

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

FRIENDSHIP TOWERS

						10:00 Exercise - MR ♥ 2:00 Saturday Cinema: Here Comes the Boom - LL 🎵	
						New Year's Day	
10:00 Southland Christian Church Service Channel ABC † 1:30 Church Service with Tom Cruze - MR †	2 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Tornado Response Service Project: Blanket Making - MR 🎵 2:00 Positivity Project - LL 🎵 3:30 Tea and Trivia - C ♦ 4:30 Meditation Monday - MR ♦	3 8:30 Kroger Bus Run 🎵 9:30 Coffee & Donuts - C 🎵 10:30 Blood Pressure Checks - LL ♥ 2:00 Scrabble - LL ♦ 3:30 Jeopardy - MR 🎵	4 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Bingo - MR 🎵 3:30 Midweek Prayer Pause - MR † 4:30 Reminiscing: Sledding and Winter Fun - FL ♦	5 9:00 Morning News Crew - C 🎵 10:30 Bible Study - LL † 1:15 Paul Frederick Operation Song Video Viewing - MR 🎵 2:00 Flat Out Fun Dancers - MR ☀️ 3:30 Stories with Marie - FL ☀️ 5:00 Music with Paul - C ☀️	6 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 10:15 Cracker Barrel Lunch Outing 🎵 2:00 Bingo - MR 🎵 3:30 Drama Club - LL 🎵 6:00 Music with Bobby - C ☀️	7 2:00 Exercise - MR ♥ 6:00 Happy Birthday Elvis Movie Night - MR 🎵	8
10:00 Southland Christian Church Service Channel ABC † 1:30 Church Service with Chaplain Dale - MR † 3:00 Music with Thomas -MR ☀️	9 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Tornado Response Service Project: Blanket Making - MR 🎵 2:00 Cooking Club - MR 🎵 3:30 Tea and Trivia - C ♦ 5:30 Musci w/ Terry & AI - MR	10 8:30 Kroger Bus Run 🎵 9:30 Coffee & Donuts - C 🎵 10:30 Blood Pressure Checks - LL ♥ 2:00 Scrabble - LL ♦ 3:30 Sewer's Circle - MR ☀️ 6:00 Music with Millie - C ☀️	11 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Bingo - MR 🎵 2:00 Food Committee - MR 🎵 3:30 Midweek Prayer Pause - MR † 5:00 Mid-week Movie Night- LL ☀️	12 9:00 Morning News Crew - C 🎵 10:30 Bible Study - LL † 2:00 Lifelong Learning; The Christian Calendar Year - MR ☀️ 5:00 Thinking Thursday Puzzle Packs - LL ♦	13 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Bingo - MR 🎵 2:30 January Birthday Party - MR 🎵 4:30 Board Games - LL ☀️ 5:00 Fri-Yay Sweet Treats - C 🎵	14 10:00 Exercise - MR ♥ 2:00 Saturday Cinema: Stepmom - LL 🎵	15
10:00 Southland Christian Church Service Channel ABC † 1:30 Church Service with Chaplain Dale - MR †	16 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Wheel of Fortune - MR 🎵 2:00 Remembering Martin Luther King, Jr - MR 🎵 3:30 Tea and Trivia - C ♦ 5:30 Music with Mary - C ☀️	17 8:30 Kroger Bus Run 🎵 9:30 Coffee & Donuts - C 🎵 10:30 Blood Pressure Checks - LL ♥ 2:00 Scrabble - LL ♦ 3:30 Craft w/ Marie - MR ☀️	18 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Bingo- MR 🎵 3:30 Midweek Prayer Pause - MR † 4:00 Music with Bob - DR ☀️	19 9:00 Morning News Crew - C 🎵 10:30 Bible Study - LL † 1:00 Stories w/ Marie - LL ☀️ 2:30 Painting w/ a Twist - MR ☀️ 5:00 Brighter Day Music - C ☀️	20 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Bingo - MR 🎵 2:30 Nature Club: - MR ♦ 4:00 Friday Funnies Comedy Hour - MR ☀️ 6:00 Music with Bobby - C ☀️	21 10:00 Exercise - MR ♥ 2:00 Saturday Cinema: Sabrina - LL 🎵	22
10:00 Southland Christian Church Service Channel ABC † 1:30 Church Service with Gary Laws - MR † 3:00 Music with Thomas -MR ☀️	23 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Name that Tune - LL 🎵 2:00 Stone Soup - MR 🎵 3:30 Tea and Trivia - C ♦ 5:30 Music with Mary - C ☀️	24 8:30 Kroger Bus Run 🎵 9:30 Coffee & Donuts - C 🎵 10:30 Blood Pressure Checks - LL ♥ 2:00 Scrabble - LL ♦ 3:30 Craft w/ Brittany - MR ☀️ 6:00 Music with Millie - C ☀️	25 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Bingo- MR 🎵 3:30 Midweek Prayer Pause - MR † 4:00 Music with Bob - DR ☀️	26 9:00 Morning News Crew - C 🎵 10:30 Bible Study - LL † 1:00 Stories w/ Marie - LL ☀️ 2:30 Indoor Rec - MR ♥ 3:30 Violin with Craig - C ☀️	27 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Bingo - MR 🎵 2:30 Book Buddies - LL ♦ 3:30 Fri-Yay Milkshake Bar - C 🎵 6:00 Music with Gary - C ☀️	28 10:00 Exercise - MR ♥ 2:00 Saturday Cinema: Enola Holmes - LL 🎵	29
10:00 Southland Christian Church Service Channel ABC † 1:30 Church Service with Chaplain Dale - MR †	30 9:00 Yoga - LL ♥ 10:00 Exercise - MR ♥ 1:00 Harmonica Club - 2 nd Floor Common Area ☀️ 2:00 Choir Practice - MR ♦ 3:30 Nat'l Hot Cocoa Day Cocoa and Trivia - C ♦	31 <u>Dimensions of Wellness</u> Intellectual ♦ Emotional ☀️ Social 🎵 Spiritual † Physical ♥					

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