

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

PONDS MORNING

7:30 Breakfast ¹
 9:45 Parachute Game -Carl
 10:15 New Year's Resolutions-Carl
 11:00 Mass on Channel 243
 11:30 Lunch

New Year's Day

Happy Birthday Patty O! ²
 7:30 Breakfast
 9:45 Balloon Volleyball -Carl
 10:15 Armchair Travels: Alaska-Carl
 11:00 Mass
 11:30 Lunch

7:30 Breakfast ³
 9:45 Move & Groove -Erin
 10:15 **Trivia Day** -Erin
 11:00 Adoration/Divine Mercy
 11:30 Lunch



7:30 Breakfast ⁴
 9:45 Tone It Up Tuesday -Lori
 10:30 **Music Therapy** w/Jennifer
 11:30 Lunch

7:30 Breakfast ⁵
 9:45 Morning Stretch -Lori
 10:15 Funny New Year's Resolutions & Jokes -Lori
 11:00 Rosary
 11:30 Lunch

7:30 Breakfast ⁶
 9:45 Music & Motion -Kathy
 10:15 **Epiphany** -Kathy
 11:00 Interfaith Service
 11:30 Lunch



7:30 Breakfast ⁷
 9:45 Chair Dancing -Lori
 10:30 **Snowfall Painting** -Lori
 11:30 Lunch



7:30 Breakfast ⁸
 9:45 Sing Along Exercise -Erin
 10:15 **Elvis Lives Day** -Erin
 11:00 Mass on Channel 243
 11:30 Lunch

7:30 Breakfast ⁹
 9:45 Get Moving! -Erin
 10:15 **Duchess of Cambridge's Birthday** -Erin
 11:00 Mass
 11:30 Lunch



7:30 Breakfast ¹⁰
 9:45 Move & Groove -Lisa
 10:15 Weird Foods -Lisa
 11:00 Adoration/Divine Mercy
 11:30 Lunch

7:30 Breakfast ¹¹
 9:45 Tone It Up Tuesday -Erin
 10:15 **Let It Snow Day** -Erin
 10:30 **Music Therapy** w/Jennifer
 11:30 Lunch



7:30 Breakfast ¹²
 9:45 Morning Stretch -Kathy
 10:15 **Dozen Day!** -Kathy
 11:00 Rosary
 11:30 Lunch

7:30 Breakfast ¹³
 9:45 Fly Ball -Sarah
 9:45 Music & Motion -Kathy
 10:15 Daily Chronicle -Sarah
 10:15 **Telephone Day** -Kathy
 11:00 Interfaith Service
 11:30 Lunch

11:45 Perkins Lunch w/Kathy

7:30 Breakfast ¹⁴
 9:45 Chair Dancing -Erin
 10:15 Fifty Nifty States -Erin
 11:00 Julie Andrews -Erin
 11:30 Lunch

7:30 Breakfast ¹⁵
 9:45 Let's Move -Lisa
 10:15 **Tulip Day** -Lisa
 11:00 Mass on Channel 243
 11:30 Lunch



Happy Birthday Lonnie! ¹⁶
 7:30 Breakfast
 9:45 Get Moving! -Lisa
 10:15 On the Wagon-Prohibition -Lisa
 11:00 Mass
 11:30 Lunch

7:30 Breakfast ¹⁷
 9:45 Move & Groove -Erin
 10:15 **Martin Luther King's Life** -Erin
 11:00 Adoration/Divine Mercy
 11:30 Lunch



Happy Birthday Patti W.! ¹⁸
 7:30 Breakfast
 9:45 Tone It Up Tuesday -Erin
 10:15 **Discovery of Hawaii Day** -Erin
 10:30 **Music Therapy** w/Jennifer
 11:30 Lunch

7:30 Breakfast ¹⁹
 9:45 Morning Stretch -Kathy
 10:15 **Antarctica Day** -Kathy
 11:00 Rosary
 11:30 Lunch



7:30 Breakfast ²⁰
 9:45 Music & Motion -Kathy
 10:15 **Penguin Day** -Kathy
 10:45 **Interfaith Memorial**
 11:00 Interfaith Service
 11:30 Lunch



7:30 Breakfast ²¹
 9:45 Chair Dancing -Lisa
 10:15 **Squirrel Appreciation Day** -Lisa
 11:00 **Christian Dior Day** -Lisa
 11:30 Lunch



7:30 Breakfast ²²
 9:45 Chair Dancing -Kathy
 10:15 **Hibernation Day** -Kathy
 11:00 Mass on Channel 243
 11:30 Lunch

7:30 Breakfast ²³
 9:45 Sunday Stretch -Kathy
 10:15 **Nat'l Handwriting Day** -Kathy
 11:00 Mass
 11:30 Lunch

Activity Professionals Week

7:30 Breakfast ²⁴
 9:45 Move & Groove -Erin
 10:15 The Kennedy Family -Erin
 11:00 Adoration/Divine Mercy
 11:30 Lunch

7:30 Breakfast ²⁵
 9:45 Tone It Up Tuesday -Lori
 10:15 Word Games -Lori
 10:30 **Music Therapy** w/Jennifer
 11:30 Lunch

7:30 Breakfast ²⁶
 9:45 Morning Stretch -Kathy
 10:15 **Australia Day** -Kathy
 11:00 Rosary
 11:30 Lunch



Australia Day (observed)

7:30 Breakfast ²⁷
 9:45 Chair Dancing -Erin
 10:15 40's Big Bands -Erin
 11:30 Lunch

11:45 Original Pancake House w/Erin

7:30 Breakfast ²⁸
 9:45 Chair Dancing -Lisa
 10:15 Painter, Jackson Pollock -Lisa
 11:30 Lunch

7:30 Breakfast ²⁹
 9:45 Sing Along Exercise -Erin
 10:15 **Inspire Your Heart Art Day** -Erin
 11:00 Mass on Channel 243
 11:30 Lunch



7:30 Breakfast ³⁰
 9:45 Get Moving! -Erin
 10:15 **"Hi-Yo, Silver Away!" Day** -Erin
 11:00 Mass
 11:30 Lunch



7:30 Breakfast ³¹
 9:45 Move & Groove -Erin
 10:15 Tour Duluth MN -Erin
 11:00 Adoration/Divine Mercy
 11:30 Lunch

PONDS MORNING