



# THE HUNTINGTON ACTIVITY CALENDAR

## JANUARY



## 2025



SUN	MON	TUE	WED	THU	FRI	SAT
A-Activities Room M-Media Room TN-The Newport D-Dining Hall	<b>TYPES OF ACTIVITIES</b> EXERCISE CREATIVE REFLECTIVE SENSORY SOCIAL OUTINGS OUTDOORS COGNITIVE ENTERTAINMENT	Program times 30 minutes unless: *1=1 hour program *1.25=1 hour & 15 min **2 hrs or more	1 <b>HAPPY NEW YEAR!</b> 9:30 Word Fun (A) 10:30 Board Games (A) *1	2 9:30 Resolutions (A) 10:30 Chair Zumba (A) 11:15 Conversation Wheel (A) 2:00 Bingo (A)*1.25	3 9:30 Word Fun (A) <b>2:00 Trip: Main Street Library &amp; Book Scavenger Hunt ** (lobby)</b>	4 9:30 Word Fun (A) 6:00 pm The Gaithers (TBN)
5 3:00 Newport News Baptist Church (D)*1 <b>NATIONAL BIRD DAY</b>	6 9:30 Word Fun (A) 11:00 Pretty Cardinals (A) 2:30 Bean Art (A) *1 3:30 Minute it to win it game (A) <b>NATIONAL BEAN DAY</b>	7 Schedule Transportation w/Bonnie 2:30 Bingo (A) *1.25	8 10:00 Elvis, Frank, or Sinatra (M) 10:30 Bible Study (M) 11:15 Cardio Drumming (A)*1 2:00 Movie (M) ** <b>ELVIS BIRTHDAY</b>	9 9:30 Paint Polka Dot Pencil (A) 11:00 Sit & Fit (The Newport Dining Hall) 2:30 Bingo (A)*1.25	10 9:30 Word Fun (A) 11:00 Snow Wreaths (A) *45 min 2:30 Board Game Bonaza Social (A)*1	11 Ride the Bike (M) 6:00 pm The Gaithers (TBN)
12 Catholic Communion Visits with OLMC Church Available on TBN Channel 20	13 10:00 Sticker Match Challenge (A) 10:30 Fitness Band Exercises (A) 2:30 Braided Bookmarks (A) <b>NATIONAL STICKER DAY</b>	14 Schedule Transportation w/Bonnie 2:30 Bingo (A) *1.25	15 9:45 Party Hat Game (A) 10:30 Bible Study (M) 11:15 Cardio Drumming (A)*1 2:00 Movie (M)** <b>NATIONAL HAT DAY</b>	16 9:30 Morning Routines (A) 10:30 Chair Zumba (A) 11:15 Group Puzzle (A)*1 2:30 Birthday Celebration (D) *1	17 9:30 Comic Strip Game (A) 11:00 Edible Tree (A)*1 2:30 Minute to Win it Games (A)	18 9:30 Word Fun (A) 6:00 pm The Gaithers (TBN)
19 3:00 Newport News Baptist Church (D)*1	20 <b>MARTIN LUTHER KING JR BIRTHDAY</b>  Walk our facility to see the MUSEUM EXHIBIT on loan from Hampton History Museum: <b>NASA HUMAN COMPUTERS **</b>	21 Schedule Transportation w/Bonnie <b>1:30 Fire Drill/Refuge Training (D)</b> 2:30 Bingo (A) *1.25	22 9:30 Corn Mosaic (A) 10:30 Bible Study (M) 11:15 Cardio Drumming (A)*1 2:00 Movie (M)**	23 9:30 Word Fun 11:00 Pattern Canvas Art (A) *1 2:30 Bingo (A) *1.25	24 10:30 Gold Treasure Hunt 11:15 Fitness Band Exercises 2:30 Social: Peanut butter treats, hot tea, & make tea cup planters (D) *1.25	25 Craft Corner (A) 6:00 pm The Gaithers (TBN)
26 2:30 Hampton Roads Indepe. Baptist Church (D)*1	27 10:00 TAO: Clay Pottery (A)*1 2:00 Snowball Launch (A)*1 3:00 Manicures (A) *1	28 Schedule Transportation w/Bonnie 2:30 Bingo (A) *1.25	29 9:30 Group Puzzle (A)*1 10:30 Bible Study (M) 11:15 Cardio Drumming (A)*1 <b>2:00 Trip to Roses (pre-register by 1/27/24)**</b>	30 9:30 Morning Routines (A) 10:30 Chair Zumba (A) 11:15 Group Puzzle (A)*1 2:30 Bingo (A) *1.25	31 10:30 Hot Cocoa Craft (A) 11:00 Resident's Forum (A) 2:00 Movie (M)** <b>NATIONAL HOT CHOCOLATE DAY</b>	<b>(757) 223-0888</b> <b>RECREATION DIRECTOR</b> <b>BONNIE FITZ</b> <b>BFITZ@VAHS.COM</b>