

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022



Daily Activities: ALMC

							8:00 Rise, Shine, & Breakfast ☀️ 11:00 New Year's Word Search ♦️ 3:00 Bingo 🎵 6:00 Afternoon TV 🎵 New Year's Day
2 8:00 Rise, Shine, & Breakfast ☀️ 10:00 Southland Christian Church Service on Channel ABC † 1:30 Church Service with Dale †	3 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 1:30 Remembering Elvis ☀️ 3:00 Watercolor ☀️	4 8:00 Rise, Shine, & Breakfast ☀️ 9:30 Church Service with Chaplain Dale † 1:00 Chaplain Visits † 3:00 Activity Cart ☀️ 6:00 Exercise Bingo ♥️ 7:00 UK vs. LSU on ESPN	5 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 1:30 Bingo 🎵 3:00 January Trivia on IN2L ♦️ 5:30 Glamorous Nails ☀️	6 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Current Events on IN2L ♦️ 2:00 Cardio Drumming ♥️ 3:00 Tic-Tac-Toe ♦️	7 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 1:30 Basketball ♥️ 3:00 Cover the Number Dice Game ☀️ 6:00 Friday Flicks 🎵	8 8:00 Rise, Shine, & Breakfast ☀️ 11:00 Game Table: Resident Choice ♦️ 3:00 Bingo 🎵 6:00 UK vs. Georgia on SEC Network 🎵	
9 8:00 Rise, Shine, & Breakfast ☀️ 10:00 Southland Christian Church Service on Channel ABC † 1:30 Church Service with Dale †	10 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 1:30 Jigsaw Puzzles ♦️ 3:00 Activity Cart ☀️	11 8:00 Rise, Shine, & Breakfast ☀️ 9:30 Church Service with Chaplain Dale † 1:00 Chaplain Visits † 3:00 Peanut Butter Fruit Dip ☀️ 6:00 Bobby Parris Music 🎵 7:00 UK vs. Vanderbilt 🎵	12 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 1:30 Bingo 🎵 3:00 Checkers ♦️ 6:00 Horseshoes ♥️	13 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Current Events on IN2L ♦️ 1:30 Word Search ♦️ 3:00 Sing-a-long ☀️	14 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 1:30 Canvas Painting ☀️ 3:00 Guess the Price ♦️ 6:00 Friday Flicks 🎵	15 8:00 Rise, Shine, & Breakfast ☀️ 11:00 Game Table: Sorry ♦️ 1:00 UK vs. Tennessee on ESPN 🎵 3:00 Bingo 🎵 6:00 Afternoon TV 🎵	
16 8:00 Rise, Shine, & Breakfast ☀️ 10:00 Southland Christian Church Service on Channel ABC † 1:30 Church Service with Dale †	17 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 1:30 I Have a Dream Coloring Club 🎵 3:00 Lifelong Learning: Dr. King ☀️ Martin Luther King Jr. Day	18 8:00 Rise, Shine, & Breakfast ☀️ 9:30 Church Service with Chaplain Dale † 1:00 Chaplain Visits † 3:00 Wooden Initial Painting ☀️ 6:00 Can You Picture This? ☀️	19 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 1:30 Bingo 🎵 3:00 Glamorous Nails ☀️ 5:30 Balloon Tennis ♥️ 8:30 UK vs. Texas A&M on SEC Network 🎵	20 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Current Events on IN2L ♦️ 1:30 Men's Club 🎵 3:00 Jigsaw Puzzles ♦️	21 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 2:00 Cooking Corner: Garlic Toast Pizza 🎵 3:00 Speedball ♥️ 6:00 Friday Flicks 🎵	22 8:00 Rise, Shine, & Breakfast ☀️ 11:00 Game Table: Resident Choice ♦️ 3:00 Bingo 🎵 TBD UK vs. Auburn 🎵 6:00 Afternoon TV 🎵	
23 8:00 Rise, Shine, & Breakfast ☀️ 10:00 Southland Christian Church Service on Channel ABC † 1:30 Church Service with Dale † Activity Professionals Week	24 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 1:30 Mind Puzzles ♦️ 3:00 Activity Cart ☀️	25 8:00 Rise, Shine, & Breakfast ☀️ 9:30 Church Service with Chaplain Dale † 1:00 Chaplain Visits † 1:30 Snickerdoodle 🎵 3:00 Discussion Game ☀️ 6:00 Bingo 🎵	26 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 1:30 Bingo 🎵 3:00 Old Sayings 🎵 6:00 Cardio Boxing ♥️ Australia Day (observed)	27 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Current Events on IN2L ♦️ 2:00 Mike Archer Music 🎵 3:00 Game Table: I Spy ♦️	28 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 2:00 Monthly Birthday Party 🎵 3:00 Sports Quiz ♦️ 6:00 Friday Flicks 🎵	29 8:00 Rise, Shine, & Breakfast ☀️ 11:00 Game Table: Sorry ♦️ 3:00 Bingo 🎵 6:00 UK vs. Kansas on ESPN 🎵	
30 8:00 Rise, Shine, & Breakfast ☀️ 10:00 Southland Christian Church Service on Channel ABC † 1:30 Church Service with Dale †	31 8:00 Rise, Shine, & Breakfast ☀️ 10:30 Exercise ♥️ 1:30 Popcorn Social 🎵 3:00 Activity Cart ☀️	<u>Dimensions of Wellness</u> Intellectual ♦️ Emotional ☀️ Social 🎵 Spiritual † Physical ♥️					

**All Activities are subject to change. All changes will be posted ASAP.