

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2022

## Esplanade Gardens Assisted Living

<p><b>2</b></p> <p>AM Walk for Health 9:30 Puzzles 9:30 Social Time! 2:30 Open Games 3:00 Puzzles</p>	<p><b>3</b></p> <p>AM Walk for Health 9:30 Chair strength training exercise class <u>10:00 Balancing Screen Clinic with OutComes!</u> 1:30 Bingo 2:30 Open Games 3:30 Adult Coloring/Puzzles PM Walking for Health</p>	<p><b>4</b></p> <p>AM Walk for Health 9:30 UNO Card Games 1:00 Crocheting and Knitting (in the Piano room) 1:30 M. Train Dominos 3:30 Puzzles PM Walking for Health</p>	<p><b>5</b></p> <p>AM Walk for Health 9:30 Card Games 10:00 Puzzles <u>1:30 Paul Davis Playing for Birthday Bash!</u> 2:30 Bingo 3:30 M. Train Dominos PM Walk for Health</p>	<p><b>6</b></p> <p>AM Walk for Health 9:30 Cards 10:00 Adult Coloring 1:30 Open Games 3 :30 Puzzles PM Walk for Health</p>	<p><b>7</b></p> <p>AM Walk for Health 9:30 Uno Cards 10:00 Adult Coloring 1:30 Bingo 2:30 Open Games <u>3:30 Celebrating Elvis the Kings Birthday Jan. 8<sup>th</sup> to with Arland.</u></p>	<p><b>8</b></p> <p>AM Walk for Health 9:30 Puzzles 9:30 Social Time! 1:30 Open Games 3:00 Puzzles PM Walking for Health</p> <p style="text-align: right;"><small>New Year's Day</small></p>
<p><b>9</b></p> <p>AM Walk for Health 9:30 Puzzles 9:30 Social Time! <u>1:30 Teresa Spa Day (doing your Nails)</u> 2:30 Open Games 3:00 Puzzles</p>	<p><b>10</b></p> <p>AM Walk for Health 9:30 Chair strength training exercise class 10:00 Card Games 1:30 Bingo 2:30 Left/ Right/Center 3:30 Open Games PM Walking for Health</p>	<p><b>11</b></p> <p>AM Walk for Health 9:30 UNO Card Games 1:00 Crocheting and Knitting (in the Piano room) 1:30 M. Train Dominos 3:30 Puzzles PM Walking for Health</p>	<p><b>12</b></p> <p>AM Walk for Health 9:15 Walmart 10:00 Puzzles 1:30 Bingo <u>2:30 Crafts</u> 3:30 Open Game</p>	<p><b>13</b></p> <p>AM Walk for Health 9:30 Chair Exercise 10:00 Wii Bowling 1:30 Horse Racing <u>2 :30 Tea Party (Martin Luther King)</u> 3:30 M. Train Dominos</p>	<p><b>14</b></p> <p>AM Walk for Health <u>9:30 Podiatrist (Foot Doctor)</u> 10:00 Cards in the Piano Room 1:30 Bingo <u>2:30 Travel the World on the big screen</u> 3:30 Puzzles PM Walking for Health</p>	<p><b>15</b></p> <p>AM Walk for Health 9:30 Puzzles 9:30 Social Time! 1:30 Open Games 3:00 Puzzles PM Walking for Health</p>
<p><b>16</b></p> <p>AM Walk for Health 9:30 Puzzles 9:30 Social Time! <u>1:30 Teresa Spa Day (doing your Nails)</u> 2:30 Open Games 3:00 Puzzles</p>	<p><b>17</b></p> <p>AM Walk for Health 9:30 Chair strength training exercise class 10:00 Card Games 1:30 Bingo 2:30 Left/ Right/Center 3:30 Open Games PM Walking for Health</p> <p style="text-align: right;"><small>Martin Luther King Jr. Day</small></p>	<p><b>18</b></p> <p>AM Walk for Health 9:30 UNO Card Games 1:00 Crocheting and Knitting (in the Piano room) 1:30 M. Train Dominos 3:30 Puzzles PM Walking for Health</p>	<p><b>19</b></p> <p>AM Walk for Health 9:15 Walmart 10:00 Puzzles 1:30 Bingo <u>2:30 Crafts</u> 3:30 Card Game PM Walk for Health</p>	<p><b>20</b></p> <p>AM Walk for Health 9:30 Chair Exercise 10:00 Wii Bowling 1:30 Horse Racing <u>2 :30 Bean Bag Toss</u> <u>3 :30 Travel the World on the big screen!</u> 3:30 Puzzles</p>	<p><b>21</b></p> <p>AM Walk for Health 9:30 Chair Exercise 10:00 Bingo <u>1:00 Animal Show</u> 2:00 Open Games 3:00 Puzzles PM Walking for Health</p>	<p><b>22</b></p> <p>AM Walk for Health 9:30 Puzzles 9:30 Social Time! 1:30 Open Games 3:00 Puzzles PM Walking for Health</p>
<p><b>23</b></p> <p>AM Walk for Health 9:30 Puzzles 9:30 Social Time! <u>1:30 Teresa Spa Day (doing your Nails)</u> 2:30 Open Games 3:00 Puzzles</p> <p style="text-align: right;"><small>Activity Professionals Week</small></p>	<p><b>24</b></p> <p>AM Walk for Health 9:30 Chair strength training exercise class 10:00 Card Games 1:30 Bingo 2:30 Left/ Right/Center 3:30 Open Games PM Walking for Health</p>	<p><b>25</b></p> <p>AM Walk for Health 9:30 UNO Card Games 1:00 Crocheting and Knitting (in the Piano room) 1:30 M. Train Dominos 3:30 Puzzles PM Walking for Health</p>	<p><b>26</b></p> <p>AM Walk for Health 9:15 HEB 10:00 Puzzles <u>1:30-2:30 Country Music Social with Jerry &amp; Randy in the Piano Room</u> 3:00 Bingo</p> <p style="text-align: right;"><small>Australia Day (observed)</small></p>	<p><b>27</b></p> <p>AM Walk for Health 9:30 Chair Exercise 10:00 Wii Bowling 1:30 Horse Racing <u>2 :30 Movie and Popcorn (Piano Room)</u> 3:30 Puzzles</p>	<p><b>28</b></p> <p>AM Walk for Health 9:30 Chair Exercise 10:00 Bunko <u>1:00 New Year's Wii Bowling Tournament (Residents vs Staff)</u> 2:30 Open Games 3:30 Puzzles</p>	<p><b>29</b></p> <p>AM Walk for Health 9:30 Puzzles 9:30 Social Time! 1:30 Open Games 3:00 Puzzles PM Walking for Health</p>

**30**

AM Walk for Health  
9:30 Puzzles  
9:30 Social Time!  
1:30 Teresa Spa Day (doing your Nails)  
2:30 Open Games  
3:00 Puzzles

**31**

AM Walk for Health  
9:30 Chair strength training exercise class  
10:00 Card Games  
1:30 Bingo  
2:30 Left/ Right/Center  
3:30 Open Games  
PM Walking for Health



Celebrate New Year's Day and Martin Luther King Jr. Day.  
Elvis Presley the King! Birthday January 8th



Calendar is subject to change at any time!