

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2021

Harmony House Life Enrichment Calendar

						10:00 News & Views 1 10:30 New Year New Stretch 11:00 Resolutions 1:30 Winter Wonderland Scavenger Hunt 2:30 Snack & Music 3:00 Reminisce/Discussion 4:00 Matching Game <small>New Year's Day</small>	10:30 Music & Motion 2 11:00 Morning BINGO 1:30 Gathering of Friends 2:00 Walk & Wander 2:30 Snack Break 3:15 Chair Dancing 4:00 Musical
10:00 Sunday Sit & Stretch 3 10:30 News & Views 11:00 Worship Service 1:30 Exercise 2:00 Reminisce 2:30 Snack Break 3:15 Afternoon Stroll 4:00 Active Game	10:00 Meet & Greet 4 10:30 Sit & Get Fit 11:00 Finish the Line 1:30 Gathering of Friends 2:00 Walk & Wander 2:30 Snack Break 3:15 Chair Dancing 4:00 Family Feud	10:00 Welcome Friends 5 10:30 Chair Exercise 11:00 Tuesday Trivia 1:30 Afternoon Stroll 2:30 Snack Break 3:00 Get to know your Neighbor 4:00 Name that Tune	10:00 Morning Stretch 6 10:30 Faith Talk w/ Donna 1:30 BINGO 2:30 Snack Break 3:00 Crafter's Corner 4:15 Flower Arranging 6:30 IN2LTime	10:00 Welcome Friends 7 10:30 Chair Exercise 11:00 Three of the Same 1:30 Music w/ Seth 2:30 Snack Break 3:00 Basketball Game 4:00 Make Snow Flakes 6:30 IN2L Time	10:00 News & Views 8 10:30 Exercise 11:00 Music w/ Sean 1:30 Fill in the Blank 2:30 Snack Break 3:00 Walk & Wander 3:45 Wacky Word Games 4:30 Travelogue	10:00 Meet & Greet 9 10:30 Sit & Get Fit 11:00 Finish the Line 1:30 Gathering of Friends 2:00 Walk & Wander 2:30 Snack Break 3:15 Chair Dancing 4:00 Short Story & ?s	
10:00 Sunday Sit & Stretch 10 10:30 News & Views 11:00 Worship Service 1:30 Exercise 2:00 Short Story 2:30 Snack Break 3:15 Name 5 Game 4:00 Active Game	10:00 Meet & Greet 11 10:30 Sit & Get Fit 11:00 Fun Facts 1:30 Gathering of Friends 2:00 Walk & Wander 2:30 Snack Break 3:15 Music & Motion 4:00 Hangman	10:00 Welcome Friends 12 10:30 Chair Exercise 11:00 Music w/ Laura 1:30 Afternoon Stroll 2:30 Snack Break 3:00 Get to know your Neighbor 4:00 Noodle Balloon	10:00 Morning Stretch 13 10:30 Faith Talk w/ Donna 1:30 BINGO 2:30 Snack Break 3:00 Crafter's Corner 4:15 Funny Bones 6:30 IN2LTime	10:00 Welcome Friends 14 10:30 Chair Exercise 11:00 Reminisce 1:30 Afternoon Stroll 2:30 Snack Break 3:00 Ring Toss 4:00 A to Z Game 6:30 IN2LTime	10:00 News & Views 15 10:30 Exercise 11:00 Music w/ Sean 1:30 Sensory Station 2:30 Snack Break 3:00 Walk & Wander 3:45 Wacky Word Games 4:30 Comedy/1:1 Visits	10:30 Sit & Get Fit 16 11:00 Morning BINGO 1:30 Gathering of Friends 2:00 Walk & Wander 2:30 Snack Break 3:15 Conversation Ball 4:00 Musical	
10:00 Sunday Sit & Stretch 17 10:30 News & Views 11:00 Worship Service 1:30 Exercise 2:00 Reminisce 2:30 Snack Break 3:15- Afternoon Stroll 4:00 Active Game	10:00 Meet & Greet 18 10:30 Sit & Get Fit 11:00 Art w/ Dana 1:30 Gathering of Friends 2:00 Walk & Wander 2:30 Snack Break 3:15 Chair Dancing 4:00 Family Feud <small>Martin Luther King Day</small>	10:00 Welcome Friends 19 10:30 Chair Exercise 11:00 Tuesday Trivia 1:30 Afternoon Stroll 2:30 Snack Break 3:00 Get to know your Neighbor 4:00 Name that Tune	10:00 Morning Stretch 20 10:30 Faith Talk w/ Donna 1:30 BINGO 2:30 Snack Break 3:00 Crafter's Corner 4:15 Chicken Soup Story 6:30 IN2LTime	10:00 Welcome Friends 21 10:30 Chair Exercise 11:00 Music w/ Seth 1:30 Afternoon Stroll 2:30 Snack Break 3:00 Basketball 4:00 Categories 6:30 IN2LTime	10:00 News & Views 22 10:30 Exercise 11:00 Music w/ Sean 1:30 Finish the Lyric 2:30 Snack Break 3:00 Walk & Wander 3:45 Wacky Word Games 4:30 Travelogue	10:00 Meet & Greet 23 10:30 Sit & Get Fit 11:00 Finish the Line 1:30 Gathering of Friends 2:00 Walk & Wander 2:30 Snack Break 3:15 Chair Dancing 4:00 Sensory Station	
10:00 Sunday Sit & Stretch 24 10:30 News & Views 11:00 Worship Service 1:30 Exercise 2:00 Short Story 2:30 Snack Break 3:15- Name 5 Game 4:00 Active Game <small>Activity Professionals Week</small>	10:00 Meet & Greet 25 10:30 Sit & Get Fit 11:00 Fill in the Blank 1:30 Gathering of Friends 2:00 Walk & Wander 2:30 Snack Break 3:15 Music & Motion 4:00 Crosswords	10:00 Welcome Friends 26 10:30 Chair Exercise 11:00 Tuesday Trivia 1:30 Afternoon Stroll 2:30 Snack Break 3:00 Get to know your Neighbor 4:00 Noodle Balloon Game <small>Australia Day (observed)</small>	10:00 Morning Stretch 27 10:30 Faith Talk w/ Donna 1:30 BINGO 2:30 Snack Break 3:00 Crafter's Corner 4:15 Funny Bones 6:30- IN2LTime	10:00 Welcome Friends 28 10:30 Chair Exercise 11:00 Tuesday Trivia 1:30 Afternoon Stroll 2:30 Snack Break 3:00 Conversation Ball 4:00 Flower Arranging 6:30 IN2LTime	10:00 News & Views 29 10:30 Exercise 11:00 Music w/ Sean 1:30 Sensory Station 2:30 Snack Break 3:00 Walk & Wander 3:45 Wacky Word Games 4:30 Comedy/1:1 Visits	10:30 Sit & Get Fit 30 11:00 Morning BINGO 1:30 Gathering of Friends 2:00 Walk & Wander 2:30 Snack Break 3:15 Categories 4:00 Musical	
10:00 Sunday Sit & Stretch 31 10:30 News & Views 11:00 Worship Service 1:30 Exercise 2:00 Reminisce 2:30 Snack Break 3:15- Afternoon Stroll 4:00 Active Game	Any questions or concerns about the calendar, please call Debra Drummond at 215-368-448 at extension 44174						

Calendar subject to change