

January 2021

Pomeroy Living Sterling Assisted Living



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ALL ACTIVITIES AND TIMES ARE SUBJECT TO CHANGE					1 Happy New Year! 10:30am Chair Exercise 11:00am New Years Resolutions 2:00pm Happy Hour 3:00pm Winter Jokes for folks	2 10:30am Chair Exercise 11:00am Bowling 2:00pm First floor bingo 3:30pm Second floor bingo
3 10:30am Sunday Chronicle 11:00am Coffee & Conversation 2:00pm Target Practice 3:00pm Pray the Rosary 4:00pm Room Visits	4 10:30am Chair Exercise 11:00am Crossword Puzzle 2:00pm Flower Arrangements 3:00pm Pamper Hour 4:00pm Room Visits	5 10:30am Chair Exercise 11:00am Balloon Baseball 2:00pm First floor bingo 3:30pm Second floor bingo 4:00pm Room Visits	6 10:30am Chair Exercise 11:00am Word Within a Word 2:00pm Arts & Crafts– Sparkling Icicles 3:00pm January Trivia 4:00pm Room Visits	7 10:30am Chair Exercise 11:00am Current Events 2:00pm January Jeopardy 1 3:00pm Coffee & Careers 4:00pm Room Visits	8 10:30am Chair Exercise 11:00am Mini Golf 2:00pm Elvis Sing-a-long 3:00pm Popcorn Social 4:00pm Room Visits	9 10:30am Chair Exercise 11:00am Soccer 2:00pm First floor bingo 3:30pm Second floor bingo 4:00pm Room Visits
10 10:30am Sunday Chronicle 11:00am Coffee & Conversation 2:00pm Name that Tune! 3:00pm Pray the Rosary 4:00pm Room Visits	11 10:30am Chair Exercise 11:00am Crossword Puzzle 2:00pm Pamper Hour 3:00pm Aroma Therapy 4:00pm Room Visits	12 10:30am Chair Exercise 11:00am Snowball Toss 2:00pm First floor bingo 3:30pm Second floor bingo 4:00pm Room Visits	13 10:30am Chair Exercise 11:00am Are you smarter than a 5th grader? 2:00pm Arts & Crafts– Snow Globes 3:00pm Reminisce	14 10:30am Chair Exercise 11:00am Family Feud 2:00pm Winter Wonderland Tea Party 3:00pm Ask Alexa 4:00pm Room Visits	15 10:30am Chair Exercise 11:00am Scattegories 2:00pm Happy Hour 3:00pm The Logo Game 4:00pm Room Visits	16 10:30am Chair Exercise 11:00am Fig Newton Day! 2:00pm First floor bingo 3:30pm Second floor bingo 4:00pm Room Visits
17 10:30am Sunday Chronicle 11:00am Coffee & Conversation 2:00pm Fishing Frenzy 3:00pm Pray the Rosary 4:00pm Room Visits	18 10:30am Chair Exercise 11:00am MLK Trivia 2:00pm Flower Arrangements 3:00pm Pamper Hour 4:00pm Room Visits	19 10:30am Chair Exercise 11:00am What am I? 2:00pm First Floor Bingo 3:30pm Second floor bingo 4:00pm Room Visits	20 10:30am Chair Exercise 11:00am Hang Man 2:00pm Arts & Crafts– Snowman Magnets 3:00pm Snowball Races 4:00pm Room Visits	21 10:30am Chair Exercise 11:00am Ring Toss 2:00pm January Jeopardy 2 3:00pm Hydration Station 4:00pm Room Visits	22 10:30am Chair Exercise 11:00am Basket Ball 2:00pm Family Feud 3:00pm Popcorn Social 4:00pm Room Visits	23 10:30am Chair Exercise 11:00am Time for Pie 2:00pm First floor bingo 3:30pm Second floor bingo 4:00pm Room Visits
24 10:30am Sunday Chronicle 11:00am Coffee & Conversation 2:00pm Name that Tune! 3:00pm Pray the Rosary 4:00pm Room Visits	25 10:30am Chair Exercise 11:00am Crossword Puzzle 2:00pm Pamper Hour 3:00pm Aroma Therapy 4:00pm Room Visits	26 10:30am Chair Exercise 11:00am Comedy Hour 2:00pm First floor bingo 3:30pm Second floor bingo 4:00pm Room Visits	27 10:30am Chair Exercise 11:00am Bean Bag Toss 2:00pm Arts & Crafts– Pensettias 3:00pm Bocce Ball 4:00pm Room Visits	28 10:30am Chair Exercise 11:00am Word Within a Word 2:00pm Thursday Matinee 4:00pm Room Visits	29 10:30am Chair Exercise 11:00am Balloon Baseball 2:00pm Winter Tree Painting 3:00pm Happy Hour 4:00pm Room Visits	30 10:30am Chair Exercise 11:00am Mini Golf 2:00pm First floor bingo 3:30pm Second floor bingo 4:00pm Room Visits
31 10:30am Sunday Chronicle 11:00am Coffee & Conversation 2:00pm Fireside Chats 3:00pm Pray the Rosary 4:00pm Room Visits						