









# January 2022

## Pomeroy Living Sterling Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						<b>1 Happy New Year!</b> 10:30am Musical Exercise 11:00am Ladder Ball 12:00pm Tournament of Roses Parade: ABC Network 2:00pm BINGO! 3:00pm Hand Massages	
2 10:30am 9 square word game 11:00am Coffee & Conversation 2:00pm Shuffleboard 3:00pm Friends tell friends jokes 4:00pm Musical Memories	3 10:30am Chair Exercise 11:00am Crossword Puzzle 2:00pm Pamper Hour 3:00pm Essential oils & hand massages 4:00pm Room Visits	4 <b>Happy Birthday Jenny O.</b> 10:30am Chair Exercise 11:00am Snowman Cornhole <b>2:00pm Goodlife – Non Denominational church service</b> <b>3:00pm Arts &amp; Crafts: Sock Snowmen</b> 4:00pm Walking Club	5 <b>10:30am Communion Service</b> 11:00am Chair Exercise 11:30am Bocce Ball 2:00pm BINGO! 4:00pm Knitting/ Crochet	6 10:30am Chair Exercise 11:00am Brain Teasers 2:00pm Wii Wheel of Fortune 3:00pm Cat and mouse game 4:00pm Walking Club	7 10:30am Chair Exercise 11:00am Don't Break the Ice <b>2:00pm Outing: Sterling Heights Library</b> 3:00pm Scrabble 4:00pm Word Seekers	8 10:30am Musical Exercise 11:00am Ice Fishing 2:00pm BINGO! 3:00pm Elvis Songs/ snacks 4:00pm True or False	
9 10:30am Word Scramble 11:00am Coffee & Conversation 2:00pm January Feud <b>3:00pm Piano music Featuring Scott Vernier</b> 4:00pm Card Club	10 10:30am Chair Exercise 11:00am Crossword Puzzle 2:00pm Pamper Hour 3:00pm Essential oils & hand massages 4:00pm Room Visits	11 <b>Happy Birthday Joan G.</b> 10:30am Chair Exercise 11:00am J is for January <b>2:00pm Outing: Great Lakes Museum</b> 3:00pm Meet me at the Puzzle 4:00pm Walking Club	12 <b>Happy Birthday Joy H.</b> <b>10:30am Communion Service</b> <b>11:15am Moovin' &amp; Groovin' Exercise</b> 2:00pm BINGO! <b>3:00pm Cooking Group: Peanut butter Cookies</b> 4:00pm Classical Melodies	13 10:30am Chair Exercise 11:00am Resident Council Meeting 2:00pm Eggnog Social 3:00pm Ping Pong Tournament 4:00pm Walking Club 	14 10:30am Chair Exercise 11:00am Write it down 2:00pm Happy Hour 3:00pm Jeopardy Round 1 4:00pm Card Club	15 10:30am Musical Exercise 11:00am Word Within a Word 2:00pm BINGO! 3:00pm 100 Dice Game 4:00pm Color Creations	
16 10:30am The name game – Dice 11:00am Coffee & Conversation <b>2:00pm Arts &amp; Crafts: Snow sticks</b> 3:00pm Name that Tune 4:00pm Easy Listening	17 10:30am Chair Exercise 11:00am MLK History/Trivia 2:00pm Pamper Hour 3:00pm Essential oils & hand massages 4:00pm Room Visits	18 <b>Happy Birthday Rosemarie T.</b> 10:30am Chair Exercise 11:00am Tabletop Shuffle Board <b>2:00pm Goodlife – Non Denominational church service</b> 3:00pm Snow Cones 4:00pm Walking Club	19 <b>10:30am Communion Service</b> 11:00am Chair Exercise 11:30am Finish the Phrase 2:00pm BINGO! 3:00pm Dashing through the cards	20 10:30am Chair Exercise <b>11:15am Sing along with Bobby G</b> <b>2:00pm Arts&amp; Crafts: Salt Snowflakes</b> 3:00pm Pokeno – Second Floor 4:00pm Walking Club	21 10:30am Chair Exercise 11:00am Riddle me This 2:00pm Happy Hour 3:00pm Jeopardy Round 2 4:00pm Connect 4	22 10:30am Musical Exercise 11:00am Hot Seat 2:00pm BINGO! 3:00pm Seasoned Popcorn 4:00pm Junk drawer detective	
23 10:30am Things your parents said 11:00am Coffee & Conversation 2:00pm Pie Taste Test! 3:00pm Future Advice 4:00pm Word Seekers	24 10:30am Chair Exercise 11:00am Time Capsule 2:00pm Pamper Hour 3:00pm Essential oils & hand massages 4:00pm Room Visits	25  10:30am Chair Exercise 11:00am Ring Toss <b>2:00pm Travel to Italy Resident Birthday Party</b> <b>3:00pm Cooking Group: Mini Pizzas</b> 4:00pm Walking Club	26 <b>10:30am Communion Service</b> 11:00am Chair Exercise 11:15am The Wild Wild West Is The Best!! 2:00pm BINGO! 3:00pm Bingo Store 4:00pm Round Table Chat	27 10:30am Chair Exercise 11:00am History of Astrology 2:00pm Constellation Navigation 3:00pm Constellation Building 4:00pm Walking Club	28 10:30am Chair Exercise 11:00am Battle Ship 2:00pm Destination Vacation! 3:00pm Ice Cream Social 4:00pm Recipe Reminisce	29 10:30am Musical Exercise 11:00am Target Practice 2:00pm BINGO! 3:00pm How it's Made 4:00pm Fill in the blanks	
30 10:30am SYNONYMS 11:00am Coffee & Conversation 2:00pm Sunday Matinee 3:00pm Knitting/ Crochet 4:00pm Checkers	31 10:30am Chair Exercise 11:00am Crossword Puzzle 2:00pm Pamper Hour 3:00pm Essential oils & hand massages 4:00pm Room Visits	*ALL ACTIVITIES AND TIMES ARE SUBJECT TO CHANGE*					