


January 2021 Arbor Terrace Shrewsbury-The Gardens Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January cont'd 31 Enjoy Some Hot Chocolate Day AM ☑ Namaste Morning [R] AM ☑ Sunday Stretch AM ☑ Catholic Mass from Washington PM 🎮 Name That Tune [SS] PM 🎮 Balloon Volleyball [C] PM 🎮 Pearls & Oysters [SS] PM 🎮 Sunday Social And Music PM 🎮 Evening Movie [SS]	 Arts & Education Deep Connections Health & Wellness Purposeful Living Recreation & Leisure Spiritual Journey	Location Keys Cypress Cafe C Reflections R Sunflower Square SS	Activities are subject to change. Thank you, The Engagement Team	New Year's Day 1 AM ☑ Morning Chair Exercises AM ☑ Namaste Morning [R] AM 🎮 New Years Resolutions [SS] PM 🎮 Happy Hour [C] PM 🎮 Active Games [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	Science Fiction Day 2 AM ☑ Chair Dancing AM ☑ Namaste Morning [R] AM 🎮 Celebrity Biographies PM 🎮 Penny Pitch [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]	
Alaska Day 3 AM ☑ Namaste Morning [R] AM ☑ Sunday Stretch AM ☑ Catholic Mass from Washington PM 🎮 Alaska Trivia [SS] PM 🎮 Balloon Volleyball [C] PM 🎮 Pearls & Oysters [SS] PM 🎮 Sunday Social And Music PM 🎮 Evening Movie [SS]	Trivia Day 4 AM ☑ Chair Aerobics AM ☑ Namaste Morning [R] AM 🎮 Fact or Fiction? [SS] PM 🎮 Kickball [SS] PM 🎮 Milkshake Mondays [SS] PM 🎮 Prize Bingo [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	Whipped Cream Day 5 AM ☑ Namaste Morning [R] AM ☑ Tone It Up [SS] AM 🎮 Guess Who? [SS] PM 🎮 Crafting Corner [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]	Wheel of Fortune Day 6 AM ☑ Morning Chair Exercises [SS] AM ☑ Namaste Morning [R] AM 🎮 Gardens Sing-A-Long [SS] PM 🎮 Afternoon Movie Club [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	Wedding Anniversary of Burns and Allen 7 AM ☑ Music and Movement AM ☑ Namaste Morning [R] PM 🎮 Word Games [SS] PM 🎮 Creative Coloring PM 🎮 Thirsty Thursday [SS] PM 🎮 Through the Decades [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]	Elvis Birthday 8 AM ☑ Morning Chair Exercises AM ☑ Namaste Morning [R] AM 🎮 Heart Expressions [SS] PM 🎮 Happy Hour [C] PM 🎮 Active Games [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	Hole in One Day 9 AM ☑ Chair Dancing AM ☑ Namaste Morning [R] AM 🎮 Celebrity Biographies PM 🎮 Penny Pitch [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]
Wheat Bread Day 10 AM ☑ Namaste Morning [R] AM ☑ Sunday Stretch AM ☑ Catholic Mass from Washington PM 🎮 Name That Tune [SS] PM 🎮 Balloon Volleyball [C] PM 🎮 Pearls & Oysters [SS] PM 🎮 Sunday Social And Music PM 🎮 Evening Movie [SS]	Grand Canyon Day 11 AM ☑ Chair Aerobics AM ☑ Namaste Morning [R] AM 🎮 Grand Canyon Trivia [SS] PM 🎮 Kickball [SS] PM 🎮 Milkshake Mondays [SS] PM 🎮 Prize Bingo [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	Jack London Day 12 AM ☑ Namaste Morning [R] AM ☑ Tone It Up [SS] AM 🎮 Guess Who? [SS] PM 🎮 Crafting Corner [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]	Sticker Day 13 AM ☑ Morning Chair Exercises [SS] AM ☑ Namaste Morning [R] AM 🎮 Gardens Sing-A-Long [SS] PM 🎮 Afternoon Movie Club [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	Dress Up Your Pet Day 14 AM ☑ Music and Movement AM ☑ Namaste Morning [R] PM 🎮 Word Games [SS] PM 🎮 Creative Coloring PM 🎮 Thirsty Thursday [SS] PM 🎮 Through the Decades [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]	Coin Day 15 AM ☑ Morning Chair Exercises AM ☑ Namaste Morning [R] AM 🎮 Heart Expressions [SS] PM 🎮 Happy Hour [C] PM 🎮 Active Games [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	Hello Dolly Day 16 AM ☑ Chair Dancing AM ☑ Namaste Morning [R] AM 🎮 Celebrity Biographies PM 🎮 Penny Pitch [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]
Snowflake Day 17 AM ☑ Namaste Morning [R] AM ☑ Sunday Stretch AM ☑ Catholic Mass from Washington AM 🎮 Snowflake Facts [SS] PM 🎮 Balloon Volleyball [C] PM 🎮 Pearls & Oysters [SS] PM 🎮 Sunday Social And Music PM 🎮 Evening Movie [SS]	Martin Luther King Jr. Day 18 AM ☑ Chair Aerobics AM ☑ Namaste Morning [R] AM 🎮 I had a Dream.... [SS] PM 🎮 Kickball [SS] PM 🎮 Milkshake Mondays [SS] PM 🎮 Prize Bingo [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	Tin Can Day 19 AM ☑ Namaste Morning [R] AM ☑ Tone It Up [SS] AM 🎮 Guess Who? [SS] PM 🎮 Crafting Corner [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]	Cheese Lovers Day 20 AM ☑ Morning Chair Exercises [SS] AM ☑ Namaste Morning [R] AM 🎮 Gardens Sing-A-Long [SS] PM 🎮 Afternoon Movie Club [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	40's Flash Back Day 21 AM ☑ Music and Movement AM ☑ Namaste Morning [R] PM 🎮 Word Games [SS] PM 🎮 Creative Coloring PM 🎮 Thirsty Thursday [SS] PM 🎮 Through the Decades [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]	Small Town Day 22 AM ☑ Morning Chair Exercises AM ☑ Namaste Morning [R] AM 🎮 Heart Expressions [SS] PM 🎮 Happy Hour [C] PM 🎮 Active Games [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	National Handwriting Day 23 AM ☑ Chair Dancing AM ☑ Namaste Morning [R] AM 🎮 Celebrity Biographies PM 🎮 Penny Pitch [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]
Compliment Day 24 AM ☑ Namaste Morning [R] AM ☑ Sunday Stretch AM ☑ Catholic Mass from Washington PM 🎮 Name That Tune [SS] PM 🎮 Balloon Volleyball [C] PM 🎮 Pearls & Oysters [SS] PM 🎮 Sunday Social And Music PM 🎮 Evening Movie [SS]	Marshmallow Day 25 AM ☑ Chair Aerobics AM ☑ Namaste Morning [R] AM 🎮 Fact or Fiction? [SS] PM 🎮 Kickball [SS] PM 🎮 Milkshake Mondays [SS] PM 🎮 Prize Bingo [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	Tea & Trivia Tuesday 26 AM ☑ Namaste Morning [R] AM ☑ Tone It Up [SS] AM 🎮 Guess Who? [SS] PM 🎮 Crafting Corner [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]	Wintertime Memories Day 27 AM ☑ Morning Chair Exercises [SS] AM ☑ Namaste Morning [R] AM 🎮 Gardens Sing-A-Long [SS] PM 🎮 Afternoon Movie Club [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	Blueberry Pancake Day 28 AM ☑ Music and Movement AM ☑ Namaste Morning [R] PM 🎮 Word Games [SS] PM 🎮 Creative Coloring PM 🎮 Thirsty Thursday [SS] PM 🎮 Through the Decades [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]	Fabulous Forties Friday 29 AM ☑ Morning Chair Exercises AM ☑ Namaste Morning [R] AM 🎮 Heart Expressions [SS] PM 🎮 Happy Hour [C] PM 🎮 Active Games [SS] PM 🎮 Afternoon Beverage Cart PM 🎮 Evening Movie [SS]	Dick Martin Day 30 AM ☑ Chair Dancing AM ☑ Namaste Morning [R] AM 🎮 Celebrity Biographies PM 🎮 Penny Pitch [SS] PM 🎮 Music and Memories PM 🎮 Evening Movie [SS]

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