOCOLATE'</b>  <i>with whipped cream</i>  <b>"Zoomin Day"</b>            Video calls with family</p>	<p>7            10:30am &amp; 3pm            Coffee Time &amp; Snack</p>	<p>8 <b>Happy BDay Elvis Presley!</b>            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: Golf (Activity Hall)            6:30pm: Movie Night</p>	<p>9 <b>'Elvis Presley Songs'</b>  <b>Crossword-available today</b>            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: Golf (Activity Hall)</p>
<p>10 Happy BDay Rosemary D!            10:30am &amp; 3pm            Coffee Time &amp; Snack</p>	<p>11            10:30am &amp; 3pm            Coffee Time &amp; Snack            6:30pm: Movie Night            (2<sup>nd</sup> floor)</p>	<p>12 10am: <i>'Get Energized'</i>            (3<sup>rd</sup> floor gym)            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: BINGO            (Activity Hall)</p>	<p>13 Happy Birthday Sandra D!            10:30am            Coffee Time &amp; Snack            3pm:  <b>'Coffee Cappuccino'</b>  <b>"Zoomin Day"</b>            Video calls with family</p>	<p>14 Happy BDay Bonnie!            10am: <i>'Get Energized'</i>            (3<sup>rd</sup> floor gym)            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: </p>	<p>15 <b>Dr Martin Luther King day!</b>            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: Golf (Activity Hall)            6:30pm: Movie Night</p>	<p>16 <b>'Wackie Wordies'</b>  <b>Puzzles available today</b>            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: Golf (Activity Hall)</p>
<p>17 Happy BDay Sherry R!            10:30am &amp; 3pm            Coffee Time &amp; Snack</p>	<p>18            10:30am &amp; 3pm            Coffee Time &amp; Snack            6:30pm: Movie Night            (2<sup>nd</sup> floor)</p>	<p>19 <b>'National Popcorn Day'</b>            10am: <i>'Get Energized'</i>            (3<sup>rd</sup> floor gym)            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: BINGO            (Activity Hall)</p>	<p>20 Happy Birthday Betty A!            10:30am            Coffee Time &amp; Snack            3pm:  <b>'Baileys and Coffee'</b>  <b>"Zoomin Day"</b>            Video calls with family</p>	<p>21            10am: <i>'Get Energized'</i>            (3<sup>rd</sup> floor gym)            10:30am &amp; 3pm            Coffee Time &amp; Snack</p>	<p>22            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: Golf (Activity Hall)            6:30pm: Movie Night</p>	<p>23 <b>'Famous January Birthdays'</b>  <b>Puzzle available today</b>            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: Golf (Activity Hall)</p>
<p>24 Happy BDay Marina!            10:30am &amp; 3pm            Coffee Time &amp; Snack            National  <b>'Compliment Day'</b></p>	<p>25 <b>'Robbie Burns' Day</b>            10:30am &amp; 3pm            Coffee Time &amp; Snack            5pm:  <b>Scottish 'Fish Supper'</b>            6:30pm: Movie Night            (2<sup>nd</sup> floor)</p>	<p>26 <b>'Alzheimer's Awareness' Day</b>            10am: <i>'Get Energized'</i>            (3<sup>rd</sup> floor gym)            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: BINGO            (Activity Hall)</p>	<p>27  <b>January</b>  <b>'Welcome &amp; Birthday'</b>  <b>Celebration.</b>  <b>Cupcakes at Lunch!</b>  <b>"Zoomin Day"</b>            Video calls with family</p>	<p>28 <b>'Blueberry Pancake' Day</b>            10am: <i>'Get Energized'</i>            (3<sup>rd</sup> floor gym)            10:30am &amp; 3pm            Coffee Time &amp; Snack</p>	<p>29            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: Golf (Activity Hall)            6:30pm: Movie Night</p>	<p>30 <b>'100-Year Birthdays in 2021'</b>  <b>Puzzle available today</b>            10:30am &amp; 3pm            Coffee Time &amp; Snack            3pm: Golf (Activity Hall)</p>
<p>31 Happy BDay Warna C &amp;            Happy BDay Leona S!            10:30am &amp; 3pm            Coffee Time &amp; Snack</p>	<p><b>Fun Fact!</b>            January is named after Janus, the ancient Roman god of gates and doors symbolizing endings, beginnings, and transitions. He's depicted with two heads: one head looking at the past and the other at the future.</p>					