


SUN	MON	TUE	WED	THUR	FRI	SAT
<div></div>	<div>LOCATION KEY</div> <div>AR- 2nd Fl - Activity Room</div> <div>C-1st Fl - Cafe</div>	<div>Ch 1979 - Channel 1979</div> <div>DR - Dining Room</div> <div>MM-3rd Fl - Media Room</div>	<div>L/OOB/\$\$/* - Meet in Lobby/Out of Building/Cost Involved/Registration Required</div>	<div>PS - Physician's Suite</div> <div>PDR - Private Dining Room</div> <div>P-1st Fl - PUB</div>		<div>New Year's Day</div> <div>11:10 Weekly Trivia Challenge (MM-3rd Fl)</div> <div>2:00 Bingo (MM-3rd Fl)</div> <div>3:15 New Year's Social (P-1st Fl)</div> <div>6:45 Movie: An Affair to Remember (Ch 1979)</div>
<div>10:00 Catholic Services with St. Basil's Church (MM-3rd Fl)</div> <div>10:30 Hymns and More with Ochie & Friends* (Ch 1979)</div> <div>11:10 Sunday News & Horoscopes (MM-3rd Fl)</div> <div>1:30 Catholic Mass (Ch 1979)</div> <div>2:00 January Celebrations Showcase & Description (MM-3rd Fl)</div> <div>3:00 Make Your Own Ice Cream Sundae (P-1st Fl)</div> <div>6:45 Movie: Big Miracle (Ch 1979)</div> <div>2</div>	<div>9:30 Monday's Mantra (MM-3rd Fl)</div> <div>9:45 Exercise Class (MM-3rd Fl)</div> <div>10:45 Card Club (Resident Led) (C-1st Fl)</div> <div>10:45 Spotlight on Muhammad Ali (MM-3rd Fl)</div> <div>2:00 Culinary Club: Gingerbread (AR- 2nd Fl)</div> <div>2:00 Scrabble (Resident Led) (AR- 2nd Fl)</div> <div>3:00 Wii Bowling (1st & 2nd Floor Residents) (MM-3rd Fl)</div> <div>3:45 Wii Bowling (3rd Floor Residents) (MM-3rd Fl)</div> <div>6:45 Movie: Holiday (Ch 1979)</div> <div>3</div>	<div>9:45 Exercise with Weights (MM-3rd Fl)</div> <div>10:45 Katie's Corner: Check In, Being Mindful (P-1st Fl)</div> <div>2:00 Science with Seniors</div> <div>2:45 Balloon Volleyball (MM-3rd Fl)</div> <div>3:30 Name That Tune (MM-3rd Fl)</div> <div>6:45 Bingo (MM-3rd Fl)</div> <div>7:45 Movie: Children of Men (Ch 1979)</div> <div>4</div>	<div>9:30 Daily Devotional (MM-3rd Fl)</div> <div>9:45 Balance in Action Exercise Class (MM-3rd Fl)</div> <div>10:45 Picture Trivia: Fruits (MM-3rd Fl)</div> <div>2:00 All About January Social (P-1st Fl)</div> <div>2:00 Rummikub Game (Resident Led) (C)</div> <div>3:00 Hand Massages (MM-3rd Fl)</div> <div>4:00 Celebrations Planning Committee (MM-3rd Fl)</div> <div>6:45 Movie: The Way We Were (Ch 1979)</div> <div>5</div>	<div>9:45 Forever Young Fitness Class (MM-3rd Fl)</div> <div>10:30 Rosary with The Legion of Mary (PDR)</div> <div>10:45 Today in History (MM-3rd Fl)</div> <div>1:30 FREE Hearing Screenings & Hearing Aid Cleanings (PS)</div> <div>2:00 Resident Council (MM-3rd Fl)</div> <div>3:15 Knott's Club (MM-3rd Fl)</div> <div>4:00 Knowing the Natural World: Natural Disasters (MM-3rd Fl)</div> <div>6:45 Bingo (MM-3rd Fl)</div> <div>7:45 Movie: Man of the Year (Ch 1979)</div> <div>6</div>	<div>9:45 Exercise with Noodles (MM-3rd Fl)</div> <div>10:30 Coffee & Current Events Discussion (P-1st Fl)</div> <div>10:30 Wii Bowling (1st & 2nd Floor Residents) (MM-3rd Fl)</div> <div>11:15 Wii Bowling (3rd Floor Residents) (MM-3rd Fl)</div> <div>2:00 Happy Hour (DR)</div> <div>3:15 Poetry Appreciation: Charles Bukowski (MM-3rd Fl)</div> <div>4:00 Category Word Game: (MM-3rd Fl)</div> <div>6:45 Movie: 50 First Dates (Ch 1979)</div> <div>7</div>	<div>11:10 Weekly Trivia Challenge (MM-3rd Fl)</div> <div>2:00 Bingo (MM-3rd Fl)</div> <div>3:15 Needlepoint with John (AR- 2nd Fl)</div> <div>6:45 Movie: Mrs. Doubtfire (Ch 1979)</div> <div>8</div>
<div>10:00 Catholic Services with St. Basil's Church (MM-3rd Fl)</div> <div>10:30 Hymns and More with Ochie & Friends* (Ch 1979)</div> <div>11:10 Sunday News & Horoscopes (MM-3rd Fl)</div> <div>1:30 Catholic Mass (Ch 1979)</div> <div>2:00 Cornhole (MM-3rd Fl)</div> <div>3:00 Tea Party (P-1st Fl)</div> <div>6:45 Movie: Patton (Ch 1979)</div> <div>9</div>	<div>9:30 Monday's Mantra (MM-3rd Fl)</div> <div>9:45 Exercise Class (MM-3rd Fl)</div> <div>10:45 Card Club (Resident Led) (C-1st Fl)</div> <div>10:45 Spotlight on Weird Foods Day (MM-3rd Fl)</div> <div>2:00 Crafty Crew: Snowmen (AR- 2nd Fl)</div> <div>2:00 Scrabble (Resident Led) (AR- 2nd Fl)</div> <div>2:00 Shopping Run: Dollar Tree (L/OOB/\$\$/*)</div> <div>3:00 Wii Bowling (1st & 2nd Floor Residents) (MM-3rd Fl)</div> <div>3:45 Wii Bowling (3rd Floor Residents) (MM-3rd Fl)</div> <div>6:45 Movie: The Blind Side (Ch 1979)</div> <div>10</div>	<div>9:45 Exercise with Weights (MM-3rd Fl)</div> <div>10:45 Katie's Corner: Cognitive Distortions (P-1st Fl)</div> <div>1:45 Watercolors on Canvas: Snowman (AR- 2nd Fl)</div> <div>2:45 Destination Education: Vietnam (MM-3rd Fl)</div> <div>3:30 Spring Mill Chorus (MM-3rd Fl)</div> <div>6:45 Bingo (MM-3rd Fl)</div> <div>7:45 Movie: You Know My Name (Ch 1979)</div> <div>11</div>	<div>9:30 Daily Devotional (MM-3rd Fl)</div> <div>9:45 Balance in Action Exercise Class (MM-3rd Fl)</div> <div>10:45 Reveal a Picture: Famous Musicians of the 40s & 50s (MM-3rd Fl)</div> <div>2:00 New Resident Social (DR)</div> <div>2:00 Rummikub Game (Resident Led) (C)</div> <div>3:00 Bayada Bubbly Meet & Greet (P-1st Fl)</div> <div>4:00 The History of Astrology & the Zodiac (MM-3rd Fl)</div> <div>6:45 Movie: Rudy (Ch 1979)</div> <div>12</div>	<div>9:45 Forever Young Fitness Class (MM-3rd Fl)</div> <div>10:30 Rosary with The Legion of Mary (PDR)</div> <div>10:45 Today in History (MM-3rd Fl)</div> <div>2:00 Jeopardy (MM-3rd Fl)</div> <div>3:00 Drumming Exercise Class (MM-3rd Fl)</div> <div>3:30 Men's Club (P-1st Fl)</div> <div>4:00 Technology of Today: Space Travel (m)</div> <div>4:30 Dining Out Club: Kuo's Mandarin Restaurant (L/OOB/\$\$/*)</div> <div>6:45 Bingo (MM-3rd Fl)</div> <div>7:45 Movie: The King's Speech (Ch 1979)</div> <div>13</div>	<div>9:45 Exercise with Noodles (MM-3rd Fl)</div> <div>10:30 Coffee & Current Events Discussion (P-1st Fl)</div> <div>10:30 Wii Bowling (1st & 2nd Floor Residents) (MM-3rd Fl)</div> <div>11:15 Wii Bowling (3rd Floor Residents) (MM-3rd Fl)</div> <div>2:00 Happy Hour (DR)</div> <div>3:15 Classical Music Appreciation: Joseph Hayden (MM-3rd Fl)</div> <div>4:00 Crossword Puzzle (MM-3rd Fl)</div> <div>6:45 Movie: Dying Young (Ch 1979)</div> <div>14</div>	<div>11:10 Weekly Trivia Challenge (MM-3rd Fl)</div> <div>2:00 Bingo (MM-3rd Fl)</div> <div>3:15 Yoga with Katie (MM-3rd Fl)</div> <div>6:45 Movie: Munich (Ch 1979)</div> <div>15</div>
<div>10:00 Catholic Services with St. Basil's Church (MM-3rd Fl)</div> <div>10:30 Hymns and More with Ochie & Friends* (Ch 1979)</div> <div>11:10 Sunday News & Horoscopes (MM-3rd Fl)</div> <div>1:30 Catholic Mass (Ch 1979)</div> <div>2:00 Sunday Scribblings with Katie (AR- 2nd Fl)</div> <div>3:00 Ice Cream Novelty Social (P-1st Fl)</div> <div>6:45 Movie: An Unfinished Life (Ch 1979)</div> <div>16</div>	<div>Martin Luther King Jr. Day</div> <div>9:30 Monday's Mantra (MM-3rd Fl)</div> <div>9:45 Exercise Class (MM-3rd Fl)</div> <div>10:45 Card Club (Resident Led) (C-1st Fl)</div> <div>10:45 MLK Day of Service: Memory Care Activity (MC)</div> <div>2:00 Culinary Club: Hot Cocoa Cookies (AR- 2nd Fl)</div> <div>2:00 Scrabble (Resident Led) (AR- 2nd Fl)</div> <div>2:00 Shopping Run: Giant (L/OOB/\$\$/*)</div> <div>3:00 Wii Bowling (1st & 2nd Floor Residents) (MM-3rd Fl)</div> <div>3:45 Wii Bowling (3rd Floor Residents) (MM-3rd Fl)</div> <div>6:45 Movie: Poseidon (Ch 1979)</div> <div>17</div>	<div>9:45 Exercise with Weights (MM-3rd Fl)</div> <div>10:45 Katie's Corner: Check In, Hobbies & Interests (P-1st Fl)</div> <div>1:45 Paint by Number (AR- 2nd Fl)</div> <div>3:30 Name That Tune (MM-3rd Fl)</div> <div>6:45 Bingo (MM-3rd Fl)</div> <div>7:45 Movie: Trapped in Paradise (Ch 1979)</div> <div>18</div>	<div>9:30 Daily Devotional (MM-3rd Fl)</div> <div>9:45 Balance in Action Exercise Class (MM-3rd Fl)</div> <div>2:00 Resident Birthday Celebration (DR)</div> <div>2:00 Rummikub Game (Resident Led) (C)</div> <div>3:15 Who Am I? Famous January Birthdays (MM-3rd Fl)</div> <div>4:00 Technology & You (MM-3rd Fl)</div> <div>6:45 Movie: The Fighter (Ch 1979)</div> <div>19</div>	<div>9:45 Forever Young Fitness Class (MM-3rd Fl)</div> <div>10:30 Rosary with The Legion of Mary (PDR)</div> <div>10:45 Today in History (MM-3rd Fl)</div> <div>2:00 Wheel of Fortune (MM-3rd Fl)</div> <div>3:00 Cooking Demonstration (P-1st Fl)</div> <div>4:00 Moment's in History: The Civil Rights Movement & MLK (MM-3rd Fl)</div> <div>6:45 Bingo (MM-3rd Fl)</div> <div>7:45 Movie: Josh Groban in Concert (Ch 1979)</div> <div>20</div>	<div>9:45 Exercise with Noodles (MM-3rd Fl)</div> <div>10:30 Coffee & Current Events Discussion (P-1st Fl)</div> <div>10:30 Wii Bowling (1st & 2nd Floor Residents) (MM-3rd Fl)</div> <div>11:15 Wii Bowling (3rd Floor Residents) (MM-3rd Fl)</div> <div>2:00 Happy Hour (DR)</div> <div>3:15 Art Appreciation: Paul Jackson Pollock (MM-3rd Fl)</div> <div>4:00 Category Word Game: (MM-3rd Fl)</div> <div>6:45 Movie: Notting Hill (Ch 1979)</div> <div>21</div>	<div>11:10 Weekly Trivia Challenge (MM-3rd Fl)</div> <div>2:00 Bingo (MM-3rd Fl)</div> <div>3:15 Ladderball (MM-3rd Fl)</div> <div>6:45 Movie: No Country for Old Men (Ch 1979)</div> <div>22</div>
<div>10:00 Catholic Services with St. Basil's Church (MM-3rd Fl)</div> <div>10:30 Hymns and More with Ochie & Friends* (Ch 1979)</div> <div>11:10 Sunday News & Horoscopes (MM-3rd Fl)</div> <div>1:30 Catholic Mass (Ch 1979)</div> <div>2:00 Cornhole (MM-3rd Fl)</div> <div>3:00 Hot Chocolate Social (P-1st Fl)</div> <div>6:45 Movie: Old Acquaintance (Ch 1979)</div> <div>23</div>	<div>9:30 Monday's Mantra (MM-3rd Fl)</div> <div>9:45 Exercise Class (MM-3rd Fl)</div> <div>10:45 Card Club (Resident Led) (C-1st Fl)</div> <div>10:45 Mystery Monday: Famous Disappearances Pt. 2 (MM-3rd Fl)</div> <div>2:00 Crafty Crew: Snow Globes (AR- 2nd Fl)</div> <div>2:00 Scrabble (Resident Led) (AR- 2nd Fl)</div> <div>2:00 Shopping Run: Target (MM-3rd Fl)</div> <div>3:00 Wii Bowling (1st & 2nd Floor Residents) (MM-3rd Fl)</div> <div>3:45 Wii Bowling (3rd Floor Residents) (MM-3rd Fl)</div> <div>6:45 Movie: Gifted Hands (Ch 1979)</div> <div>24</div>	<div>9:45 Exercise with Weights (MM-3rd Fl)</div> <div>10:45 Katie's Corner: Let's Talk About the Brain (P-1st Fl)</div> <div>1:45 Bingo Bucks (1st & 2nd Floor Residents) (MM-3rd Fl)</div> <div>2:30 Bingo Buck Bonanza (3rd Floor Residents) (MM-3rd Fl)</div> <div>3:30 Spring Mill Chorus (MM-3rd Fl)</div> <div>6:45 Bingo (MM-3rd Fl)</div> <div>7:45 Movie: Pushing Tin (Ch 1979)</div> <div>25</div>	<div>9:30 Daily Devotional (MM-3rd Fl)</div> <div>9:45 Balance in Action Exercise Class (MM-3rd Fl)</div> <div>10:45 Reveal a Picture: Flowers (MM-3rd Fl)</div> <div>2:00 Music Bingo (MM-3rd Fl)</div> <div>2:00 Rummikub Game (Resident Led) (C)</div> <div>4:00 Travelogue: Zambian Safari (MM-3rd Fl)</div> <div>6:45 Movie: Open Range (Ch 1979)</div> <div>6:45 Wine Down Wednesday Wine Tasting (P-1st Fl)</div> <div>26</div>	<div>9:45 Forever Young Fitness Class (MM-3rd Fl)</div> <div>10:30 Rosary with The Legion of Mary (PDR)</div> <div>10:45 Today in History (MM-3rd Fl)</div> <div>2:00 Culinary Services Meeting (MM-3rd Fl)</div> <div>3:00 Drumming Exercise Class (MM-3rd Fl)</div> <div>4:00 Exploring Countries, Then & Now: Greece (MM-3rd Fl)</div> <div>6:45 Bingo (MM-3rd Fl)</div> <div>7:45 Movie: Michael Buble in Concert (Ch 1979)</div> <div>27</div>	<div>9:45 Exercise with Noodles (MM-3rd Fl)</div> <div>10:30 Coffee & Current Events Discussion (P-1st Fl)</div> <div>10:30 Wii Bowling (1st & 2nd Floor Residents) (MM-3rd Fl)</div> <div>11:15 Wii Bowling (3rd Floor Residents) (MM-3rd Fl)</div> <div>2:00 Happy Hour (DR)</div> <div>4:00 Listen & Learn: Neil Diamond (MM-3rd Fl)</div> <div>4:00 Word Search Competition (MM-3rd Fl)</div> <div>6:45 Movie: The Last of the Mohicans (Ch 1979)</div> <div>28</div>	<div>11:10 Weekly Trivia Challenge (MM-3rd Fl)</div> <div>2:00 Bingo (MM-3rd Fl)</div> <div>3:15 Meditation (MM-3rd Fl)</div> <div>6:45 Movie: Blazing Saddles (Ch 1979)</div> <div>29</div>
<div>10:00 Catholic Services with St. Basil's Church (MM-3rd Fl)</div> <div>10:30 Hymns and More with Ochie & Friends* (Ch 1979)</div> <div>11:10 Sunday News & Horoscopes (MM-3rd Fl)</div> <div>1:30 Catholic Mass (Ch 1979)</div> <div>2:00 Chinese New Year Cupcake Liner Dragon Craft (AR- 2nd Fl)</div> <div>3:00 Milkshake Social (P-1st Fl)</div> <div>6:45 Movie: Top Gun (Ch 1979)</div> <div>30</div>	<div>9:30 Monday's Mantra (MM-3rd Fl)</div> <div>9:45 Exercise Class (MM-3rd Fl)</div> <div>10:45 Card Club (Resident Led) (C-1st Fl)</div> <div>10:45 Spotlight on Betty White (MM-3rd Fl)</div> <div>2:00 Culinary Club: Chinese Almond Cookies (AR- 2nd Fl)</div> <div>2:00 Scrabble (Resident Led) (AR- 2nd Fl)</div> <div>2:00 Shopping Run: Redner's (MM-3rd Fl)</div> <div>3:00 Wii Bowling (1st & 2nd Floor Residents) (MM-3rd Fl)</div> <div>3:45 Wii Bowling (3rd Floor Residents) (MM-3rd Fl)</div> <div>6:45 Movie: Marley and Me (Ch 1979)</div> <div>31</div>					<div>The Celebrations program is subject to change. Please refer to your daily program schedule for updates.</div>

January 2022

Spring Mill Senior Living
 3000 Balfour CirclePhoenixville, PA 19460



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



Spring Mill Memory Care

<h1>January 2022</h1> <p>Spring Mill Memory Care</p>						1 10:00 Morning exercise 11:00 Sing along 3:00 Balloon volley 4:00 Word games <small>New Year's Day</small>
2 Monarch Butterfly Day 10:00 Morning stretches 11:00 Daily Chronicle and good news 3:00 Ball toss 4:00 Butterfly Trivia	3 10:00 Shake and move 11:00 Scenic drive with Charlie 2:00 Daily Chronicle 3:00 Travel to Alaska 4:00 Trivia	4 10:00 Chair stretches 11:00 Sing along 2:00 Daily Chronicle 3:00 Hot Cocoa and fireside chats 4:00 Trivia	5 National Bird Day 10:00 Morning exercise 11:00 Today in History 11:30 Morning worship 2:00 Crossword puzzle 3:00 What's that Bird? 4:00 Trivia	6 10:00 Dance to the beat 11:00 Sing along 2:00 Wheel of Fortune 3:00 Travel to New Mexico 4:00 Good news	7 10:00 Move and Groove 11:00 Words with friends 2:00 Happy hour 3:00 "Rock" out 4:00 Hand massages and manicures	8 10:00 Morning exercise 11:00 Sing along 3:00 Balloon volley 4:00 Word games
9 10:00 Morning stretches 11:00 Daily Chronicle and good news 3:00 Ball toss 4:00 Trivia	10 10:00 Shake and move 11:00 Scenic drive with Charlie 2:00 Crossword puzzle 3:00 Sing along 4:00 The Saturday Evening Post	11 10:00 Chair stretches 11:00 Bingo 2:00 Who Am I? 3:00 Let it snow 4:00 Word games	12 National Hot Tea Day 10:00 Morning exercise 11:00 Crossword puzzle 11:30 Morning worship 2:00 Express yourself 3:00 Afternoon tea 4:00 Good news	13 10:00 Dance to the beat 11:00 Sing along 2:00 Good news 3:00 Jeopardy 4:00 Old fashioned remedies	14 10:00 Move and Groove 11:00 Wintertime memories 2:00 Happy hour 3:00 Hand massages and manicures 4:00 When in Rome	15 10:00 Morning exercise 11:00 Sing along 3:00 Balloon volley 4:00 Word games
16 10:00 Morning stretches 11:00 Daily Chronicle and good news 3:00 Ball toss 4:00 Trivia	17 10:00 Shake and move 11:00 Scenic drive with Charlie 2:00 MLK Jr. trivia 3:00 Winter Art: Snowflakes 4:00 Benjamin Franklin trivia <small>Martin Luther King Jr. Day</small>	18 10:00 Chair stretches 11:00 Daily Chronicle 2:00 Which happened last? 3:00 Coffee tasting 4:00 Good news	19 10:00 Morning exercise 11:00 Sing along 11:30 Morning worship 2:00 Travel to Antarctica 3:00 Exploring the Arts: Cezanne 4:00 Creative corner	20 10:00 Dance to the beat 11:00 Bingo 2:00 Today in History 3:00 Wine and Cheese tasting 4:00 Penguin trivia	21 10:00 Move and Groove 11:00 2:00 Happy hour 3:00 Hand massages and manicures 3:00 Table games 4:00	22 10:00 Morning exercise 11:00 Sing along 3:00 Balloon volley 4:00 Word games
23 10:00 Morning stretches 11:00 Daily Chronicle and good news 3:00 Ball toss 4:00 Casablanca trivia <small>Activity Professionals Week</small>	24 10:00 Shake and move 11:00 Scenic drive with Charlie 2:00 Sing along 3:00 Travel to California: The Gold rush 4:00 Trivia	25 10:00 Chair stretches 11:00 Daily Chronicle 2:00 Word games 3:00 Bingo 4:00 Table games	26 10:00 Morning exercise 11:00 Daily Chronicle 11:30 Morning worship 2:00 Finish the line 3:00 Crossword puzzle 4:00 Trivia <small>Australia Day (observed)</small>	27 Mad Hatter Day 10:00 Dance to the beat 11:00 Today in History 2:00 Art hour 3:00 Mad Hatter Tea party 4:00 Trivia	28 10:00 Move and Groove 11:00 Sing along 2:00 Happy hour 3:00 Hand massages and manicures 4:00 Travel to Paris: The Eiffel Tower	29 10:00 Morning exercise 11:00 Sing along 3:00 Balloon volley 4:00 Word games
30 10:00 Morning stretches 11:00 Daily Chronicle and good news 3:00 Ball toss 4:00 Trivia	31 10:00 Shake and move 11:00 Scenic drive with Charlie 2:00 Table games 3:00 Jackie Robinson trivia 4:00 Sing along	HAPPY NEW YEAR! Let's make this the best one yet				

All Activities subject to change