

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Snowman Building Contest Wednesday, January 5 th Prizes!!!					New Year's Day 8am Coffee & Current Events 10am Balloon Volleyball 2pm Happy Hour w/ live Music 5pm Movie Meet up 5pm Hot Cocoa & Conversation
2	3	4	5	6	7	8
8am Coffee & Current Events 9am Spa Day (Nail care & Manicures) 1:30pm Mix up/Match up 2pm New Years crafting 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am ZUMBA!! 2pm Monday Musical 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am BINGO 2pm Winter Ice cream Flavors social 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 9:30am Snowman Building Contest 2pm Scrabble 2pm Movie Matinee 5pm Movie Meet up	8am Coffee & Current Events 10am BINGO 2pm Movie Matinee 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 9am Coloring relaxation hour 2pm Movie Matinee 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am Balloon Volleyball 2pm Happy Hour w/ live Music 5pm Movie Meet up 5pm Hot Cocoa & Conversation
9	10	11	12	13	14	15
8am Coffee & Current Events 9am Spa Day (Nail care & Manicures) 1:30pm Mix up/Match up 2pm Seasonal Crafting 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am ZUMBA!! 2pm Monday Musical 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am BINGO 2pm Winter Ice cream Flavors social 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 9:30am Stretch & Strengthen 2pm Scrabble 2pm Movie Matinee 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am BINGO 2pm Movie Matinee 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 9am Coloring relaxation hour 2pm Movie Matinee 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am Balloon Volleyball 2pm Happy Hour w/ live Music 5pm Movie Meet up 5pm Hot Cocoa & Conversation
16	17	18	19	20	21	22
8am Coffee & Current Events 9am Spa Day (Nail care & Manicures) 1:30pm Mix up/Match up 2pm Sunday Scenic Drive 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am ZUMBA!! 2pm Monday Musical 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am BINGO 2pm Winter Ice cream Flavors social 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 9:30am Stretch & Strengthen 2pm Scrabble 2pm Movie Matinee 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am BINGO 2pm Movie Matinee 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 9am Coloring relaxation hour 2pm Movie Matinee 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am Balloon Volleyball 2pm Happy Hour w/ live Music 5pm Movie Meet up 5pm Hot Cocoa & Conversation
23	24	25	26	27	28	29
8am Coffee & Current Events 9am Spa Day (Nail care & Manicures) 1:30pm Mix up/Match up 2pm Sunday Scenic Drive 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am ZUMBA!! 2pm Monday Musical 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am BINGO 2pm Winter Ice cream Flavors social 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 9:30am Stretch & Strengthen 2pm Scrabble 2pm Movie Matinee 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am BINGO 2pm Movie Matinee 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 9am Coloring relaxation hour 2pm Movie Matinee 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am Balloon Volleyball 2pm Happy Hour w/ live Music 5pm Movie Meet up 5pm Hot Cocoa & Conversation
30	31					
8am Coffee & Current Events 9am Spa Day (Nail care & Manicures) 1:30pm Mix up/Match up 2pm Sunday Scenic Drive 5pm Movie Meet up 5pm Hot Cocoa & Conversation	8am Coffee & Current Events 10am ZUMBA!! 2pm Monday Musical 5pm Movie Meet up 5pm Hot Cocoa & Conversation		Did you know.. Dehydration is more of a threat in the winter because most people don't notice the fluids leaving their bodies. That, combined with decreased thirst, can bring on dehydration more quickly than you'd think.	Here are ways ways to stay hydrated and feeling good in the winter months	*Drink water—and plenty of it! *Avoid sugary beverages such as soda or energy drinks. *Don't wait till you're thirsty to drink. By the time you feel thirsty, you're already slightly dehydrated.	DEHYDRATION SYMPTOMS 