

# ❄️ Loyalty Hall Recreation Therapy – January 2022 ❄️

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JANUARY 2</b>	<b>JANUARY 3</b>	<i>Twelfth Night= Jan. 5th</i> <b>4</b>	<i>Twelfth Night</i> <b>5</b>	<i>Epiphany or 12<sup>th</sup> Day</i> <b>6</b>	<b>Red Friday!</b> <b>7</b>	<b>JANUARY 8</b>
<b>January Birthstone = Garnet</b> <b>Flower = Carnation</b> or Snowdrop <b>Events subject to change!</b>	<b>0900 Chair Exercise (TV)</b> <b>0945 Fun Art Painting &amp; Pottery!</b> <b>1300 Virtual Travels - Ch 4</b>	<i>Is the evening before Epiphany &amp; marks the end of the 12 days of Christmas. This celebrates the visit of the Magi to the baby Jesus.</i>	<b>0900 Chair Exercise</b> <b>0945 Fun Art</b> <b>Holiday Décor Clean Up!</b>	Please see Recreation to Schedule Thursday morning AFRH haircuts! <b>Un-decorating Day!</b>	<b>Individual Trivia, Skype, Reminiscing &amp; Visits ongoing!</b>	<b>0830 Chit Chat Time or Strolls-i</b> <b>0900 Chair Exercise-TV</b> <b>Elvis Birth Anniversary!</b>
<b>JANUARY 9</b>	<b>10</b>	<i>Trivia for Day!</i> <b>11</b>	<b>12</b>	<b>13</b>	<b>Red Friday!</b> <b>14</b>	<b>(1935-1977)</b> <b>15</b>
<b>AFRH Protestant Chapel Ch 4 0800 &amp; Catholic Ch 91</b> <b>0930 Individual Visits (i)</b> <b>1030 Protestant Religious Service (CHAPEL)</b>	<b>0900 Chair Exercise</b> <b>0945 Fun Art Painting &amp; Pottery!</b> <b>1330 Ice Cream Sandwich Social!</b>	<b>Chair Exercise</b> <i>Two snowmen were standing in a field. One said, "Can you smell carrots?" The second replied, "No, but I can taste coal."</i>	<b>0900 Chair Exercise</b> <b>0945 Fun Art Painting!</b> <b>WINTER WONDERLAND</b> <b>Monthly Cook-in Lunch!</b>	<b>0900 Chair Exercise</b> <b>1000 on Loyalty Hall Drum It Up!</b> <b>Drumming (TV Lounge)</b> <b>1300 Virtual Travels/Ch 4</b>	<b>0900 Chair Exercise</b> <b>1000 Piano Time with Beth! (PR)</b> <b>1800 Channel 4 Movie!</b>	<b>0830 Chit Chat Time or Strolls (i)</b> <b>0900 Chair Exercise-TV</b> <b>1300 Virtual Travels/Ch 4</b> <b>1800 Channel 4 Movie!</b>
<b>16</b>	<b>MLK, Jr HOLIDAY!</b> <b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>Red Friday!</b> <b>21</b>	<b>22</b>
<b>AFRH Protestant Chapel Ch 4 0800 &amp; Catholic Ch 91</b> <b>0930 Individual Visits (i)</b> <b>1030 Protestant Religious Service (CHAPEL)</b>	<b>Martin Luther King Jr, Day</b> Is observed as a federal holiday on the 3 <sup>rd</sup> Monday in January-"I Have a Dream!"	<b>0900 Chair Exercise-TV</b> <b>HAPPY BIRTHDAY! January Monthly Birthday LUNCH!!</b>	<b>0900 Chair Exercise</b> <b>0945 Fun Art Painting &amp; Pottery!</b> <b>1300 Virtual Travel-Ch 4</b>	See Recreation for haircuts <b>0800 Protestant Svc</b> <b>0900 Chair Exercise(TV)</b> Pm "Cooper" Pet Visits!	<b>0900 Chair Exercise-TV</b> In a world where you can be anything... Be kind!	<b>0830 Chit Chat Time or Strolls(i)</b> <b>0900 Chair Exercise-TV</b> <b>1300 Virtual Travels/Ch 4</b> <b>1800 Movie Channel 4</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>Red Friday!</b> <b>28</b>	<b>29</b>
<b>AFRH Protestant Chapel Ch 4 0800 &amp; Catholic Ch 91</b> <b>0930 Individual Visits (i)</b> <b>1030 Protestant Religious Service (CHAPEL)</b>	<b>0900 Chair Exercise (TV)</b> <b>Lemon Essential Oils (i)</b> <b>945 Fun Art (i)</b> <b>1330 Ice Cream Social!</b>	<b>0900 Chair Exercise-TV</b> <b>Sean's Virtual Travels Daily @ 1300 on Channel 4</b>	<b>0800 Protestant Svc</b> <b>0900 Chair Exercise</b> <b>0945 Fun Art Painting!</b> <b>Lunch Root Beer Floats!</b>	See Recreation for haircuts <b>0800 Protestant Service – Ch. 4</b> <b>0900 Exercise (TV)</b> <b>Lemon Essential Oils-i</b>	<b>0900 Chair Exercise</b> <b>1000 Piano Time with Beth! (PR)</b> <b>1800 Channel 4 Movie!</b>	<b>0830 Chit Chat Time or Strolls (i)</b> <b>0900 Chair Exercise-TV</b> <b>1300 Virtual Travels/Ch 4</b> <b>1800 Channel 4 Movie!</b>
<b>JANUARY 30</b>	<b>JANUARY 31</b>	<b>FEBRUARY 1</b>	<b>FEBRUARY 2</b>	<b>FEBRUARY 3</b>	<b>4</b>	<b>5</b>
<b>AFRH Protestant Chapel Ch 4 0800 &amp; Catholic Ch 91</b> <b>0930 Individual Visits (i)</b> <b>1030 Protestant Service (CH)</b>	<b>0900 Chair Exercise (TV)</b> <b>Lemon Essential Oils-i</b> <b>0945 Fun Art Painting &amp; Pottery! (i)</b>	<b>0900 Chair Exercise</b> <b>0800 Protestant Service – Ch. 4</b> <b>1300 Virtual Travel-Ch 4</b>	<b>0900 Chair Exercise</b> <b>Lemon Essential Oils-i</b> <b>0945 Fun Art Painting! (i)</b>	See Recreation for haircuts <b>Virtual Travels Daily @ 1300 on Channel 4</b>	Read, watch a movie, catch a sports game, clutter clean your room, lots to do!	<b>0830 Chit Chat Time or Strolls (i)</b> <b>0900 Chair Exercise-TV</b> <b>1800 Channel 4 Movie!</b>
Please see Senior Television Channel 4 for Updates, Recreation Event Videos & Photo Slideshows!	We appreciate your Patience as we provide person centered care & individual Leisure needs!	Skype visits available with your loved ones! See Jen or Susan <b>Happy New Year!</b>	<b>LOCATION KEY</b> AT = Activity Room TV = TV Lounge PT = Patio	Please ask for leisure supplies–puzzles, books, art, movies, cards, etc.	<b>Wash Hands! Wear Masks! We Can Do It!</b>	<b>Martin Luther King Jr, Birthday</b>