

Apostolic Christian Highland Oaks  
Activity Calendar

# January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January Birthdays 5th: Barb L 19th: Marian P	Pet Therapy when available 1-1/short visits/sensory/ in room activities daily as needed or requested	Activities subject to cancellation and/or substitution based on unknown factors and current regulations			<b>1</b> <b>New Year's Day</b>	<b>2</b>
					8:30 The Perk Daily 10:00 New Year's Activity 10:45 Piano Hymns 4:00 Rose Parade Y.T.	8:30 The Perk Daily 9:00 Morning exercise 9:30 In room Activities 2:30 Chit Chat 3:30 Afternoon Fun
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
8:30 The Perk Daily 9:30 In room Activities 9:45 Church Service Online 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:30 Where In the World. A.C. 10:30 Star of Month: Joan Crawford 2:00 Lutheran Service on TV 3:30 Afternoon Fun	8:00 <b>Happy Birthday Barb!</b> 8:30 The Perk Daily 9:00 Morning exercise 9:45 Documentary:Extreme Animals 10:45 Youtube Catholic Mass 2:30 Popcorn & Brain Games 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 10:00 Active Game 10:30 Star of the Month: Joan Crawford 1:30 Music with Jan & Tonya 2:30 Cookies and Coffee 3:00 Word Games 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:30 Current Events 10:00 Piano with Jan 2:30 Reminisce 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 10:00 Art and Crafts 10:45 Hymns 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 2:30 Chit Chat 3:30 Afternoon Fun
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
8:30 The Perk Daily 9:30 In room Activities 9:45 Church Service Online 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:45 Facials and Fun 2:00 Lutheran Service on TV 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:45 Documentary:Bobby Bowden 10:45 Youtube Catholic Mass 12:00 <b>Meal of the Month</b> 2:30 Popcorn & Brain Games 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 10:00 Active Game 1:30 Music with Jan & Tonya 2:30 Cookies and Coffee 3:00 Word Games 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:30 Current Events 10:00 Piano with Jan 2:30 Reminisce 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 10:00 Art and Crafts 10:45 Piano Hymns 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:30 In room Activities 2:30 Chit Chat 3:30 Afternoon Fun
<b>17</b>	<b>18</b> <b>Martin Luther King Day</b>	<b>19</b>	<b>20</b> <b>Inauguration Day</b>	<b>21</b>	<b>22</b>	<b>23</b>
8:30 The Perk Daily 9:30 In room Activities 9:45 Church Service Online 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:30 Martin Luther King Trivia 10:00 Coffee Filter Sachets 2:00 Lutheran Service on TV 3:30 Afternoon Fun	8:00 <b>Happy Birthday Marian!</b> 8:30 The Perk Daily 9:00 Morning exercise 9:45 Documentary:Anthem for the Nation 10:45 Youtube Catholic Mass 2:30 Popcorn & Brain Games 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 10:00 Active Game 1:30 Music with Jan & Tonya 2:30 Cookies and Coffee 3:00 Word Games 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:30 Current Events 10:00 Piano with Jan 10:15 <b>Resident Council</b> 2:30 Reminisce 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 10:00 Art and Crafts 10:45 Piano Hymns 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:30 In room Activities 2:30 Chit Chat 3:30 Afternoon Fun
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
8:30 The Perk Daily 9:30 In room Activities 9:45 Church Service Online 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:30 Science for Seniors 10:30 Farm Stories w/Glo 2:00 Lutheran Service on TV 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:45 Documentary:Coast Guard Alaska 10:45 Youtube Catholic Mass 12:00 <b>Lunch Bunch: Portillo's Italian Beef</b> 2:30 Popcorn & Brain Games	8:30 The Perk Daily 9:00 Morning exercise 10:00 Active Game 1:30 Music with Jan & Tonya 2:30 Cookies and Coffee 3:00 Word Games 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:30 Current Events 10:00 Piano with Jan 2:30 Reminisce 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 10:00 Art and Crafts 10:45 Piano Hymns 3:30 Afternoon Fun	8:30 The Perk Daily 9:00 Morning exercise 9:30 In room Activities 2:30 Chit Chat 3:30 Afternoon Fun
<b>31</b>						
8:30 The Perk Daily 9:30 In room Activities 9:45 Church Service Online 3:30 Afternoon Fun						