

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2021

PARAMOUNT HOUSE SENIOR LIVING

<p>CHOCOLATE COVERED CHERRY 3</p> <p>9:00 am Church Services 9:30 am Coffee Chat 10:00 am Church Services 10:20 am Basketball 10:45 am Hangman 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:45 pm Balloon Volleyball</p>	<p>NAT. SPAGHETTI DAY 4</p> <p>9:00 am PS Walking Club 9:20 am Coffee Chat 10:20 am Brain Work 10:45 am Wii Bowling 12:45 pm I Love Lucy 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:30 pm Sing-a-long 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sing-a-Long 5</p> <p>9:00 am Coffee Chat 9:30 am Sitting Aerobics 9:30 am Brain Power 10:15 pm Sitting Yoga 10:45 am Basketball 1:15 pm Nickel Bingo 2:15 pm Nickel Bingo 3:30 pm I Love Lucy 3:45 pm Balloon Volleyball</p>	<p>NAT BEAN DAY 6</p> <p>9:00 am Sing-a-Long 9:20 am Coffee Chat 9:30 am Parachute 10:30 am Corn Hole 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:30 pm Puzzles 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sing-a-Long 7</p> <p>9:30 am Sitting Aerobics 9:35 am Exercise w/ Kathy 10:15 am Peg Stacker game 10:45 am Ring Toss 12:45 am Beverly Hillbillies 1:30 pm Nickel Bingo 2:30 pm Nickle Bingo 3:15 pm Bingo 3:45 pm Balloon Volleyball</p>	<p>BUBBLE BATH DAY 8</p> <p>9:00 am Sing-a-long 9:20 am Coffee Chat 10:15 am Sitting Whoga 10:20 am Brain Work 10:50 am Mind Joggers 1:15 pm Nickel Bingo 1:45 pm Outdoor Walk 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball</p>	<p>9:00 am Golden Girls 2</p> <p>9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Ring Toss 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:30 pm Puzzles 3:45 pm Balloon Volleyball</p>
<p>9:00 am Church Services 10</p> <p>9:30 am Coffee Chat 10:00 am Church Services 10:20 am Easy-Does-It-Trivia 11:00 am January Trivia 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 1:45 pm Sing-a-Long 2:30 pm Nickel Bingo 3:30 pm Sitting Aerobics</p>	<p>9:00 am PS Walking Club 11</p> <p>9:20 am Coffee Chat 10:20 am Mental Stimulation 10:45 am Wii Bowling 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 3:00 pm Outdoor Walk 3:30 pm Balloon Volleyball 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sitting Yoga 12</p> <p>9:00 am Coffee Chat 9:45 am Mental Stimulation 10:30 am <u>CHAT W/ KATHLEEN</u> 12:45 pm Sing-a-long 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Mental Stimulation 3:45 pm Balloon Volleyball</p>	<p>NAT TAKE THE STAIRS DAY 13</p> <p>9:00 am Sing-a-Long 9:20 am Coffee Chat 10:15 am Brain Work 10:30 am Corn Hole 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:30 pm Puzzles 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sing-a-Long 14</p> <p>9:30 am Sitting Aerobics 9:35 am Exercise w/ Kathy 10:20 am Color Creations 10:45 am Putting Green 12:45 pm Balloon Volleyball 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Mental Stimulation 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sitting Yoga 15</p> <p>9:20 am Coffee Chat 9:30 am Sing-a-Long 10:00 am Mind Joggers 10:20 am Mental Stimulation 1:15 pm Nickel Bingo 1:45 pm Mental Stimulation 2:30 pm Nickel Bingo 3:30 pm Golden Girls 3:45 pm Balloon Volleyball</p>	<p>APPRECIATE A DRAGON DAY 16</p> <p>9:00 am Sitting Aerobics 9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Haley's Choice 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 3:30 pm Sing-a-Long 3:45 pm Balloon Volleyball</p>
<p>9:00 am Church Services 17</p> <p>9:30 am Coffee Chat 10:00 am Church Services 10:20 am Balloon Volleyball 10:45 am Hangman 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Sing-a-long 3:30 pm Bowling</p>	<p>9:00 am PS Walking Club 18</p> <p>9:20 am Coffee Chat 10:20 am Brain Work 10:45 am Wii Bowling 12:45 pm I Love Lucy 1:15 pm Nickel Bingo 1:45 pm Puzzles 2:30 pm Nickel Bingo 3:30 pm Sing-a-Long 3:45 pm Balloon Volleyball <small>Martin Luther King Day</small></p>	<p>9:00 am Sing-a-Long 19</p> <p>9:00 am Coffee Chat 9:30 am Sitting Aerobics 10:15 am Trivia 10:15 pm Sitting Yoga 10:45 am Basketball 1:15 pm Nickel Bingo 1:45 pm Beverly Hillbillies 2:15 pm Nickel Bingo 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sing-a-Long 20</p> <p>9:20 am Coffee Chat 10:15 am Brain Work 10:30 am Corn Hole 12:45 pm I Love Lucy 1:15 pm Nickel Bingo 1:45 pm Bingo 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:45 pm Balloon Volleyball</p>	<p>HUG YOUR PUPPY DAY 21</p> <p>9:30 am Sitting Aerobics 9:35 am Exercise w/ Kathy 10:20 am Color Creations 10:45 am Putting Green 12:45 pm Sing-a-Long 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Mind Work 3:30 pm I Love Lucy 3:45 pm Balloon Volleyball</p>	<p>BLONDE BROWNIE DAY 22</p> <p>9:00 am Sitting Yoga 9:20 am Coffee Chat 9:30 am Sing-a-Long 10:00 am Sitting Whoga 10:20 am Mental Stimulation 1:15 pm Nickel Bingo 1:45 pm Ozzie and Harriet 2:30 pm Nickel Bingo 3:30 pm Golden Girls 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sitting Aerobics 23</p> <p>9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Ring Toss 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 2:45 pm Color Creations 3:30 pm Sing-a-Long 3:45 pm Balloon Volleyball</p>
<p>NAT. COMPLIMENT DAY 24</p> <p>9:00 am Church Services 9:30 am Coffee Chat 10:00 am Church Services 10:20 am Basketball 10:45 am Mind Joggers 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:45 pm Balloon Volleyball</p>	<p>9:00 am PS Walking Club 25</p> <p>9:00 am Color Creations 9:20 am Coffee Chat 10:20 am Brain Work 10:30 am <u>CHEF CHAT W/ TONY</u> 12:45 pm Sing-a-Long 1:15 pm Nickel Bingo 1:45 pm Myra's Choice 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sing-a-Long 26</p> <p>9:00 am Coffee Chat 9:30 am Trivia 10:15 pm Sitting Yoga 10:45 am Basketball 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball 2:15 pm Nickel Bingo 3:30 pm Puzzles 3:45 pm Balloon Volleyball <small>Australia Day (observed)</small></p>	<p>9:00 am Sing-a-Long 27</p> <p>9:20 am Coffee Chat 10:20 am Mental Stimulation 10:30 am Corn Hole 1:15 pm Nickel Bingo 1:45 pm Memory game 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:30 pm Bonanza 3:45 pm Balloon Volleyball</p>	<p>BLUEBERRY PANCAKE DAY 28</p> <p>9:00 am Sing-a-Long 9:30 am Sitting Aerobics 9:35 am Exercise w/ Kathy 10:15 am Peg Stacker game 10:45 am Ring Toss 12:45 am Beverly Hillbillies 1:30 pm Nickle Bingo 1:45 pm Color Creations 2:30 pm Nickle Bingo 3:15 pm Bingo</p>	<p>9:00 am Sing-a-long 29</p> <p>9:20 am Coffee Chat 9:30 am Parachute 10:15 am Sitting Whoga 10:20 am Brain Work 10:50 am Mind Joggers 1:15 pm Nickel Bingo 1:45 pm Outdoor Walk 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball</p>	<p>9:00 am Golden Girls 30</p> <p>9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Ring Toss 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:30 pm Puzzles 3:45 pm Balloon Volleyball</p>
<p>NAT. BACKWARDS DAY 31</p> <p>9:00 am Church Services 9:30 am Coffee Chat 10:00 am Church Services 10:20 am Basketball 10:45 am Hangman 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:45 pm Balloon Volleyball</p>	<div style="text-align: center;">   </div>					

ACTIVITIES SUBJECT TO CHANGE