

JANUARY 2025 HEALTHCARE CENTER ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities Team: Kayla Roane, CTRS Kellie Morris Selena Nixon Jennifer Zapata Catherine Heard Madison Dooley, CTRS Tonya Calloway	Location Key AN: All Neighborhoods RTR: Room to Room MA: Mast Auditorium MT: Matoaca MD: Midlothian D: Dale	**ALL ACTIVITIES ARE SUBJECT TO CHANGE**	New Years Day! 1 9:30 Rise and Shine [RTR] 10:30 Exercise Circle [FH] 11:00 All About January [FH] 2:00 New Years Packet Pass [AN]	2 8:45 Mail and Newspaper Delivery [AN] 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 The Game of Things [FH] 11:00 New Years Word Games [FH] 2:30 New Years Social [FH] 4:00 Friendly Visits [RTR]	3 8:45 Mail and Newspaper Delivery [AN] 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise Circle [FH] 11:00 Winter Family Feud [FH] 2:00 Lucy Corr Store On Wheels 2:00 Matoaca 2:30 Dale 3:00 Midlo [AN]	4 8:45 Mail and Newspaper Delivery [AN] 9:00 Daily Chronicle & Rise and Shine [RTR] 9:00 Daily Chronicles [RTR] 10:30 Linked Senior [FH] 11:00 Wood Craft [FH] 2:00 Movie Matinee [FH]
8:45 Mail and Newspaper Delivery [AN] 5 9:00 Daily Chronicle & Rise and Shine [RTR] 10:00 Sunday Devotionals [RTR] 10:30 Catholic Communion [RTR] 2:30 Church Service- Faith Landmarks Church [MA]	8:45 Mail and Newspaper Delivery [AN] 6 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise Circle [FH] 11:00 Winter This or That [FH] 11:30 Winter Trivia [FH] 2:30 Bingo [D/FH] 6:30 Sherriff's Bingo [MA]	8:45 Mail and Newspaper Delivery [AN] 7 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Chair Yoga [FH] 11:00 Winter Name Three [FH] 11:30 Crafter's Corner: Winter Mittens [FH] 2:00 Joy Ride: Dale [O] 2:30 Paint & Sip [MA] 4:00 Activity Cart [RTR]	8:45 Mail and Newspaper Delivery [AN] 8 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise with Sue [FH] 11:00 No Bake: Rudolph Snack [FH] 2:30 Bingo [MA] 4:00 Hydration Cart [RTR]	8:45 Mail and Newspaper Delivery [AN] 9 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 This Month in History [FH] 11:00 Manicures & Aromatherapy [FH] 2:30 Sam Singelton Performs [MA] 4:00 Friendly Visits [RTR]	8:45 Mail and Newspaper Delivery [AN] 10 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise Circle [FH] 11:00 Pringles Taste Test and Trivia [FH] 11:30 Fresh Air Friday [RTR] 2:30 Karaoke [FH]	8:45 Mail and Newspaper Delivery [AN] 11 9:00 Daily Chronicle & Rise and Shine [RTR] 9:00 Daily Chronicles [RTR] 10:30 Balloon Volleyball 11:00 Linked Senior [FH] 2:30 Horseracing [FH]
8:45 Mail and Newspaper Delivery [AN] 12 9:00 Daily Chronicle & Rise and Shine [RTR] 10:00 Sunday Devotionals [RTR] 10:30 Catholic Communion [RTR] 2:30 Church Service- Mount Gillelan Church [MA]	8:45 Mail and Newspaper Delivery [AN] 13 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise Circle [FH] 11:00 Devotionals & Hymns [FH] 11:00 Pet Therapy with Auggie [D/B/CH] 11:30 Coffee and Donuts [FH] 2:30 Bingo [D/FH]	8:45 Mail and Newspaper Delivery [AN] 14 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Chair Yoga [FH] 11:00 Crafter's Corner: Mosaic Snowflake [FH] 11:00 Gardening with Terri [C] 2:00 Joy Ride: Midlo [O] 2:30 Buzzy Lawer Performs [MA] 4:00 Activity Cart [RTR]	8:45 Mail and Newspaper Delivery [AN] 15 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise with Sue [FH] 12:00 Monthly Luncheon [MA] 2:30 Bingo [D/FH] 4:00 Hydration Cart [RTR]	8:45 Mail and Newspaper Delivery [AN] 16 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Belgium Virtual Travel & Fun Facts [FH] 11:00 Universal Yums : Belgium [FH] 2:30 Linked Senior [AN] 2:30 Resident Council [FH] 4:00 Friendly Visits [RTR]	8:45 Mail and Newspaper Delivery [AN] 17 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Kevin Sings the Classics [FH] 11:30 Fresh Air Friday [RTR] 2:00 Lucy Corr Store 2:00 Midlo 2:30 Matoaca 3:00 Dale [FH]	8:45 Mail and Newspaper Delivery [AN] 18 9:00 Daily Chronicle & Rise and Shine [RTR] 9:00 Daily Chronicles [RTR] 10:30 Balloon Volleyball 11:00 Linked Senior [FH] 2:00 Movie Matinee [FH]
8:45 Mail and Newspaper Delivery [AN] 19 9:00 Daily Chronicle & Rise and Shine [RTR] 10:00 Sunday Devotionals [RTR] 10:30 Catholic Communion [RTR] 2:30 Church Service- Amazing Grace World Fellowship/Virtual Church [MA]	8:45 Mail and Newspaper Delivery [AN] 20 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise Circle [FH] 11:00 Martin Luther King Jr. Trivia & Reminiscing [FH] 2:30 Bingo [D/FH]	8:45 Mail and Newspaper Delivery [AN] 21 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Chair Yoga [FH] 11:00 Crafter's Corner: Winter Hat [FH] 2:00 Joy Ride: Matoaca [O] 2:30 Winter Games [MA] 4:00 Activity Cart [RTR]	8:45 Mail and Newspaper Delivery [AN] 22 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise with Sue [FH] 11:00 No Bake: Snowman Donuts [FH] 2:30 Bingo [MA] 4:00 Hydration Cart [RTR] 6:30 Amy Ladd Performs [FH]	8:45 Mail and Newspaper Delivery [AN] 23 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 What am I? [FH] 11:00 National Pie Day [FH] 2:00 Outing: 5 Below [O] 2:30 Phil Mckenney Performs [MA] 4:00 Friendly Visits [RTR]	8:45 Mail and Newspaper Delivery [AN] 24 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise Circle [FH] 11:00 Mad Lib Madness [FH] 11:30 Fresh Air Friday [RTR] 11:30 Name that Tune [FH] 2:30 January Bidding Bash [MA]	8:45 Mail and Newspaper Delivery [AN] 25 9:00 Daily Chronicle & Rise and Shine [RTR] 9:00 Daily Chronicles [RTR] 10:30 Linked Senior 11:00 Picture Frame Craft [FH] 2:30 Horseracing [FH]
8:45 Mail and Newspaper Delivery [AN] 26 9:00 Daily Chronicle & Rise and Shine [RTR] 10:00 Sunday Devotionals [RTR] 10:30 Catholic Communion [RTR] 2:30 Church Service- New Hope Church [MA]	8:45 Mail and Newspaper Delivery [AN] 27 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise Circle [FH] 11:00 Devotionals/Meditation/Hymns [FH] 11:00 Pet Therapy with Auggie [MD/MT] 2:30 Bingo [D/FH]	8:45 Mail and Newspaper Delivery [AN] 28 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Chair Yoga [D/FH] 11:00 Gardening with Terri [C] 11:00 Whats your Snowman Name? [FH] 11:30 Crafter's Corner: Snowman Name [FH] 2:30 January Birthday Party [FH]	8:45 Mail and Newspaper Delivery [AN] 29 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise with Sue [FH] 11:00 No Bake: Hot Cocoa Dip [FH] 2:30 Bingo [MA] 4:00 Hydration Cart [RTR]	8:45 Mail and Newspaper Delivery [AN] 30 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Guess the Logo [FH] 11:00 Magazine Hunt [FH] 11:30 Outing: Mcdonalds [O] 2:30 Craig Anders Performs [MA] 4:00 Friendly Visits [RTR]	8:45 Mail and Newspaper Delivery [AN] 31 9:00 Daily Chronicle & Rise and Shine [RTR] 10:30 Exercise Circle [FH] 11:00 Winter Word Games [FH] 11:30 Fresh Air Friday [RTR] 2:30 Dan Foldenhour Performs [FH]	