




Independent and Assisted Living January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy Birthday: 1/1 - Delores G. 1/4 - John H. 1/6 - Jeanette K. 1/6 - James M. 1/10 - Margo't A. 1/10 - Mary Lou B. 1/14 - Betty J. 1/22 - Shirley J. 1/31 - Ellen L.	New Year's Day 09:30 Devotions 11:00 Outback Bowl: Hawkeyes vs Mississippi 12:00 Citrus Bowl: Kentucky vs Penn State 03:00 Uno Club 04:00 Rose Bowl: Washington vs Ohio 07:45 Sugar Bowl: Texas vs Georgia	1 08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 11:30 Ladies Luncheon 01:00 Manicures 03:00 Pet Therapy: Oliver Visits 03:15 Competitive Uno Club	2 Alaska Day 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Wii Bowling 03:00 Birthday Party with Harold Gray 06:00 Dingalings Practice	3 08:30 Trip to Fareway 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet - Open for Business 03:30 Birdwatching	4 Toss Your Fruitcake Day 10:00 Quilting with Elayne 12:15 Brain Games 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 04:00 Devotions 07:00 The Lawrence Welk Show
Epiphany 09:00 St Matthews 12:15 Indoor Golf 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Board Games 03:15 New Covenant Worship	6 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:00 Arm Chair Traveler - Hiking in Cornwall 02:30 Scenic Drive 06:00 Dingalings Practice	7 09:15 God Winks / Spiritual Reading 09:30 Devotions 09:30 Outing: YMCA 10:15 Town Home Resident Meeting 10:15 Meet Christine - Activities Intern 01:00 DingALings out to Keystone Place 02:00 Bistro Baking 02:30 Walgreens	8 08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:00 Manicures 02:00 Massage Therapist (Free) 02:00 Movie Series 03:15 Competitive Uno Club	9 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 12:30 Indoor Walking Club 01:00 Wii Bowling 03:00 Happy Hour with Scott Engledow	10 08:30 Trip to Hyvee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet - Open for Business	11 12:30 Card Club 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 04:00 Devotions 07:00 The Lawrence Welk Show
09:00 St Matthews 12:30 Brain Games 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Sunday Sundaes 03:15 New Covenant Worship	13 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:30 Scenic Drive 03:00 Brain Teasers 06:00 Dingalings Practice	14 Great Molasses Flood Day 09:15 God Winks / Spiritual Reading 09:30 Devotions 09:30 Outing: YMCA 10:15 What is the Great Molasses Flood? 02:00 Crafting Corner 02:30 Walgreens	15 08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 11:30 Men's Luncheon 01:00 Manicures 03:15 Competitive Uno Club	16 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Wii Bowling 03:00 Happy Hour with Judy Melhert 06:00 Dingalings Practice	17 08:30 Trip to Hyvee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet - Open for Business 03:15 Poetry Reading	18 10:00 Quilting with Elayne 12:15 Phase 10 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Movie Series 04:30 Devotions 07:00 The Lawrence Welk Show
National Activity Professionals Week 09:00 St Matthews 12:15 Board Games 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 03:15 New Covenant Worship	20 Martin Luther King Jr. Day 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:30 Scenic Drive 03:00 Martin Luther King Jr.'s "I Have a Dream" Speech 06:00 Dingalings Practice	21 09:15 God Winks / Spiritual Reading 09:30 Devotions 09:30 Outing: YMCA 11:00 Ulowa Art Program 02:00 Bistro Baking 02:30 Walgreens	22 08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:00 Manicures 03:15 Competitive Uno Club	23 National Belly Laugh Day 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Wii Bowling 03:00 Happy Hour with Bill Wenstrom 06:00 Dingalings Practice	24 08:30 Trip to Hyvee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 12:00 Intermediate Music Therapy Group 02:00 Bingo 02:30 Store Trip 03:00 Country Cabinet - Open for Business	25 Fun at work day 10:00 Quilting with Elayne 12:30 Card Club 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Board Games 04:00 Devotions 07:00 The Lawrence Welk Show
Holocaust Memorial Day 09:00 St Matthews 12:30 Meditative Coloring 01:15 BINGO 02:00 Country Cabinet Open for Business 02:15 Armchair Yoga and Stretches 03:15 New Covenant Worship 04:00 Netflix Series	27 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:30 Men's Club 02:30 Cedar Rapids Public Library 03:00 Jeopardy 06:00 Dingalings Practice	28 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:00 Outing: Riverside Casino 10:15 Mexican Train Dominoes 02:00 Snack and Learn with Live 2 B Healthy 02:30 Walgreens 03:00 Resident Council Meeting	29 08:30 Donuts and Coffee 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Live 2B Healthy 01:00 Manicures 01:30 Cedar Rapids Writers Club 03:00 Resident Meeting - Everyone 03:15 Competitive Uno Club	30 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Wii Bowling 03:00 Happy Hour with Ken Lee 06:00 Dingalings Practice	31 09:15 God Winks / Spiritual Reading 09:30 Devotions 10:15 Card Club 01:00 Wii Bowling 03:00 Happy Hour with Ken Lee 06:00 Dingalings Practice	Calendar is flexible, and all activities subject to Change. Transportation runs M, W-F from 8 am to 4 pm Questions: Contact Life Enrichment Coordinator, Kari Santos enrichlife@garnettplace.net or 319-533-0441
						Store Trips: January 4 - Walmart January 11 - Dollar Tree January 18 - Target January 25 - Stuff Etc.



Professionally managed by Senior Housing Management

202 35th Street Drive SE #123 Cedar Rapids, IA 52403 | 319-362-3630 | www.garnettplace.net



Memory Care January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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07:30 Morning Reading Group 08:00 Jolene Brackey Sunday Church 09:00 St. Matthew's 02:00 Chat and Snack 03:15 New Covenant Worship 03:15 Fun with Kelsie 06:00 Movie Night	6 07:30 Morning Reading Group 09:30 Manicures 10:00 Card Club 01:00 Relaxation and Meditation 02:00 Bingo 02:30 Scenic Drive 07:00 Busy Baskets	7 07:30 Morning Reading Group 09:30 Music Therapy 10:00 Sensory Relaxation 02:00 Card Club 03:00 Bowling 07:00 Listen to Music & Snacks	8 07:30 Morning Reading Group 10:00 Exercise 01:00 Card Club 01:00 Manicures 01:30 Massages 01:30 Relaxation with Music 02:00 Movie & Popcorn 02:00 Baking 03:00 Game Night	9 07:30 Morning Reading Group 09:30 Beauty Spot 01:30 Relaxation for the mind 02:00 Exercise 03:00 Happy Hour with the Heartland Band 03:00 Coloring 03:00 Happy Hour with Scott Engledow	10 07:30 Morning Reading Group 09:30 Music Therapy 10:15 Indoor Walking Club 01:30 Relaxation with Music 02:00 Kitchen Band 06:00 Friday Night Movies & Treats	11 07:30 Morning Reading Group 09:00 Sing A Long 01:00 Relaxation and Reading 02:00 Resident Choice 03:15 Fun with Kelsie 06:00 Games & Snacks 07:00 The Lawrence Welk Show
07:30 Morning Reading Group 08:00 Jolene Brackey Sunday Church 09:00 St. Matthew's 02:00 Chat and Snack 03:15 New Covenant Worship 03:15 Fun with Kelsie 06:00 Movie Night	13 07:30 Morning Reading Group 09:30 Manicures 10:00 Card Club 01:00 Relaxation and Meditation 02:00 Bingo 02:30 Scenic Drive 07:00 Busy Baskets	14 07:30 Morning Reading Group 09:30 Music Therapy 10:00 Card Club 01:00 Sensory Relaxation 02:00 Coloring 03:00 Bowling 07:00 Listen to Music & Snacks	15 07:30 Morning Reading Group 10:00 Exercise 11:30 Men's Luncheon 01:00 Card Club 01:00 Manicures 01:30 Relaxation with Music 02:00 Baking 03:00 Game Night	16 07:30 Morning Reading Group 09:30 Beauty Spot 01:30 Relaxation for the mind 02:00 Exercise 03:00 Happy Hour with Judy Melhert 03:00 Coloring	17 07:30 Morning Reading Group 09:30 Music Therapy 10:15 Indoor Walking Club 01:30 Relaxation with Music 02:00 Baking Club 06:00 Friday Night Movies & Treats	18 07:30 Morning Reading Group 09:00 Sing A Long 01:00 Relaxation and Reading 03:00 Bingo 03:15 Fun with Kelsie 06:00 Games & Snacks 07:00 The Lawrence Welk Show
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