



January 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day 2PM Board Games 6PM Antique Roadshow 7PM Movie Night CH.2
2 9:30AM Music and the Spoken Word CH.11 2:30 LDS Church Service 6PM Americas Funniest Home Videos CH.3	3 10:30AM Exercise 11AM Monthly Goals 2:30PM Recap of 2021 Events / Box Painting 4PM Family Home Evening 6PM Utah Jazz vs New Orleans CH.38	4 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM Spanish Worksheet 11AM BYU Devotional 3pm National Trivia Day – Jeopardy 7PM Movie Night CH.2	5 10:30AM Exercise 11AM Blood Pressure 3PM Shopping @ Dollar Store 3PM Board Games 7PM Movie Night CH.2 8PM Utah Jazz vs Denver CH. 9 & 38	6 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM Rick Steves' Travel 3PM Bingo 3PM Jewelry Making 7PM Movie Night CH.2 7PM Summerfield Choir	7 10:30AM Exercise 11AM Orthodox Christmas Day 3PM Performance 5:30PM Utah Jazz vs Toronto CH. 38 7PM Movie Night CH. 2	8 2PM Board Games 5PM Utah Jazz vs Indiana CH. 38 6PM Antique Roadshow 7PM Movie Night CH.2 8PM BYU Men's Basketball vs St. Mary's CH. 10 Happy B-Day John
9 9:30AM Music and the Spoken Word CH.11 2:30 LDS Church Service 6PM Americas Funniest Home Videos CH.3 Happy B-Day Charlie	10 10:30AM Exercise 11AM Brain Teasers 2:30PM Bear Stuffing 4PM Family Home Evening 5PM Utah Jazz vs Detroit CH. 38	11 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM Poetry Day 11AM BYU Devotional 3pm Morse Code Day 7PM Movie Night CH.2	12 10:30AM Exercise 11AM Blood Pressure 3PM Shopping @ Target 3PM Board Games 7PM Movie Night CH.2 7PM Utah Jazz vs Cleveland CH. 38	13 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM Rick Steves' Travel 3PM Bingo 3PM History Lesson 7PM Movie Night CH.2 7PM Summerfield Choir	14 10:30AM Resident Led Exercise 10:30AM Nail Painting 3PM Performance 7PM Movie Night CH. 2 Happy B-Day Luella	15 2PM Board Games 6PM Antique Roadshow 7PM Movie Night CH.2
16 9:30AM Music and the Spoken Word CH.11 2:30 LDS Church Service 6PM Americas Funniest Home Videos CH.3 6PM Utah Jazz vs Denver CH. 38	17 10:30AM Exercise 11AM Spanish Worksheet 2:30PM Branch Activity 4PM Family Home Evening 8:30PM Utah Jazz vs Lakers Ch. 38	18 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM BYU Devotional 11AM Crossword Puzzles 3pm Are you Smarter than a 5 th Grader? 7PM Movie Night CH.2	19 10:30AM Exercise 11AM Blood Pressure 3PM Shopping @ Macey's 3PM Board Games 7PM Movie Night CH.2 7PM Utah Jazz vs Houston CH. 38	20 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM Rick Steves' Travel 3PM Bingo 3PM Jewelry Making 7PM Movie Night CH.2 7PM Summerfield Choir Happy B-Day Grant	21 10:30AM Exercise 11AM Spanish Worksheet 3PM Performance 7PM Movie Night CH. 2 7PM Utah Jazz vs Detroit CH. 38	22 2PM Board Games 6PM Antique Roadshow 7PM Movie Night CH.2 7PM BYU Men's Basketball vs Portland CH. 32
23 9:30AM Music and the Spoken Word CH.11 2:30 LDS Church Service 6PM Americas Funniest Home Videos CH.3 6:30 PM Utah Jazz vs Golden State CH. 38	24 10:30AM Exercise 11AM Virtual Museum Tours 11AM Board Games 2:30PM Italy with Josh 4PM Family Home Evening	25 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM BYU Devotional 11AM Bob Ross Mimic 3pm Winter Olympics 7PM Movie Night CH.2	26 10:30AM Exercise 11:30AM Resident Council 3PM Resident B-Day Party 7PM Movie Night CH.2 8PM Utah Jazz vs Phoenix CH. 9 & 38	27 9AM-2PM Doctors Appts. 10:30AM Exercise 11AM Rick Steves' Travel 3PM Bingo 3PM History Lesson 7PM Movie Night CH.2 7PM Summerfield Choir	28 10:30AM Resident Led Exercise 10:30AM Nail Painting 3PM Performance 6PM Utah Jazz vs Memphis CH. 38 7PM Movie Night CH. 2	29 2PM Board Games 6PM Antique Roadshow 6:30PM BYU Men's Basketball vs Pacific CH. 11 7PM Movie Night CH.2
30 9:30AM Music and the Spoken Word CH.11 2:30 LDS Church Service 6PM Americas Funniest Home Videos CH.3 6PM Utah Jazz vs Minnesota CH. 38	31 10:30AM Exercise 11AM Body Percussion 11AM Spanish Worksheet 2:30PM Hot Chocolate Bar Day 4PM Family Home Evening	<i>Who is Frosty's favorite Aunt? -Aunt Arctica-</i>				

Activities are subject to change.