

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



The Sentinel of Rockland An Assisted Living Community

10:00 Morning Stroll 11:00 Games & More 1:00 Variety Hour 2:30 Saturday BINGO!  New Year's Day						
2 10:00 Walk & Talk 11:00 Interfaith Playlist 1:00 Virtual Televised Catholic Church Service 6:00 Movie Matinee	3 10:00 Classical Tunes 11:00 Morning Stretch 1:00 Dear Abby 2:00 Ring Toss 3:00 BINGO! 6:00 Netflix & Chill	4 10:00 R & B Hits 11:00 Hand Exercises 1:00 POKENO 2:00 Food Committee Meeting w Residents 3:00 Connect 4 6:00 Drama Movie	5 10:00 Morning Jazz 11:00 Daily Affirmations 1:00 Ball Toss 2:00 Latest News Discussion 3:00 BINGO! 6:00 Action Movie	6 10:00 Pop Hits 11:00 Leg Exercises 1:00 Comedy Movie & Popcorn 3:00 BINGO! 6:00 Independent Word Search	7 10:00 Party Tunes 11:00 Clap to the Beat 1:00 Adult Coloring 2:00 Dominoes 3:00 BINGO! 6:00 Virtual Televised Shabbat Service	8 10:00 Morning Stroll 11:00 Games & More 1:00 Variety Hour 2:30 Saturday BINGO! 
9 10:00 Walk & Talk 11:00 Interfaith Playlist 1:00 Virtual Televised Catholic Church Service 6:00 Movie Matinee	10 10:00 Love Hits 11:00 Inhale/Exhale 1:00 Chair Yoga 2:00 UNO 3:00 BINGO! 6:00 Romantic Movie	11 10:00 Latin Hits 11:00 Arm Stretches 1:00 TRIP TO BARNES & NOBLE 3:00 Anagrams 6:00 Evening News	12 10:00 Blues Tunes 11:00 Body Movement 1:00 Water Coloring 2:00 Music Trivia 3:00 BINGO! 6:00 Netflix & Chill	13 10:00 Happy Music 11:00 Aromatherapy 1:00 Arts & Crafts 2:00 Let's Make a Fruit Smoothie 3:00 BINGO! 6:00 Puzzle Time!	14 10:00 70's Tunes 11:00 Morning Stretch 1:00 Jewelry Making 2:00 Resident Council 3:00 BINGO! 6:00 Virtual Televised Shabbat Service	15 10:00 Morning Stroll 11:00 Games & More 1:00 Variety Hour 2:30 Saturday BINGO! 
16 10:00 Walk & Talk 11:00 Interfaith Playlist 1:00 Virtual Televised Catholic Church Service 6:00 Movie Matinee	17 10:00 80's Tunes 11:00 Hand Exercises 1:00 "I Had A Dream" Discussion 2:00 Connect 4 3:00 BINGO! Martin Luther King Jr. Day	18 10:00 Mellow Tunes 11:00 Daily Affirmations 1:00 TRIP TO WALMART 3:00 POKENO 6:00 Drama Movie	19 10:00 Oldies but Goodies 11:00 Leg Exercises 1:00 Pictionary 2:00 January Birthdays Celebration 3:00 BINGO!	20 10:00 MJ Hits 11:00 Clap to the Beat 1:00 Rummicub 2:00 Jungle Jenga! 3:00 Bingo! 6:00 Netflix & Chill	21 10:00 Kenny G Tunes 11:00 Meditation 1:00 Pretty Nails 2:00 Table Topics 3:00 BINGO! 6:00 Virtual Televised Shabbat Service	22 10:00 Morning Stroll 11:00 Games & More 1:00 Variety Hour 2:30 Saturday BINGO! 
23 10:00 Walk & Talk 11:00 Interfaith Playlist 1:00 Virtual Televised Catholic Church Service 6:00 Movie Matinee Activity Professionals Week	24 10:00 Prince Hits 11:00 Inhale/Exhale 1:00 Headbandz Game 2:00 Rhymy Riddles 3:00 BINGO! 6:00 Independent Reading	25 10:00 Classical Tunes 11:00 Arm Stretches 1:00 Dominoes 2:00 Current News 3:00 Poetry Hour 6:00 Resident's Movie Choice	26 10:00 Morning Jazz 11:00 Horoscopes 1:00 Jewelry Making 2:00 Chair Yoga 3:00 BINGO! 6:00 Netflix & Chill Australia Day (observed)	27 10:00 50's Tunes 11:00 Body Movement 1:00 Arts and Crafts 2:00 Penny Toss 3:00 BINGO! 6:00 Independent Word Search	28 10:00 Latin Hits 11:00 Morning Stretch 1:00 Friday Social! 2:00 Scrabble 3:00 BINGO! 6:00 Virtual Televised Shabbat Service	29 10:00 Morning Stroll 11:00 Games & More 1:00 Variety Hour 2:30 Saturday BINGO! 
30 10:00 Walk & Talk 11:00 Interfaith Playlist 1:00 Virtual Televised Catholic Church Service 6:00 Movie Matinee	31 10:00 Love Hits 11:00 Meditation 1:00 Ring Toss 2:00 Horse Racing Game 3:00 BINGO! 6:00 Evening News	<p>All activities will be held in the Life Enrichment Center & facilitated by the Director of Life Enrichment, Christina DeJesus (ext. 2180) unless stated otherwise.</p> <p>Daily Snack Times: 1:30-2pm & 6:30-7pm</p> <p><small>ALL ACTIVITIES ARE SUBJECT TO CHANGE AND WILL BE COMMUNICATED WITH THE RESIDENTS BY STAFF. SOCIAL DISTANCING AND MASKS REQUIRED UNIVERSALLY, WHEN IN COMMON AREAS OF THE FACILITY.</small></p>				