


# January 2022

## Arbor Terrace Mountainside-Bridges



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January cont'd</b> <b>30</b> 10:00 🟢 HASfit Workout 10:15 🟡 Whiteboard Games 10:30 🟠 Mystery Word 11:00 🟢 Sunday Rosary Group 1:30 🟡 Armchair Travel 2:00 🟢 Active Games 2:00 🟡 Bingo Time 6:00 🟡 Movie Time	<b>31</b> 10:00 🟢 Stretch & Flex 10:30 🟡 Words In A Word 11:00 🟡 Pictionary 1:30 🟡 Cooking Show 2:00 🟢 Active Games 3:00 🟠 Brain Games 4:00 🟡 Video Trivia 6:00 🟡 Movie Time		🟡 Arts & Education 🟠 Deep Connections 🟢 Health & Wellness 🟡 Purposeful Living 🟡 Recreation & Leisure 🟢 Spiritual Journey	<b>Resident Birthdays</b> Joyce T. 1/3 Joseph O. 1/8 Ruth S. 1/9 Dolores R. 1/13 Gasper C. 1/15 Anna T. 1/19 Jeanne B. 1/29 Uttilia B. 1/29 Lorraine S. 1/31		10:00 🟢 HASfit Workout 10:30 🟡 Pictionary 11:00 🟠 Word Scramble 1:30 🟡 Armchair Travel 2:00 🟢 Active Games 2:00 🟡 Trivia Challenge 6:00 🟡 Movie Time
<b>2</b> 10:00 🟢 HASfit Workout 10:15 🟡 Whiteboard Games 10:30 🟠 Mystery Word 11:00 🟢 Sunday Rosary Group 1:30 🟡 Armchair Travel 2:00 🟢 Active Games 2:00 🟡 Bingo Time 6:00 🟡 Movie Time	<b>3</b> 10:00 🟢 Stretch & Flex 10:30 🟡 Words In A Word 11:00 🟡 Pictionary 1:30 🟡 Cooking Show 2:00 🟢 Active Games 3:00 🟠 Brain Games 4:00 🟡 Video Trivia 6:00 🟡 Movie Time	<b>4</b> 10:00 🟠 Hot Seat 10:30 🟢 FOX Fitness Exercise 11:00 🟠 Fun with Eversound 1:30 🟡 Home & Garden TV 2:00 🟢 Active Games 3:00 🟠 IN2L Fun Activities 6:00 🟡 Movie Time	<b>5</b> 10:00 🟢 Chair Dancing 10:30 🟠 Hangman 11:00 🟢 Midweek Rosary Group 11:15 🟡 Whiteboard Games 1:30 🟡 Armchair Travel 2:00 🟡 Spa & Yoga 3:00 🟡 Let's Get Crafty 4:00 🟡 Video Trivia 6:00 🟡 Movie Time	<b>6</b> 10:00 🟢 Stretch & Flex 10:30 🟡 Brain Busting Riddles 11:00 🟠 Discovering Famous People & Places 1:30 🟡 Cooking Show 2:00 🟢 Active Games 3:00 🟡 Bingo Time with the iN2L 6:00 🟡 Movie Time	<b>7</b> 10:00 🟢 Chair Yoga 10:30 🟠 Password Challenge 11:00 🟡 Indoor Gardening 1:30 🟡 Home & Garden TV 2:00 🟠 Table Games 3:00 🟡 Happy Hour 4:00 🟡 Video Trivia 6:00 🟡 Movie Time	<b>8</b> 10:00 🟢 HASfit Workout 10:30 🟡 Pictionary 11:00 🟠 Word Scramble 1:30 🟡 Armchair Travel 2:00 🟢 Active Games 2:00 🟡 Trivia Challenge 6:00 🟡 Movie Time
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