



*Rooted in Wellness*



**PROSPECT-WOODWARD**  
*at Hillside Village Keene*

# Assisted Living Life Enrichment Calendar January 2021

Our 8 Dimensions of Wellness Color Key

Physical

Environmental

Intellectual


Social

Spiritual

Emotional

Health Services

Vocational

					<b>Friday</b>	<b>Saturday</b>
					<b>1</b>	<b>2</b>
					<p>9:30 Sunshine Walking Club            11:00 News, Views &amp; Sports Review            1:00 Sunshine Walking Club            1:30 B-I-N-G-O!            2:30 Book Club            6:30 Feature Film</p>	<p>10:00 Art &amp; Activities            1:30 Artistic Impressions            3:00 Movie            3:30 Shuffle up and Deal            5:30 Silly Saturday            8:15 Movie</p>
						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
9:30 Sunshine Walking Club 10:00 AM Church Service set up for residents in their apartment 10:15 New Year's Superstitions 11:00 Hymns & Prayers/Bible Jeopardy 1:00 Sunshine Walking Club 1:30 Jingo 3:00 Let's Play Cards 3:00 B-I-N-G-O! 3:00 Movie	9:30 Sunshine Walking Club 10:00 News & Views Coffee Social 10:30 Table Decorations 1:00 Sunshine Walking Club 2:00 Zoom Exercise with trainer Gretchen 2:30 Travelogue – Iceland 3:00-4:00 Hand and Spa Treatments	9:30 Sunshine Walking Club 10:00 Firm and Tone Exercise Class 10:30 Zoom visit with Milo the dog 11:00 News & Views Coffee Social 1:00 Sunshine Walking Club 1:30 Creative Circle: Wooden Star 2:30 1940s Big Band fun, facts, dance and music 6:30 Movie	9:30 Sunshine Walking Club 10:00 Current Events Coffee Social 10:30 Wii Bowling 1:00 Sunshine Walking Club 1:30 Stretch and Tone 2:00 Snowflake Trivia / Snowflake craft 3:30 Learn to Needlepoint 6:30 Movie  	9:30 Sunshine Walking Club 10:00 Shaping Up Exercise Class 10:30 Baking Group: Ultimate Ginger Cookies 11:00 Current Events Coffee Social 1:00 Sunshine Walking Club 1:30 Make Gnomes out of Tin Cans 3:00 Classiest of the classical with Vernon Martin 8:15 Movie	9:30 Sunshine Walking Club 11:00 News, Views & Sports Review 1:00 Sunshine Walking Club 1:30 B-I-N-G-O! 2:30 Book Club 6:30 Feature Film	10:00 Art & Activities 1:30 Artistic Impressions 3:00 Movie 3:30 Shuffle up and Deal 5:30 Silly Saturday 8:15 Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:30 Sunshine Walking Club 10:00 AM Church Service set up for residents in their apartment 10:15 Get Moving Exercise Class 11:00 Hymns & Prayers 1:00 Sunshine Walking Club 1:30 Jingo 3:00 Let's Play Cards 3:00 B-I-N-G-O! 3:00 Movie	9:30 Sunshine Walking Club 10:00 News & Views Coffee Social 10:30 Sewing Bee Group 1:00 Sunshine Walking Club 2:00 Zoom Exercise with trainer Gretchen 2:30 Travelogue <i>Iceland</i> 3:00 - 4:00 Hand and Spa Treatments	9:30 Sunshine Walking Club 10:00 Firm and Tone Exercise Class 10:30 Zoom visit with Milo the dog 11:00 News & Views Coffee Social 1:00 Sunshine Walking Club 1:30 Creative Circle: Wooden Block Candle Star 2:30 1940s Big Band fun, facts, dance and music 6:30 Movie	9:30 Sunshine Walking Club 10:00 News & Views Coffee Social 10:30 Healthy Living Series Rehab Director Melissa Bassler: Eye Care 11:00 Wii Bowling 1:00 Sunshine Walking Club 1:30 Stretch and Tone Exercise Class 2:00 Stages of the Pinecone: Make Cinnamon Scented Pinecones 6:30 Movie  Happy Birthday Paul & Alice!	9:30 Sunshine Walking Club 10:00 Shaping Up Exercise Class 10:30 Baking Group – Seriously Soft Molasses Cookies 11:00 Current Events Coffee Social 1:00 Sunshine Walking Club 1:30 Winter Wreath Creation 3:00 Classiest of the classical with Vernon Martin 8:15 Movie	9:30 Sunshine Walking Club 11:00 News, Views & Sports Review 1:00 Sunshine Walking Club 1:30 B-I-N-G-O! Contest 2:30 Ugly Sweater Contest 6:30 Feature Film	10:00 Art & Activities 1:30 Artistic Impressions 3:00 Movie 3:30 Shuffle up and Deal 5:30 Silly Saturday 8:15 Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
<p>9:30 Sunshine Walking Club</p> <p>10:00 AM Church Service set up for residents in their apartment</p> <p>10:15 Get Moving Exercise Class</p> <p>11:00 Hymns &amp; Prayers</p> <p>1:00 Sunshine Walking Club</p> <p>1:30 Jingo</p> <p>3:00 Movie</p>	<p>9:30 Sunshine Walking Club</p> <p>10:00 News &amp; Views Coffee Social</p> <p>10:30 Sewing Bee Group</p> <p>1:00 Sunshine Walking Club</p> <p>2:00 Zoom Exercise with trainer Gretchen</p> <p>2:30 Travelogue <i>Iceland</i></p> <p>3:00 - 4:00 Hand and Spa treatments</p>	<p>9:30 Sunshine Walking Club</p> <p>10:00 Firm and Tone Exercise Class</p> <p>10:30 Zoom visit with Milo the dog</p> <p>11:00 Current Events Coffee Social</p> <p>1:00 Sunshine Walking Club</p> <p>1:30 Tin Can Creations</p> <p>2:30 1940's Big Band / American literature/invention medical break throughs</p>	<p>9:30 Sunshine Walking Club</p> <p>9:45 Rosary Service</p> <p>10:00 Current Events Coffee Social</p> <p>10:30 Wii Bowling</p> <p>1:00 Sunshine Walking Club</p> <p>1:30 Stretch and Tone Exercise Class</p> <p>2:00 Life of a Penguin</p> <p>3:30 Learn to Needlepoint</p> <p>6:30 Movie</p> <div style="text-align: center;">  <p>National Penguin Awareness Day</p> </div>	<p>9:30 Sunshine Walking Club</p> <p>10:00 Shaping Up Exercise Class</p> <p>10:30 Baking Club: <i>Birthday Cake</i></p> <p>11:00 Current Events Coffee Social</p> <p>1:00 Sunshine Walking Club</p> <p>2:00 December Birthday Celebrations</p> <p>3:00 Classiest of the classical with Vernon Martin (3<sup>rd</sup> Fl, LR)</p> <p>8:15 Movie</p>	<p>9:30 Sunshine Walking Club</p> <p>11:00 News, Views &amp; Sports Review</p> <p>1:00 Sunshine Walking Club</p> <p>1:30 B-I-N-G-O!</p> <p>2:30 Book Club</p> <p>6:30 Feature Film</p>	<p>10:00 Art &amp; Activities</p> <p>1:30 Artistic Impressions</p> <p>3:00 Movie</p> <p>3:30 Shuffle up and Deal</p> <p>5:30 Silly Saturday</p> <p>8:15 Movie</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
<p>9:30 Sunshine Walking Club 10:00 AM Church Service set up for residents in their apartment 10:15 Get Moving Exercise Class 11:00 Hymns &amp; Prayers 1:00 Sunshine Walking Club 1:30 Jingo 3:00 Let's Play Cards 3:00 B-I-N-G-O!</p>  <p>Happy Birthday Marilyn!</p>	<p>9:30 Sunshine Walking Club 10:00 Current Events Coffee Social 10:30 Sewing Bee Group 1:00 Sunshine Walking Club 2:00 Zoom Exercise with trainer Gretchen 2:30 Travelogue - Iceland 3:00 - 4:00 Hand and Spa Treatments</p>	<p>9:30 Sunshine Walking Club 10:00 Firm and Tone Exercise Class 10:30 Zoom visit with Milo the dog 11:00 Current Events Coffee Social 1:00 Sunshine Walking Club 1:00 Resident Council Meeting 1:30 Creative Circle Wooden Star 2:30 1940's Big Band / TV Classics/Candies 2:30 Winter Birds: Pinecone bird feeder</p>	<p>9:30 Sunshine Walking Club 9:45 Rosary Service 10:00 Current Events Coffee Social 10:30 Wii Bowling 1:00 Sunshine Walking Club 1:30 Stretch and Tone Exercise Class 2:00 Snowman Trivia 2:30 Frosty the Snowman Movie w/Popcorn and Refreshments 6:30 Movie</p> 	<p>9:30 Sunshine Walking Club 10:00 Shaping Up Exercise Class 10:30 Baking Group Lemon Ginger Cheesecake pie 11:00 Current Events Coffee Social 1:00 Sunshine Walking Club 1:30 Make Snowman Socks 3:00 Happy Hour w/Classiest of the Classical with Vernon Martin 8:15 Movie (Channel 2)</p>	<p>9:30 Sunshine Walking Club 11:00 News, Views &amp; Sports Review 1:00 Sunshine Walking Club 1:30 B-I-N-G-O! 2:30 Book Club 6:30 Feature Film</p>	<p>10:00 Art &amp; Activities 1:30 Artistic Impressions 3:00 Movie 3:30 Shuffle up and Deal 5:30 Silly Saturday 8:15 Movie</p>

Sunday						
31						
<p>9:30 Sunshine Walking Club            10:00 AM Church            Service set up for residents in their apartment            10:15 Get Moving Exercise Class            11:00 Hymns &amp; Prayers            1:00 Sunshine Walking Club            1:30 Jingo            3:00 Let's Play Cards            3:00 B-I-N-G-O!            3:00 Movie</p>	<p>Activities are subject to change based on Covid 19 restrictions</p>					