January 2022

Memory Haven

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance New Year's Day
2 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club	**3** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement	**4** Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	**5** Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	**6** Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder Table Games	**7** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	**8** Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
9 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club	**10** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement	**11** Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	**12** Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club	**13** Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder Table Games	**14** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	**15** Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
16 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club	**17** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement Martin Luther King Jr. Day	**18** Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	**19** Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club Happy Birthday Melva Kloefkorn!	**20** Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder Table Games	**21** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club Happy Birthday Betty Hill!	**22** Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
23 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club Activity Professionals Week	**24** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement	**25** Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	**26** Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Brain Builder Book Club Australia Day (observed)	**27** Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder Table Games	**28** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder Book Club	**29** Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
30 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sundae Social Rest & Rejuvenation Brain Builder Book Club	**31** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Fine Motor Movement					