



# Valor & Allegiance Recreation Therapy - January 2022



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
JANUARY 2		JANUARY 3		JANUARY 4		Twelfth Night 5		6		Red Friday! 7		JANUARY 8	
January Birthstone = Garnet Flower = Carnation or Snowdrop <b>Events subject to change!</b>		0800 Morning Crossword 0900 Chair Exercise Virtual Travels Daily @ 1300-Ch 4		0900 Chair Exercise 1330 Valor & AL Social Distanced Bingo! (PR) Please wear a mask!		0900 Chair Exercise Holiday Décor Clean Up! Un-decorating Day!		See Recreation for haircuts Holiday Décor Clean Up!		0900 Chair Exercise 1000 Drum It Up! Drumming (PR)-Valor Piano Lounge		0900 Chair Exercise 1000 Individual Visits – Chit Chat or Strolls (i) 1300 Virtual Travels-Ch 4	
JANUARY 9		10		11		12		13		Wear Red! 14		15	
0830 Individual Visits (i) 0900 Catholic Svc (CH) 1030 Protestant Svc (CH) AFRH Protestant Chapel Ch 4 0800 & Catholic Ch 91		0800 Morning Crossword 0900 Chair Exercise 1400 Ice Cream Sandwich Social! Please wear a mask!		0900 Chair Exercise 1330 Allegiance & Valor Social Distanced Bingo! (PR) Wear mask!		0800 Morning Crossword 0900 Chair Exercise WINTER WONDERLAND Monthly Cook-in Lunch!		See Recreation for haircuts 0900 Chair Exercise In a world where you can be Anything...Be kind!		0900 Chair Exercise 1000 Piano Time with Beth! (PR) 1800 Channel 4 Movie!		0900 Chair Exercise 1000 Individual Visits – Chit Chat or Strolls (i) 1300 Virtual Travels-Ch 4 1800 Movie Channel 4	
16		MLK, Jr HOLIDAY! 17		18		19		20		Red Friday! 21		22	
0830 Individual Visits (i) 0900 Catholic Service (CH) 1030 Protestant Service (CH) AFRH Protestant Chapel Ch 4 0800 & Catholic Ch 91		Martin Luther King Jr, Day Is observed as a federal holiday on the 3rd Monday in January. "I Have a Dream!"		0900 Chair Exercise January Monthly B-Day LUNCH!! 1330 Val/Al Social Distanced Bingo! (PR)		0800 Morning Crossword 0900 Chair Exercise 1400 Movie Matinee & Popcorn @ (TH)		See Recreation for haircuts 0900 Chair Exercise Afternoon "Cooper" Pet Visits!		0900 Chair Exercise Read, watch a movie, catch a sports game, clutter clean your room, lots to do!		0900 Chair Exercise 1000 Individual Visits – Chit Chat or Strolls (i) 1300 Virtual Travels-Ch 4 1800 Movie Channel 4	
23		24		25		26		27		28		29	
0830 Individual Visits (i) 0900 Catholic Service (CH) 1030 Protestant Service (CH) AFRH Protestant Chapel Ch 4 0800 & Catholic Ch 91		0800 Morning Crossword 0900 Chair Exercise 1400 Ice Cream Social - Valor Piano Room		0900 Chair Exercise 1330 Allegiance & Valor Social Distancing Bingo! (PR) Please wear a mask!		0800 Morning Crossword 0900 Chair Exercise 1400 Movie Matinee & Popcorn @ (TH)		See Recreation for haircuts 0800 Protestant Svc 0900 Chair Exercise 1400 Parisian Café Social (CC)		0900 Chair Exercise 1000 Piano Time with Beth! (PR) 1800 Channel 4 Movie!		0900 Chair Exercise 1000 Individual Visits – Chit Chat or Strolls (i) 1300 Virtual Travels-Ch 4 1800 Movie Channel 4	
JANUARY 30		JANUARY 31		1		FEBRUARY 2		FEBRUARY 3		FEBRUARY 4		FEBRUARY 5	
0830 Individual Visits (i) 0900 Catholic Service (CH) 1030 Protestant Religious Service (CHAPEL)		0800 Morning Crossword 0900 Chair Exercise Virtual Travels Daily @ 1300-Ch 4		0900 Chair Exercise 1330 Valor & Allegiance Social Distancing Bingo! (PR)		0800 Morning Crossword 0900 Chair Exercise 1400 Movie Matinee & Popcorn (TH)		See Recreation to schedule haircuts 0900 Chair Exercise Get yourself moving!		0900 Chair Exercise 1000 Drum It Up! Drumming (PR)-Valor Piano Lounge		0900 Chair Exercise 1000 Individual Visits – Chit Chat or Strolls (i) 1800 Movie Channel 4	
Please see Senior Television Channel 4 for Updates, Recreation Event Videos & Photo Slideshows!		Martin Luther King Jr, Birthday		Please ask for leisure supplies – puzzles, books, art, movies, cards, etc.		LOCATION KEY AT = Activity Room CC = Community Ct. F = Front Entrance		LOCATION PT = Patio PR- Valor Piano Lounge TH = Theater TV = TV Lounge		Skype visits available with your loved ones! See Jen or Susan		Wash Hands! Wear Masks! We Can Do It!	

