

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Northland Heights Senior Living January 2022



Activity Calendar – Happy New YEAR!

<p>9:30: Weekend Packets w/ good news stories 2022 – Weather wonders 1:00: Sports programming 3:00: Family phone calls 4:00: Board Games</p>						<p>2</p>	<p>9:30: You be the Judge – Judge Judy - YouTube 11:00: Scavenger hunt for Exercise Ideas – in Rec. RM. 1:30: Dragnet Social – YouTube 3:00: Card Games+ Connect 4</p>						<p>3</p>	<p>9:30: Would You Rather 11:00: Chair Yoga 1:30: \$ BINGO 3:00: Checkers and Chess or Dominos. 4:00: Ladies Social w/ Flavored TEA and Crumpets</p>						<p>4</p>	<p>9:30: Coffee Around The World – Specialty Coffee. 11:00: Kickball 1:30: Pictionary 3:00: Rummikub 4:00: Hot Cocoa & Retro TV programming – 1970's</p>						<p>5</p>	<p>9:30: Jump Out of Bed – Ideas to help you feel energized 11:00: Body and Mind Moves 2:00: Snowball BINGO 3:00: Ice Cream Social 4:00: Wheel of Fortune – Hangman Game</p>						<p>6</p>	<p>9:30: Cooking Day – Soup de' jour – Potato Soup 10:30: Recipes to Remember – Soups – YouTube. 2:00: Cup o Soups Social in Rec Rm 4:00: Musical Movies – That's Entertainment in Rec.RM.</p>						<p>7</p>	<p>Happy New Year 2022 9:30: Winter Stretch 10:30: Creative Arts – Crescent Roll Kielbasa Bites + Olive Cream Dip & Drinks 1:30: Resolution Social 3:00: Rose Bowl – NY Day! <small>New Year's Day</small></p>						<p>1</p>
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<p>9:30: Weekend Packets w/ good news stories 2022 – Weather wonders 1:00: Sports programming 3:00: Family phone calls 4:00: Board Games</p>						<p>16</p>	<p>9:30: Inspirational Poems 11:00: Walk Fit 1:30: Ice Cream Social 3:00: UNO Championship NLH Favorite Game 4:00: MLKing Fellowship Bio I Have a Dream Speech <small>Martin Luther King Jr. Day</small></p>						<p>17</p>	<p>9:30: Chat Pack 10:30: Simon Says Exercise 1:30: Picture BINGO 3:00: Card Golf Tutorial 4:00: Gourmet Coffee Day Taste test some lovely Latte flavors</p>						<p>18</p>	<p>9:30: Fun Facts about Antarctica 10:30: Sparkle Nails and Hand Massage 1:30: Bocce Ball 3:00: Sing – A – Long 4:00: Name that Tune</p>						<p>19</p>	<p>9:30: Flavored Waters Why Hydrate in Winter? 10:30: Kickball 1:30: L – R – C Game W/ Prizes 3:00: Ice Cream Social 4:00: Word in Word</p>						<p>20</p>	<p>9:30: Cooking Day – Soup de' jour – Vegetable Soup 10:30: Recipes to Remember – Bisquit Baking – Fruit Cobbler 2:00: Cobbler Social in Rec.Rm 4:00: Comedian: Phyliss Diller YouTube.</p>						<p>21</p>	<p>9:30: Winter Stretch 10:30: Creative Arts – Winter flowers 1:30: Northway Church 3:00: Games of Chance 4:00: TMC Classic Movies or Your choice - Netflix</p>						<p>22</p>
<p>9:30: Weekend Packets w/ good news stories 2022 – Weather wonders 1:00: Sports programming 3:00: Family phone calls 4:00: Board Games</p>						<p>23</p>	<p>9:30: Basketball Toss 11:00: Scavenger hunt for Exercise Ideas – in Rec. RM. 1:30: Gunsmoke Social – Cowboy & Indians in the Movies & TV discussion... 3:00: Card Games + Jenga</p>						<p>24</p>	<p>9:30: Tea and Trivia Tuesday 10:30: Exercise to Tea Tunes 1:30: Prize BINGO 4:00: Grape and Cheese Social + Rememory Game</p>						<p>25</p>	<p>9:30: Green & Healthy Drinks – Smoothies 10:30: Chair Yoga 1:30: Balloon Volley 3:00: Famous Faces 4:00: 5-Card Turn Over & Dominos</p>						<p>26</p>	<p>9:30: Jokes of the Day 10:30: Body and Mind Exercise and Fact or Fiction 1:30: BUNCO w/ Prizes 3:00: Ice Cream Social 4:00: Charades</p>						<p>27</p>	<p>9:30: Cooking Day – Soup de' jour – Tomato Rice 10:30: Bird Food Craft + Winter Birds of PA Fun Facts. 2:00; Feed the Birds + Cup o Soup Social in Rec. Rm 4:00: – Karaoke w/ Deb</p>						<p>28</p>	<p>9:30: Winter Stretch 10:30: Creative Arts – Winter flowers 1:30: Northway Church 3:00: Games of Chance 4:00: TMC Classic Movies or Your choice – Netflix</p>						<p>29</p>
<p>9:30: Weekend Packets w/ good news stories 2022 – Weather wonders 1:00: Sports programming 3:00: Family phone calls 4:00: Board Games</p>						<p>30</p>	<p>9:30: Inspirational Poems 11:00: Walk Fit 1:30: Leftover Crafting in the Rec. Rm. Music Videos on YouTube 3:00: Card Games + Jenga</p>						<p>31</p>	<p>HAPPY NEW YEAR! Welcome to a Winter full of Cooking & Gaming. New Games like L-R-C or Target Practice or Pocket BINGO. It is the perfect time to get with a regular EXERCISE program to maximize flexibility and strength. I am very happy to adapt the calendar to please groups who would like to design their own social groups centered around a game that they love. Please let me know – what you would like to see on your activities calendar or perhaps there is a need of special materials or hobbies in your room during a regular room visit. I wish you joy in 2022! Best Regards! Debbie</p>																																		