113 Battle Rd. Yorktown, Va. 23692 (757) 243-8559 Kirstie Saunders, Director of Activities

## January 2025

Kirstie Saunders, Director of Activities			$\mathbf{O}$			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*All programs are subject to change according to the resident's needs. *Programs with an (*) are 1-2 hours, all others are 30 min.	*Updated 1/3/2025*		1         New Year's Day           ■ Daily Perk         (1)           ■ 11:00 Mr. Dowd on Piano*         (1)	2 ■ 10:00 Chair Exercise (2) ■ 11:15 TRIP: Harpoon (1) Larry's Seafood* ■ 3:30 The Library: (1) -Uno & Art Class*	3 ■ 10:30 Bird Seed Refresh (1) □ 11:00 Eyeglass Cleaning (1) ■ 1:00 Pet Therapy w/ Sage (1) ■ 2:00 Quarter Bingo* (2) ■ 3:15 Winter Warm Up* (1) -Cocoa & Cookies	4Daily PerkWord Match6:00 The Gaithers Cox Channel 20
5 Daily Perk (1) Word Unscramble 1) 8:00 p.m. Golden (A) Globe Awards Cox Channel 3*	<ul> <li>6</li> <li>■ 10:00 Chair Exercise (2)</li> <li>■ 11:00 Bible Study (1) with Dottie*</li> <li>■ 2:00 Dolly Parton (1) Karaoke Party* -Refreshments served</li> </ul>	<ul> <li>7 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</li> <li>11:00 Therapy Dogs Intl' (1)</li> <li>2:00 Petal Pushers (2) Flower class*</li> </ul>	<ul> <li>8</li> <li>■ 11:00 Prize Bingo (1)</li> <li>■ 2:00 Brain Games (1) &amp; Popcorn Bar*</li> <li>■ 3:00 Crossword (1) Puzzle</li> </ul>	9 ■ 10:00 Chair Exercise (2) ■ 1:45 Trip: To the Movies!* (1) "Wicked"	<ul> <li>10</li> <li>11:00 Coffee Hour (1) &amp; Trivia*</li> <li>1:00 Pet Therapy w/ Sage (1)</li> <li>2:00 Quarter Bingo* (1)</li> <li>3:15 Wine Tasting (1) &amp; Year Slideshow*</li> </ul>	<ul> <li>11</li> <li>Daily Perk (1)</li> <li>2:00 Games w/ Doris (1) In Library*</li> <li>6:00 The Gaithers (A) Cox Channel 20</li> </ul>
<ul> <li>Daily Perk (1)</li> <li>3:30 KLEM Ministry (1) By Elder Lucas*</li> </ul>	<ul> <li>13</li> <li>10:00 Chair Exercise (2)</li> <li>11:00 Bible Study (1) with Dottie*</li> <li>2:00 Manicures (1) &amp; Drink of the Day*</li> </ul>	<ul> <li>14 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</li> <li>11:00 Therapy Dogs Intl' (1)</li> <li>2:00 Smoothies &amp; (1) Name that Tune!*</li> <li>6:00 A Night at the (1) Drive In!*</li> </ul>	<ul> <li>15 Library Pick up</li> <li>■ 10:30 5 Second Rule Game</li> <li>2:00 Tea Party* -Elvis Theme</li> <li>(2)</li> </ul>	<ul> <li>16 Library Drop Off</li> <li>10:00 Chair Exercise (2)</li> <li>1:00 TRIP: Starbucks (1)</li> <li>3:00 The Library: (1) -Horse Racing Game*</li> <li>4:30 Katie on Flute* (1)</li> </ul>	<ul> <li>17</li> <li>□ 10:00 Resident Forum* (2)</li> <li>□ 11:00 Eyeglass Cleaning (1)</li> <li>■ 1:00 Pet Therapy w/ Sage (1)</li> <li>■ 2:00 Quarter Bingo* (2)</li> <li>■ 3:15 Root Beer Floats (1)</li> </ul>	18 Daily Perk (1) 6:00 The Gaithers Cox Channel 20 (A)
19Activity Professionals WeekDaily Perk(1)Word Mining(1)	<ul> <li>20 Martin Luther King, Jr. Day</li> <li>10:00 Chair Exercise (2)</li> <li>11:00 Bible Study (1) with Dottie*</li> <li>12:00 60<sup>th</sup> Presidential (A) Inauguration on TV*</li> <li>2:00 MLK Day Tribute (1) &amp; Hymn Sing*</li> <li>6:30 Bingo @ York* (Y)</li> </ul>	<ul> <li>21 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</li> <li>■ 11:00 Therapy Dogs Intl' (1)</li> <li>■ 2:00 Cardio Drumming*</li> </ul>	<ul> <li>22</li> <li>11:00 Prize Bingo (1)</li> <li>2:00 Birthday Celebration -Entertainment by Billy Mitchell* (1) "Happy Days" Theme</li> </ul>	23 10:00 Chair Exercise (2) 1:00 Trip: Tous les Jours Bakery* (1) 3:00 The Library: (1) -Dominoes & Art Class*	<ul> <li>24</li> <li>■ 10:30 Humane Society (1) -small animal</li> <li>■ 1:00 Pet Therapy w/ Sage (1)</li> <li>■ 2:00 Quarter Bingo* (2) -Double Payout !\$!\$</li> <li>■ 3:15 Popcorn Bar* (1)</li> </ul>	25 ■ Daily Perk (1) ■ 2:00 Trail Mix w/ the Girl Scouts -Camping Theme* (3) ■ 6:00 The Gaithers Cox Channel 20 (A)
26 Daily Perk (1) 3:30 KLEM Ministry (1) By Elder Lucas*	<ul> <li>27</li> <li>■ 10:00 Chair Exercise (2)</li> <li>■ 11:00 Bible Study (1) with Dottie*</li> <li>■ 12:00 Mission BBQ \$17 (2)</li> <li>■ 2:00 Manicures (1) &amp; Drink of the Day* (1)</li> </ul>	<ul> <li>28 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm</li> <li>■ 11:00 Therapy Dogs Intl' (1)</li> <li>■ 2:00 Craft Class: (1) Beading Bracelets*</li> <li>■ 6:00 Evening Movie* (1)</li> </ul>	<ul> <li>29 Luper New Year</li> <li>■ 10:30 Fetch w/ Copper* (1)</li> <li>■ 2:00 Travelogue to China* Cooking Class: Fried Rice (2)</li> </ul>	$\square$ 1:00 Trip: Food Lion (1)	31 □ 11:00 Eyeglass Cleaning (1) ■ 1:00 Pet Therapy w/ Sage (1) ■ 2:00 Quarter Bingo* (2) ■ 3:15 Ice Cream Social (1)	Cognitive/CreativePhysicalReflectiveSocialSensoryNatureOutdoorProductive

## The Hamilton ASSISTED LIVING