

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
www.cedarhursthome.ca	<i>Timing and length of activities are driven by residents' interest and engagement.</i>				Happy New Year 1 Cranium Crunches Seated Yoga Spa Cart Trivia Time	2 Stretch and Flex Spiritual Readings BINGO! Name that Tune
3 Daily Chronicles Stretch and Flex Sculpting Class Dancing to the Oldies	4 Sit and Be Fit Cranium Crunches Trivia Day Birthday Celebration	5 Fitness Time What am I? National Bird Day Science Experiments	6 Sit and Be Fit Youtube Weekly Exploring the Atlantic Provinces Artists Corner	7 Fitness Time Cranium Crunches Old Rock Day Wheel of Fortune	8 Seated Yoga Spiritual Readings Watch Day Dance it Out	9 Dance Fitness What Am I? Simon Says Spa Time
10 Daily Chronicles Sit and Be Fit Shuffle Board Name that Tune	11 Stretch and Flex You be the Judge Morse Code Day Science Experiments	12 Cranium Crunches Fitness Time Tea social Hot Seat	13 Youtube Weekly Sit and Be Fit Creative Writing Bowling	14 Cranium Crunches Fitness Time Passport Washington DC Birthday Celebration	15 Seated Yoga Origami Folding National Bagel Day Bracelet Making	16 Stretch and Flex Cranium Crunches Dragon Day (Documentary) Dance it Out
17 Daily Chronicles Stretch and Flex BINGO! Sculpting Class	18 Sit and Be Fit Cranium Crunches (Blue day) Martin Luther King Jr. Day Hot Seat	19 Fitness Time Cranium Crunches Hot Chocolate Social Science Experiments	20 Sit and Be Fit Youtube Weekly Artists Corner Name that Tune	21 Fitness Time Cranium Crunches Discussion group (Hugging Day) Xbox Fun	22 Seated Yoga Spiritual Readings Ping Pong Toss Hot Seat	23 Dance Fitness What Am I? National Pie Day BINGO!
24 Daily Chronicles Sit and Be Fit All About Fishing Birthday Celebration	25 Stretch and Flex Cranium Crunches (Opposite Day) Board Games Science Experiments	26 Cranium Crunches Fitness Time Passport to Australia (Australia Day) Hot Seat	27 Sit and Be Fit Youtube Weekly Food for Thought (Chocolate Cake Day) Bowling	28 Spiritual Meditation Fitness Time Creative Writing Spa Cart	29 Seated Yoga Cranium Crunches Puzzle Day Artists Corner	30 Stretch and Flex Trivia Time Reading Group Wheel of Fortune
31 Daily Chronicles Stretch and Flex Backward Day BINGO!						

