



# January 2024

## Assisted Living Activities



		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
 <p><b>MORNINGSIDE HOUSE OF FRIENDSHIP</b></p> <p><b>Location Keys</b></p> <p>AL Living Room      AL            Dining Room      D            Ground Floor      G            Living Room      L            Man Cave      MC            Private Dining Room      PDR            Sun Porch      SP</p>		<b>New Year's Day 1</b> 10:00 Morning Stretch [L] 10:15 New Year's Resolutions Facts [L] 10:30 Calendar Committee [L] 11:00 Rose Bowl Parade (NBC) [L] 1:00 Book Club with Heidi: The Nantucket Inn [MC] 1:30 Rosary with Judy [L] 2:30 Bingo [D]	<b>2</b> 10:00 Joyous Movement [L] 10:30 What Would You Do? [L] 1:00 State Plate Game 2:00 <b>Entertainment with Lynn Roxy! [AL]</b> 3:15 Nails with Autumn [SP] 5:30 Evening News [L]	<b>3</b> <b>National Chocolate Covered Cherry Day</b> <b>Salon Opens at 10am</b> 10:00 Tribond [L] 10:30 Basketball Challenge [L] 1:00 <b>Discussion &amp; Chocolate Covered Cherries! [L]</b> 2:30 Bingo [D] 3:45 Afternoon Stretch [L] 5:30 Evening News [L]	<b>4</b> 9:30 Virtual Church Service [L] 10:15 Brain Challenge [L] 11:00 Lunch & Shopping: Cracker Barrel 1:00 Crossword Challenge [L] 3:00 Wheel of Fortune [L] 3:45 Volleyball [L]	<b>5</b> <b>National Whipped Cream Day</b> 10:00 <i>Balance Boogie</i> 10:30 Oh Fudge it's Friday! [SP] 1:00 Wii Bowling [L] 3:00 <b>Whipped Cream &amp; Trivia Challenge!</b> 5:30 Friday Evening Card Games [MC]	<b>6</b> <b>Epiphany</b> 10:00 Weekend Stretch [L] 10:15 At the Races 11:00 Lunch Opens Early! [D] 12:30 Ballerina Warm-Up [L] 2:00 <b>New Year's Nutcracker Ballet [D]</b> 5:30 Evening News [L]			
		10:15 Trivia [L] 10:45 <b>Worship with Pastor Buddy [L]</b> 11:00 Weekend Stretch [L] 1:00 Nails with Cali [SP] 2:15 Concentration [L] 3:15 Name 5 Things [L] 5:30 Evening News [L] TBD Ravens vs Steelers (Time TBD)	<b>7</b>	10:00 Gentle Chair Yoga [L] 10:30 Elvis Trivia [L] 11:00 Guess the Elvis Tune! [L] 1:30 Bayada Health Talk [L] 2:30 BINGO [D] 6:00 Bible Study w/ Carol [PDR]	<b>8</b>	<b>National Word Nerd Day 9</b> 10:00 Least Known Words! [L] 10:00 Morning Meditation [L] 1:00 Beading: Ravens Playoff Necklaces! [SP] 1:00 Wheel of Fortune [L] 3:00 <b>Entertainment with Moxie! [AL]</b> 5:30 Evening News [L]	<b>10</b> <b>National Houseplant Appreciation Day!</b> <b>Salon Opens at 10am</b> 9:45 Flow with Flexibility [L] 10:15 Garden Club: Transplanting Time!! [SP] 1:30 <b>Worship with St. John Lutheran Church [L]</b> 2:45 Bingo [D] 5:30 Evening News [L]	<b>11</b> <b>National Hot Toddy Day</b> 9:30 Virtual Church Service [L] 10:15 Trivia Challenge [L] 10:30 Hot Toddy Tasting! [L] 12:30 Outing: Pennsylvania Dutch Amish Market 3:30 Seated Kickboxing [L] 5:30 Evening News [L]	<b>12</b> 10:00 Joyous Movement 10:30 Oh Fudge it's Friday! [SP] 1:00 Rosary with Judy [L] 2:30 <b>Larry &amp; Tony Entertain! [AL]</b> 5:30 Friday Evening Card Games [MC]	<b>13</b> 10:00 Who Am I? [L] 10:30 Price is Right! [L] 11:00 Weekend Stretch [L] 2:00 <b>Entertainment with Penny &amp; Jeff! [L]</b> 3:45 Higher or Lower? [L] 4:30 NFL Wild Card Game (TBD) [L] 8:15 NFL Wild Card Game (TBD)
		9:30 Aromatherapy & Hand Massage [L] 10:45 <b>Worship with Pastor Buddy [L]</b> 11:00 Weekend Stretch [L] 1:00 <b>Holy Communion with Deacon Brown [AL]</b> 1:00 NFL Wild Card Game (TBD) [MC] 1:15 Nails with Autumn [SP] 3:00 Bingo [D] 4:30 NFL Wild Card Game (TBD) 5:30 Evening News [L] 8:15 NFL Wild Card Game (TBD)	<b>14</b>	<b>Martin Luther King, Jr. Day 15</b> 10:00 Gentle Chair Yoga [L] 10:30 Discussion: Martin Luther King, Jr. 1:00 Book Club with Heidi: The Nantucket Inn [MC] 1:30 Rosary with Judy [AL] 2:30 Bingo [D] 6:00 Bible Study w/ Carol [PDR] 8:00 75th Emmy Awards (Fox) 8:15 NFL Wild Card Game (TBD)	<b>16</b>	<b>17</b> <b>Salon Opens at 10am</b> 10:00 Podiatrist (Group A) [G] 10:00 Scattergories [L] 10:30 Drumming for Fitness [L] 1:00 <b>Resident Council [L]</b> 1:45 Cooking with Heidi: Fritos Cookies [SP] 3:00 Bingo [D] 5:30 Evening News [L]	<b>18</b> <b>National Gourmet Coffee Day</b> 9:30 Virtual Church Service [L] 10:30 Wheel of Fortune [L] 12:30 Baltimore Coffee & Tea Company 3:15 Volleyball [AL] 5:30 Evening News [L]	<b>19</b> <b>National Popcorn Day</b> 10:00 <i>Balance Boogie</i> 10:30 Jeopardy! [L] 1:30 <b>Popcorn Party! [L]</b> 2:00 Wii Bowling [L] 3:30 Mixed Up Word Challenge [L] 5:30 Friday Evening Card Games [MC]	<b>20</b> <b>AFC/NFC Divisional Game (TBD)</b> 10:00 Team Tic Tac Toe [L] 11:00 Weekend Stretch [L] 1:00 Nails with Cali 1:30 <b>Cornerstone Full Gospel Service [L]</b> 2:30 Bingo [D] 5:30 Evening News [L]	
		<b>Schedule changes may occur based on NFL Playoff outcomes! GO RAVENS!!</b>	<b>21</b> <b>AFC/NFC Divisional Game (TBD)</b> 10:15 What Am I? 10:45 <b>Worship with Pastor Buddy [L]</b> 11:00 Weekend Stretch [L] 1:00 10-Pin Bowling [SP] 2:30 <b>Glen Burnie United Methodist [AL]</b> 5:30 Evening News [L]	<b>22</b> <b>National Come in From the Cold Day!</b> 10:00 Gentle Chair Yoga [L] 10:30 Don't Burst My Bubble! [L] 1:30 Rosary with Judy [AL] 2:30 <b>Come in from the Cold Party! [D]</b> — <b>Entertainment by Mr. Charisma!</b> 6:00 Bible Study w/ Carol [PDR]	<b>23</b> 9:00 Nails with Autumn [SP] 10:15 Scrabble [L] 1:00 Wii Bowling [L] 2:30 <b>Wine Tasting [D]</b> 5:30 Evening News [L]	<b>24</b> <b>Salon Opens at 10am</b> 10:00 Boggle [L] 10:30 Wheel of Fortune [L] 1:30 Puzzle Challenge [L] 2:30 <b>Morningside Family Feud: Assisted Living vs Stepping Stones! [AL]</b> 5:30 Evening News [L]	<b>25</b> 9:30 Virtual Church Service [L] 10:15 Brain Challenge [L] 11:00 Lunch Outing: Olive Tree 2:45 Table Hockey [L] 3:30 Name That Tune! [L] 5:30 Evening News [L]	<b>26</b> 10:00 Joyous Movement 10:30 Oh Fudge it's Friday! [SP] 1:00 Blackjack! [L] 2:30 Disco Volleyball! [L] 3:30 Trivia Challenge 5:30 Friday Evening Card Games [MC]	<b>27</b> <b>National Chocolate Cake Day</b> 10:00 <b>Breaking Holy Ground Service [AL]</b> 11:00 Weekend Stretch [L] 1:30 <b>Chocolate Cake Social! [L]</b> 1:45 Fun Facts About Chocolate Cake [L] 2:30 Bingo [D] 5:30 Evening News [L]	
<b>Please check the daily activity posting for updates.</b>	<b>28</b> 9:30 Aromatherapy & Hand Massage [L] 10:45 <b>Worship with Pastor Buddy [L]</b> 11:00 Weekend Stretch [L] 1:00 <b>Holy Communion with Deacon Brown [AL]</b> 1:30 Ice Cream Social [L] 2:15 Nails with Autumn [SP] 3:00 AFC Championship Game (CBS) [L] 5:30 Evening News [L] 6:30 NFC Championship Game (FOX) [L]	<b>29</b> 10:00 Gentle Chair Yoga [L] 10:30 Jeopardy! [L] 1:00 Book Club with Heidi: The Nantucket Inn [MC] 1:30 Rosary with Judy [AL] 2:30 Bingo [D] 6:00 Bible Study w/ Carol [PDR]	<b>30</b> 9:00 Nails with Autumn [SP] 10:15 Oh Baby! Trivia 10:30 Noodle Ball [L] 1:00 Let's Make A Deal! [L] 2:30 Train of Thought [L] 3:30 Hymn Sing-a-Long [L] 5:30 Evening News [L]	<b>31</b> <b>National Hot Chocolate Day</b> <b>Salon Opens at 10am</b> 10:00 When Am I? [L] 10:30 Minute to Win It! [L] 1:00 <b>Hot Chocolate Social</b> 2:30 Bingo [D] 5:30 Evening News [L]						