

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

Meadows Recreation Calendar NHC Maryland Heights

							Happy New Year 1 1:30 Jan Marra Performs
Natl Cheese Lovers Day 2 9:00 Balloon Swatter 9:30 Babysitting Club 2:00 Jan Marra Performs	3 9:00 Balloon Swatter & Hydration 9:30 Babysitting Club 11:00 Beauty Time 1:30 Wacky Waffles 2:30 Bingo	4 Trivia Day 9:00 Music & Motion w/Hydration 9:30 Babysitting Club 1:30 Ice Cream Social 2:15 Old Time TV	5 9:00 Babysitting Club 10:00 Hand Massages 1:30 Craft Winter Art	6 Epiphany 9:00 Exercise & Hydration 9:30 Babysitting Club 11:00 Folding & Sorting 1:30 Sing A Long w/ Nancy 2:15 Old Time TV	7 9:00 Chair Dancing & Hydration 9:30 Babysitting Club 11:15 Bingo 1:30 Happy Hour w/ Ice Cream Floats 2:15 Old Time TV	8 9:00 Adult Coloring 9:30 Babysitting Club 1:30 Chad Davis Performs	
Golden Globe Awards 9 9:00 Volleyball 9:30 Babysitting Club 1:00 Ice Cream Social	10 9:00 Music & Motion w/Hydration 9:30 Babysitting Club 11:15 Finish the Phrase 1:30 Beauty Time	11 9:00 Music & Motion w/Hydration 9:30 Babysitting Club 11:15 Hand Massages 1:30 Ice Cream Social 2:00 Old Time TV	12 Natl Hot Tea Day 9:00 Chair Yoga w/ Hydration 9:30 Babysitting Club 11:15 I Spy 1:30 Hot Tea Social	13 9:00 Exercise & Hydration 9:30 Babysitting Club 11:15 Folding & Sorting 1:30 Happy Hour w/Ice Cream Floats 2:15 Old Time TV	14 9:00 Chair Dancing & Hydration 9:30 Babysitting Club 1:30 Movie (TBA)	15 9:00 Adult Coloring 9:30 Babysitting Club 1:30 Elizabeth LaKamp Performs	
16 9:00 Balloon Swatter 9:30 Babysitting Club 1:00 Ice Cream Social	17 9:00 Balloon Swatter & Hydration 9:30 Babysitting Club 10:15 MLK Tribute 1:30 Wacky Waffles 2:00 Beauty Time <small>Martin Luther King Jr. Day</small>	18 9:00 Music & Motion w/Hydration 9:30 Babysitting Club 11:15 Hand Massages 1:30 Ice Cream Social 3:15 Old Time TV	19 Natl. Popcorn Day 9:30 Babysitting Club 10:15 Finish the Phrase 1:30 Popcorn Social	20 Penguin Awareness Day 9:00 Exercise & Hydration 9:30 Babysitting Club 11:15 Penguin Fun 1:30 Sing A Long w/Nancy 2:15 Old Time TV	21 9:00 Chair Dancing & Hydration 9:30 Babysitting Club 11:15 Bingo 1:30 Happy Hour w/Ice Cream Floats 2:15 Old Time TV	22 9:00 Adult Coloring 9:30 Babysitting Club 1:30 Tim Laramore Performs	
9:00 Volleyball 9:30 Babysitting Club 1:00 Ice Cream Social <small>Activity Professionals Week</small>	23 9:00 Music & Motion w/Hydration 9:30 Baby Sitting Club 10:00 Jake Berry Performs 1:30 Beauty Time	24 9:00 Music & Motion w/Hydration 9:30 Babysitting Club 11:15 Hand Massages 1:30 Ice Cream Social 2:15 Old Time TV	25 Spouses Day Happy Birthday Maggie M. 9:00 Move to Music & Hydration 11:00 Wedding Reminisce 1:30 Resident Birthday Party <small>Australia Day (observed)</small>	26 9:00 Chair Dancing & Hydration 9:30 Babysitting Club 11:15 Folding & Sorting 1:30 Sing A Long w/ Nancy 2:15 Old Time TV	27 9:00 Chair Dancing & Hydration 9:30 Babysitting Club 11:15 Bingo 1:30 Happy Hour w/ Ice Cream Floats 2:15 Old Time TV	28 9:00 Adult Coloring 9:30 Babysitting Club 1:30 Bill Lawton Performs	
30 9:00 Balloon Swatter 9:30 Babysitting Club 1:00 Ice Cream Social	31 9:00 Balloon Swatter & Hydration 9:30 Babysitting Club 11:00 Fun with Bubbles 1:30 Beauty Time						