



January 2023

Pulaski Health Care Center Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 (RL)9:30-Exercise (RL)10:15-UMC Church Video 11:30- Puzzle Pass (RL)1:00-Game Time (RL)2:00-New Years Trivia	2 (RL)9:30-Exercise (RL)10:00-Wii Games 11:30-Bird & Fish Care 1:00-Puzzle Pass (C)2:00-Bingo (RL)3:15-Wii Games	3 (RL)9:30-Exercise (BS)10:00-11:30-Pretty Nails & Tunes (RL)1:00-Music & Motion 1:30-Puzzle Pass 1:30- Elephant Ear Pass (RL)2:00-Wii Games (C)3:15-Connect Four	4 Groovy 60's Day (RL)9:30-Exercise (RL)10:15-1960s Trivia 11:00-60's Puzzle Pass (RL)1:00-Faces & Places (C)2:00- Groovy 60's Bingo (RL)3:30- Name That 60's Tune	5 (RL)9:30-Exercise (RL)10:00-Singalong 11:00-Puzzle Pass 11:00-Bird & Fish Care 2:00- Pet Therapy (C)3:00-Bingo & Prizes (RL)3:00-Funny Animal Video	6 (RL)9:30-Exercise (BS)10:00-11:30-Massage & Aromatherapy (RL)11:00-Faces & Places (RL)1:00-Wii Wheel of Fortune (C)2:00-Resident Birthday Party (C)3:00-Game Time	7 (RL)9:30-Exercise (C)10:15-Adult Coloring (RL)11:15-Trivia Time (RL)1:00-Connect Four (C)2:00-Bingo
8 (RL)9:30-Exercise (RL)10:15-UMC Church Video 11:30-Religious Puzzle Pass (RL)1:00-Game Time (RL)2:00-Bible Trivia (C)3:00- Denham Freewill Baptist Singers	9 (RL)9:30-Exercise (RL)10:00-Wii Games 11:30-Bird & Fish Care 1:00-Puzzle Pass (C)2:00-Bingo (RL)3:15-Wii Games	10 (RL)9:30-Exercise (BS)10:00-11:30-Pretty Nails & Tunes (C)1:30- Isa plays the Piano 1:30-Puzzle Pass (RL)2:00-Wii Games (C)3:15-Farke	11 (RL)9:30-Exercise (C)10:00-Connect Four (RL)11:00-Faces & Places 1:00-Puzzle Pass (C)2:00-Bingo (C)3:15-Bowling	12 National Hot Tea Day (RL)9:30-Exercise (C)10:15- 11:00-Bird & Fish Care 1:00-Puzzle Pass (C)2:00- Tea & Scones Social (C)3:00-Bingo & Prizes (C)6:30-Man in Black Sing	13 (RL)9:30-Exercise (RL)10:00-Would You Rather? (RL)11:00-Connect Four (BS)1:00-2:30-Massage & Aromatherapy (RL)3:00-Wii Games	14 (RL)10:00-Wii Bowling (C)10:00-Adult Coloring 11:00-Puzzle Pass (RL)11:00-Trivia in the Lounge (RL)1:15-Balloon Volley (C)2:00-Bingo
15 (RL)10:00-UMC Church Video 11:30-Weekly Chronicle Pass 1:00-Religious Puzzle Pass (RL)2:00-Bible Trivia 2:00-Junk Drawer Pass	16 Marshmallow Monday (RL)9:30-Exercise (C)10:15-Connect Four 11:00-Bird & Fish Care 1:00-Puzzle Pass (C)2:00- Hot Cocoa w/ Mini Marshmallows and Snickerdoodles (C)3:00-Bingo	17 (RL)9:30-Exercise (BS)10:00-11:30-Pretty Nails & Tunes (RL)1:00-Music & Motion 1:30-Puzzle Pass (RL)2:00-Wii Games (C)3:00-Farke	18 (RL)9:30-Exercise (RL)10:15-Trivia in The Lounge (RL)11:00-Balloon Volley 1:00-Puzzle Pass 1:30- Bingo at Riverwood Outing (C)2:00-Bingo	19 (RL)9:30-Exercise (C)10:00- Lets Make Some Ice Cream! 11:00-Puzzle Pass 11:30-Bird & Fish Care (RL)1:00-Music & Motion 1:30-Ice Cream Pass (C)3:00-Bingo & Cookies (RL)3:00-Music & Motion	20 (RL)9:30-Exercise (BS)10:00-11:30-Massage & Aromatherapy 1:00-Puzzle Pass (RL)2:00-Wii Games (RL)3:15-Comedy & Snack	21 (RL)9:30-Exercise (C)10:15-Adult Coloring (RL)11:15-Trivia Time (RL)1:00-Connect Four (C)2:00-Bingo
22 (RL)9:30-Exercise (RL)10:15-UMC Church Video 11:30-Religious Puzzle Pass (RL)1:00-Game Time (RL)2:00-Bible Trivia	23 (RL)9:30-Exercise (RL)10:00-Wii Games 11:30-Bird & Fish Care 1:00-Puzzle Pass (C)2:00-Bingo (RL)3:15-Wii Games	24 (RL)9:30-Exercise (C)10:00- JJ Brook Sings 11:00-Puzzle Pass (BS)1:00-3:00-Pretty Nails & Tunes (C)3:15-Game Time	25 (RL)9:30-Exercise (RL)10:00-Singalong (RL)10:30-Wii Bowling 11:30-Puzzle Pass 1:00- Staff Appreciation Day (C)2:00-Bingo (RL)3:15-Trivia in the Lounge	26 (RL)9:30-Exercise (RL)10:00-Faces & Places 11:00-Puzzle Pass 11:30-Bird & Fish Care (RL)1:00-Music & Motion (C)2:00-Farkle (C)3:00-Bingo & Cookies (RL)3:00-Singalong	27 (RL)9:30-Exercise (BS)10:00-11:30-Massage & Aromatherapy (C)10:30-Connect Four (RL)1:15-Trivia in the Lounge (C)2:00-Farkle (RL)3:15-Singalong	28 (RL)10:00-Wii Bowling (C)10:00-Adult Coloring 11:00-Puzzle Pass (RL)11:00-Trivia in the Lounge (RL)1:15-Balloon Volley (C)2:00-Bingo
29 (RL)10:00-UMC Church Video 11:30-Weekly Chronicle Pass 1:00-Religious Puzzle Pass (RL)2:00-Bible Trivia 2:00-Junk Drawer Pass	30 (RL)9:30-Exercise (RL)10:00-Wii Games 11:30-Bird & Fish Care 1:00-Puzzle Pass (C)2:00-Bingo (RL)3:15-Wii Games	31 (RL)9:30-Exercise (BS)10:00-11:30-Pretty Nails & Tunes (RL)1:00-Music & Motion (C)1:30- Isa plays the Piano (RL)2:30-Wii Games (C)3:30-Resident Council (RL)3:30-Singalong			C- Cafe RL- Resident Lounge BS- Beauty Shop	