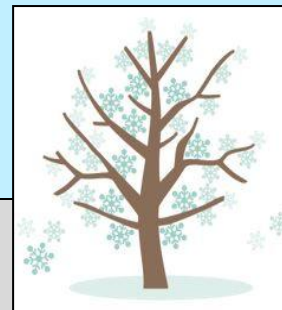




January 2017



Activities for The Cottages of Middleton

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>New Year's Day</u> 9am Coffee Chat 12pm Funny Resolutions	2 10am Tournament of Roses Parade 2pm Music & Movement	3 10am Color by Number 1pm Bus Ride Snow Photo	4 1pm Chapel Service 2:15pm Indoor Walking 3:30pm Home Folks	5 Hair Salon 10:30am Bruce's Music 12:30pm Who Am I?	6 1pm Bean Bag Toss 1:45pm Book Page Art	7 12pm PEN Trivia 2:15pm Movie of the Week
8 10:30am Stretches 2:30pm Elvis Trivia 3pm Elvis Movie & Coke	9 12pm Letter to My Younger Self 3pm Memory Card Game	10 12pm Finish The Sayings Game 1pm Bus Ride	11 1pm Chapel Service 2:15pm Indoor Walking	12 10:30am Hot Tea Social 1pm Music Hour 5pm Dementia Support Group	13 1pm Chair Balloon Boxing 2pm Hydration Social	14 12pm Video Jukebox 2:15pm Movie of the Week
15 9am Coffee Chat 10:30am Morning Stretches	16 <u>MLK Day</u> Rosie's Birthday 12pm Cake & Ice Cream 2pm MLK Facts & Trivia	17 10am Short Story & Discussion 1pm Bus Ride	18 1pm Richie & Bob 2:15pm Indoor Walking	19 Hair Salon 2pm Watercolors & Flowers	20 Pat H.'s Birthday 11:30am Beach Ball Bounce 1pm US Presidents Fun Facts	21 10am Drawing to Music 2:15pm Movie of the Week
22 9am Coffee Chat 10:30am Morning Stretches	23 1:15pm Let's Make Orange Juice 2pm Mini Pie Tasting	24 12pm Resident Choice 1:30pm Bus Ride to Emmett for Bingo	25 1pm Chapel Service 2:15pm Indoor Walking 3pm Jeannie Squared	26 11am Name 5 Game 2pm Hymn Sing	27 12pm Jan. Birthday Party 1pm Right Left Game	28 Jeanette's Birthday 11am Chinese Zodiac 2:15pm Movie of the Week
29 9am Coffee Chat 10:30am Morning Stretches	30 1pm Bubble Wrap Project 2pm Music & Movement	31 10am Chair Exercise 1:45pm Bus Ride NNU Freisen Gallery	 <p><i>Cheers to a new year and another chance for us to get it right! – Oprah Winfrey</i></p>			