

ASCU LIFE ENRICHMENT CALENDAR

JANUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Activities are subject to change.			1 HAPPY NEW YEAR! 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-One-on-One's 2:00pm-CNA Choice 6:00pm-Sensory Bins	2 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am-Cornhole 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	3 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Hot Cocoa Social 2:00pm-Paint by Numbers 6:00pm-Sensory Bins	4 8:00am-Soothing Music 9:30am-Chair Exercises 10:00am-Newsletters 10:00am-CNA Choice 2:00pm-Walking Club 6:00pm-Sensory Bins
5 8:00am-Soothing Music 9:30am-Seated Exercises 10:00am-Newsletters 10:00am-Walking Club 3:00pm-Chapel Services w/ Jana Green (Communion) 6:00pm-Sensory Bins	6 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David 2:00pm-Snowglobes 6:00pm-Sensory Bins	7 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am-Movement Class w/Melissa Schoenfeld 2:00pm-Bingo 6:00pm-Sensory Bins	8 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion w/Tom 2:00pm-Prayer Jars 6:00pm-Sensory Bins	9 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am-Basketball 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	10 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Donut Social 2:00pm-Noodle Bop 6:00pm-Sensory Bins	11 8:00am-Soothing Music 9:30am-Chair Exercises 10:00am-Newsletters 10:00am- Cornhole 2:00pm-One-on-One's 6:00pm-Sensory Bins
12 8:00 am-Soothing Music 9:30am-Seated Exercises 10:00am-Newsletters 10:00am-Walking Club 2:00pm-Chapel w/Brian Meeks 6:00pm-Sensory Bins	13 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David 6:00pm-Sensory Bins	14 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am- Walk About 2:00pm-Bingo 6:00pm-Sensory Bins	15 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion w/Tom 2:00pm-Jesus Lamp Craft 6:00pm-Sensory Bins	16 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- Bowling 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	17 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Pizza Making 2:00pm-Snowman Making 6:00pm-Sensory Bins	18 8:00am-Soothing Music 9:30am-Chair Exercises 10:00am-Newsletters 10:00am-CNA Choice 2:00pm-Ice Cream Social
19 8:00am-Soothing Music 9:30am-Seated Exercises 10:00am-Newsletters 10:00am-Walking Club 3:00pm-Chapel w/Randall Ray 6:00pm-Sensory Bins	20 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David 2:00pm-Conversation Catch 6:00pm-Sensory Bins	21 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am-Sing Along w/Staff 2:00pm-Bingo 6:00pm-Sensory Bins	22 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion w/Tom 2:00pm-Crafts w/Debbie 6:00pm-Sensory Bins	23 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am-Ring Toss 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	24 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Apple Cider by the Fire 2:00pm-Fancy Nails 6:00pm-Sensory Bins	25 8:00am-Soothing Music 9:30am-Chair Exercises 10:00am-Newsletters 10:00am-One-on-One's 2:00pm-Walking Club 6:00pm-Sensory Bins
26 8:00am-Soothing Music 9:30am-Seated Exercises 10:00am-Newsletters 10:00am-Walking Club 3:00pm-Chapel w/Donna Ward 6:00pm-Sensory Bins	27 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David 2:00pm-Winter Drive 6:00pm-Sensory Bins	28 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am-Picture Reminisce 2:00pm-Bingo 6:00pm-Sensory Bins	29 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion w/Tom 2:00pm-Crafts w/Debbie 6:00pm-Sensory Bins	30 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am-Noodle Bop 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	31 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am-Muffins & Milk 2:00pm-January Bday Bash! 6:00pm-Sensory Bins	