

January 2022

Epsom HealthCare Center East Wing



1	Saturday
	NEW YEAR'S DAY
10:00	1-1 Vsits
10:00	Movie Matinee
1:30	Undeck the Halls

2	Sunday
	WORLD INTROVERT DAY
8:00	Sunday Mass Ch31.1
10:00	Building Muscles
1:00	Patriots Game
1:30	Hot Cocoa Party

3	Monday
9:30	1-1 Visits
10:00	Coffee & Juice Social
10:30	Name the U.S. State
2:30	Bingo for Fun

4	Tuesday
9:30	1-1 Visits
10:00	Boxing Arm Exersice
10:30	Juice Break
2:30	Guess the Fairy Tale?
3:30	What's That?

5	Wednesday
9:30	1-1 Visits
10:15	Church Service with Rev. Page WWDR
10:30	Magazine Savenger Hunt
2:30	Playing Family Feud

6	Thursday
9:30	1-1 Visits
10:00	Catholic Group with Father John WWDR
10:30	Walk With Me
2:30	Playing Twister
3:30	Snack Time

7	Friday
9:30	1-1 Visits
10:00	Coffee Social
10:30	Playing Winter Pictionary
2:30	Bingo For Fun
3:30	Hydration Station

8	Saturday
	ARGYLE DAY
9:30	Coffee Gathering
1:30	Making Water Color Birds

9	Sunday
	NATIONAL APRICOT DAY
8:00	Sunday Mass Ch31.1
10:30	Finish Line
1:00	Patriots Game
1:30	Make Paint Dance

10	Monday
9:30	1-1 Visits
10:00	Playing Winter Scattergories
10:30	Hydration Station
2:30	Bingo For Fun
3:30	What's New?

11	Tuesday
9:30	1-1 Visits
10:00	Morning Stretch
10:30	Coffee Social
2:30	Dancing Colors
3:30	Reminiscing About What We Take For Granted

12	Wednesday
9:30	1-1 Visits
10:15	Church Service with Rev. Page WWDR
11:00	Walk With Me
2:30	Trivia Game
3:30	Hydration Station

13	Thursday
9:30	1-1 Visits
10:00	Catholic Group with Father John WWDR
10:30	Walk With Me
2:30	Making Ice Cream in a Bag
3:30	Ice Cream Social

14	Friday
9:30	1-1 Visits
10:00	Ring Toss
10:30	Hydration Station
1:30	Hallmark Movie Ch15
2:30	Bingo for Fun
3:30	Juice Time

15	Saturday
	NATIONAL HAT DAY
10:30	Coffee & Hot Cocoa Social
1:30	Bingo for Fun

16	Sunday
8:00	Sunday Mass Ch31.1
10:30	Winter Coloring Social
1:30	Northern Lights Artwork

17	Monday
	MARTIN LUTHER KING DAY
9:30	1-1 Visits
10:00	Sing a Long
2:30	Bingo for Fun
3:30	Mindful Minute

18	Tuesday
9:30	1-1 Visits
10:30	Coffee Social and Morning Stretch
11:00	Walk With Me
2:30	Gummie Bear Social
3:00	Three Clues

19	Wednesday
9:30	1-1 Visits
10:15	Church Service with Rev. Page WWDR
11:00	Walking Club
2:30	Fuzzy Poster Art
3:30	Let's Talk

20	Thursday
9:30	1-1 Visits
10:00	Catholic Mass / Father John WWDR
10:30	Walk With Me
2:30	Afternoon Coffee & Look Who is 100 Years & Older?

21	Friday
9:30	1-1 Visits
10:30	What's in the Bag?
11:00	Walking Club
2:30	Baking Cookies
3:00	Cookie and Hot Chocolate Social

22	Saturday
	WORLD POLKA DOT DAY
10:00	Coffee and Juice Cart
1:30	Hallmark Moive Ch15
2:00	Nails and Spa

23-30	Sunday
10:00	Coffee & Snack Cart
2:00	Creative Art Class
	JAN 30TH
10:30	1-1 Visits
1:30	Playing Hot Potato

24-31	Monday
10:00	Coffee Social
2:30	PB&J Party
	JAN 31st
10:30	Exercise
2:30	Winter Hat Art
3:30	Drink Cart

25	Tuesday
9:30	1-1 Visits
10:00	Playing Complimentary Ball
11:00	Walk With Me
2:30	Flyswatter Hockey
3:00	What's the Opposite?

26	Wednesday
9:30	1-1 Visits
10:15	Church Service w/ Rev. Page WWDR
10:30	Flower Trivia
11:00	Walking Club
2:30	Winter Craft Class
3:30	Juice Cart

27	Thursday
9:30	1-1 Visits
10:00	Catholic Group w/ Father John WWDR
10:30	Walking Club
2:30	Making Edible Teacup Cookies

28	Friday
9:30	1-1 Visits
10:00	Exercise Circle
10:30	Juice Break
2:30	Bingo for Fun
3:30	Just Breath !!!

29	Saturday
	PUZZLE DAY
9:30	Coffee Social
10:00	Can You Draw A Snowman ?
1:30	Making Cardinals

