

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



Bethesda Southgate LTC

								11am Music Videos 1	
								3:00pm Word Games	
								New Year's Day	
11:00 Mass on TV in LTC Dining Room 3pm Exercise 	2 9am-1 on 1s *Christmas Decoration Take Down Time 11:00 Rosary 2:30 Bingo Evening Snacks & Music	3 9am-1 on 1s 10am Nail Painting *Christmas Decorations Take Down Time 2:30 Lifetime Learning "Inside the California Gold Rush of the 1800's"	4 9am-1 on 1s 10:00 Winter Watercolors 10:30 Poker 2:30pm Exercise 3:00 Scattergories Evening Bingo	5 9am-1 on 1s 10:00 Famous Faces 2:30 Balloon toss to music Evening Cards & Music	6 9am-1 on 1s 10:00am Bingo 2:30pm January Poetry writing	7 11am Happy Birthday Elvis -Music and trivia 3:00pm Crazy 8's	8		
11:00 Mass on TV in LTC Dining Room 3pm Exercise	9 9am-1 on 1s 10:30 Exercise 11:00 Rosary 2:30 Bingo Evening Snacks & Music	10 9am-1 on 1s 10am Nail Painting 2:30 Kings in the Corner Evening Playing Cards	11 9am-1 on 1s 10:00 Window Clings 10:30 Poker 2:30pm Exercise 3:00 Dining Circle Evening Bingo	12 9am-1 on 1s 10am-Winter Hangman 2:30 Resident Volunteer Group-Martin Luther King Quotes project Evening Cards & Movie	13 9am-1 on 1s 10:00am Bingo 2:30pm Corn hole Tournament	14 11am Andy Rooney Video/discussion 3:00pm Word Games	15		
11:00 Mass on TV in LTC Dining Room 3pm Exercise 	16 9am-1 on 1s 11:00 Martin Luther King Trivia 3:00 Betty White Netflix Documentary Happy 100 th Birthday Betty <small>Martin Luther King Jr. Day</small>	17 9am-1 on 1s 10am Nail Painting 2:30 Betty White Trivia Evening Playing Cards	18 9am-1 on 1s 10:00 Pictionary 2:30pm Exercise 3:00 Community Council Meeting Evening Bingo	19 9am-1 on 1s 10am-Cheesy trivia 2:30 Karaoke Birthday Party Evening Cards & Music	20 9am-1 on 1s 10:00am Bingo 2:30pm Bird Seed Cakes 	21 11am Music Reminiscing 3:00pm Crazy 8's	22		
11:00 Mass on TV in LTC Dining Room 3pm Exercise <small>Activity Professionals Week</small>	23 9am-1 on 1s 10:30 Exercise 11:00 Rosary 2:30 Bingo Evening Snacks & Music	24 9am-1 on 1s 10am Nail Painting 2:30 Dice Word Guess Game Evening Playing Cards	25 9am-1 on 1s 10:00 Penguin Craft 10:30 Poker 2:30pm Penguin Party! Evening Bingo 	26 9am-1 on 1s 10am-Exercise 2:30 Snickerdoodle Dip Food Demo Evening Ice Cream Social	27 9am-1 on 1s 10:00am Bingo 2:30pm Step by Step Painting	28 11am Music Videos 3:00pm Word Games	29		
11:00 Mass on TV in LTC Dining Room 3pm Exercise 	30 9am-1 on 1s 10:30 Exercise 11:00 Rosary 2:30 Bingo Evening Snacks & Movie	31							