

All activities will be in the Dining Room unless otherwise noted.

Missouri Slope Assisted Living January 2022

Daily Meal Times

Continental Breakfast
Dinner
Snacks
Supper

7:00-9:00 am
11:30-12:30 pm
2:30-3:00 pm
5:00 - 6:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Catholic Mass – 10:00 Ch. 60 Ecumenical Worship with Holy Communion – 1:30 	3 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Bingo – 2:00	4 Family Feud – 2:00 	5 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Make Snowman Ornaments – 2:00 	6 Shopping: Dan's Supermarket – 9:00 Catholic Communion – 10:40 Music with Alice Delzer – 2:00	7 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Cards & Games – 2:00 	1 <i>Happy New Year!</i> Movie: As Good As It Gets – 2:00 8 Movie: The Greatest Showman – 2:00
9 Catholic Mass – 10:00 Ch. 60 Ecumenical Worship – 1:30 	10 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Taste Test New Menu Items – 2:00 	11 Bible Study – 10:30 Activity Room Wellness Checks – 1:00-2:00 Med Room Poetry & Stories – 2:00 	12 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Music with Steve Harmon – 2:00 	13 Shopping: Walmart – 9:00 Catholic Communion – 10:40 Horse Races – 2:00 	14 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Cards & Games – 2:00 	15 Movie: Julie & Julia – 2:00 Irene I.  
16 Catholic Mass – 10:00 Ch. 60 Ecumenical Worship – 1:30 Annie, Dorothy M. 	17 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Bingo – 2:00 	18 Pet Visits – 2:00 Jennie  	19 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Popcorn Party – 2:00  	20 Shopping: Dollar Tree – 9:00 Catholic Communion – 10:40 Music with Young at Heart – 2:00 	21 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Cards & Games – 2:00 	22 Movie: Coach Carter – 2:00  
23 Catholic Mass – 10:00 Ch. 60 Ecumenical Worship – 1:30 	24 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Bingo – 2:00  	25 Bible Study – 10:30 Activity Room Taste & Tour of Australia – 2:00 	26 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Music with Jim Geiger – 2:00 Ida 	27 Shopping: Target – 9:00 Catholic Communion – 10:40 Nails – 2:00  	28 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Cards & Games – 2:00 	29 Movie: The Secret Garden – 2:00 Earl  
30 Catholic Mass – 10:00 Ch. 60 Ecumenical Worship – 1:30 	31 Armchair Exercises – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Bingo – 2:00	Let it snow! 			<p>Medical Providers are available on site: Legacy Medical: Fridays 3:00 Sanford: Tuesdays or Wednesdays 9-11 Or take the bus to the clinic: Mon., Tues, or Wed.</p>	