



# January 2022



SUN	MON	TUE	WED	THU	FRI	SAT
		Birthstone: Garnet Horoscopes: Capricorn and Aquarius	Flowers: Carnation or Snow drop			1 <b>HAPPY NEW YEAR</b>
2	3 10:30 Exercise Bal. 2:15 Exercise Lyn.	4 10:00 Exercise Bar. 2:30 Baking Lyn. 6:00 Snakes and ladders Bar.	5 9:00 Nail Care 11:00 Exercise Lyn. 2:30 Bingo Bar. 6:00 Snakes and Ladders Lyn.	6 10:00 Resident Council one-on-one 1:30 Bingo Lyn. 6:00 Snakes and Ladder Bal.	7 9:00 Nail care 2:30 Bowling Bal. 6:00 Bingo Bal.	8 10:30 Jan. Quiz Bar. 11:00 Jan. Quiz Bal. 11:30 Jan. Quiz Lyn. 2-4 Video Calls 5-6 Hoedown/Movie
9	10 10:30 Exercise Bal. 10:30 Snow day poems Bar. 2:15 Exercise Lyn.	11 10:00 Exercise Bar. 10:30 Snow day poems Bal. 11:00 Snow day poems Lyn. 2:30 Baking Bar.	12 9:00 Nail Care 11:00 Exercise Lyn. 2:30 Bingo Bar. 6:00 Snakes and Ladders Lyn.	13 10:00 Karaoke Bal. 10:30 Karaoke Bar. 11:00 Karaoke Lyn. 1:30 Bingo Lyn. 6:00 Snakes and Ladder Bar.	14 9:00 Nail care 2:30 Bowling Lyn. 6:00 Bingo Bal.	15 10:30 Quiz Barrachois 11:00 Quiz Balmoral 11:30 Quiz Lynwood 2-4 Video Calls 5-6 Hoedown/Movie
16	17 10:30 Exercise Bal. 2:15 Exercise Lyn.	18 10:00 Exercise Bar. 11:00 Flower Quiz Lyn. 2:30 Baking Bal. 6:00 Snakes and ladders Bal.	19 10:00 Flower Quiz Bal 10:30 Flower Quiz Bar 11:00 Exercise Lyn. 2:30 Bingo Bar. 2:30 Nail Care	20 10:00 Spiritual Circle Bal 10:30 Spiritual Circle Bar 11:00 Spiritual Circle Lyn 1:30 Bingo Lyn. 6:00 Snakes and Ladder Bar.	21 9:00 Nail care 2:30 Bowling Bar. 6:00 Bingo Bal.	22 10:30 Jan. Flashback Trivia Bar. 11:00 Jan. Flashback Trivia Bal. 11:30 Jan. Flashback Trivia Lyn. 2-4 Video Calls
23	24 10:30 Exercise Bal. 2:15 Exercise Lyn.	25 10:00 Exercise Bar. 2:30 Robbie Burns 6:00 Snakes and ladders Bal.	26 9:00 Nail Care 11:00 Exercise Lyn. 2:30 Bingo Bar. 6:00 Snakes and Ladders Lyn.	27 10:00 Winter Quiz Bal. 10:30 Winter Quiz Bar. 11:00 Winter Quiz Lyn. 1:30 Bingo Lyn.	28 9:00 Nail care 2:30 Bowling Bal. 6:00 Bingo Bal.	29 10:30 Who am I? Bar. 11:00 Who am I? Bal. 11:30 Who am I? Lyn. 2-4 Video Calls 5-6 Hoedown/Movie
30	31 10:30 Exercise Bal. 2:15 Exercise Lyn.		Bal= Balmoral Bar= Barrachois Lyn= Lynwood			