







# River Bend January 2021 Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <i>Happy New Year!</i>	2
3	4 9:15 Chair Exercise (M) 10-11:30 AL 1-on-1 Activities 1:00 RB Bucks Store Cart 2:00 Trivia (M) 3-4:30 AL 1-on-1 Activities	5 9:30 Chair Yoga (M) 10-11:30 AL 1-on-1 Activities 2:00 Card BINGO (M) 3-4:30 AL 1-on-1 Activities	9:30 Chair Exercise (M) 10-11:30 AL 1-on-1 Activities 2:00 Hallway Happy Hour (M) 3-4:30 AL 1-on-1 Activities	7 9:30 Chair Yoga (M) 10-11:30 AL 1-on-1 Activities 1:00 RB Bucks Store Cart 2:00 BINGO (M) 3-4:30 AL 1-on-1 Activities	8 9:30 Coffee & News (M) 10-11:30 AL 1-on-1 Activities 2:00 Wheel of Fortune (M) 3-4:30 AL 1-on-1 Activities	9
10	11 9:30 Chair Exercise (M) 10-11:30 AL 1-on-1 Activities 1:00 RB Bucks Store Cart 2:00 Winter Craft (M) 3-4:30 AL 1-on-1 Activities	12 9:30 Chair Yoga (M) 10-11:30 AL 1-on-1 Activities 2:00 Card BINGO (M) 3-4:30 AL 1-on-1 Activities	13 9:30 Chair Exercise (M) 10-11:30 AL 1-on-1 Activities 2:00 Hallway Happy Hour (M) 3-4:30 AL 1-on-1 Activities	14 9:30 Chair Yoga (M) 10-11:30 AL 1-on-1 Activities 1:00 RB Bucks Store Cart 2:00 BINGO (M) 3-4:30 AL 1-on-1 Activities	15 9:30 Chair Exercise (M) 10-11:30 AL 1-on-1 Activities 2:00 Baking Club (M) 3-4:30 AL 1-on-1 Activities	16
17	18 9:30 Chair Exercise (M) 10-11:30 AL 1-on-1 Activities 1:00 RB Bucks Store Cart 2:00 Reminiscing... (M) 3-4:30 AL 1-on-1 Activities	19 9:30 Chair Yoga (M) 10-11:30 AL 1-on-1 Activities 2:00 Card BINGO (M) 3-4:30 AL 1-on-1 Activities	20 9:30 Chair Exercise (M) 10-11:30 AL 1-on-1 Activities 2:00 Hallway Happy Hour (M) 3-4:30 AL 1-on-1 Activities	21 9:30 Chair Yoga (M) 10-11:30 AL 1-on-1 Activities 1:00 RB Bucks Store Cart 2:00 BINGO (M) 3-4:30 AL 1-on-1 Activities	22 9:30 Coffee & News (M) 10-11:30 AL 1-on-1 Activities 2:00 Wheel of Fortune (M) 3-4:30 AL 1-on-1 Activities	23
24	25 9:30 Chair Exercise (M) 10-11:30 AL 1-on-1 Activities 1:00 RB Bucks Store Cart 2:00 Baking Club (M) 3-4:30 AL 1-on-1 Activities	26 9:30 Chair Yoga (M) 10-11:30 AL 1-on-1 Activities 2:00 Card BINGO (M) 3-4:30 AL 1-on-1 Activities	27 9:30 Chair Exercise (M) 10-11:30 AL 1-on-1 Activities 2:00 Hallway Happy Hour (M) 3-4:30 AL 1-on-1 Activities	28 9:30 Chair Yoga (M) 10-11:30 AL 1-on-1 Activities 1:00 RB Bucks Store Cart 2:00 BINGO (M) 3-4:30 AL 1-on-1 Activities	29 9:30 Chair Exercise (M) 10-11:30 AL 1-on-1 Activities 2:00 Craft (M) 3-4:30 AL 1-on-1 Activities	30
31 	<p><b>Note: Times and activities are subject to change</b>  <b>Masks are to be worn at all Activities.</b>  <b>(M) is for Moment's Activities</b></p>					

