

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022



New Year's Day

10:00 Mass w/ Father Shang in Community Room

2 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Card Club
2:00 Movie & Popcorn w/ Kat and Kayla!



3 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Pokeno Bingo
2:00 Birthday Party w/ Patrick Allen!



4 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Card Club
1:00 Walking Club
Wednesday
2:30 Bingo!



5 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Bible study w/ Sharon
10:30 Game w/ Sharon
2:00 Holy Rosary
3:00 Worship Service



6 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Music Therapy – sing along while we stretch!
10:15 Card Club
2:30 HaPpY HoUr w/ Vinnie Rose!



7 9:30 Exercise w/ Sharon
10:00 Card Club w/ Sharon

1:00 Movie Matinee



No Mass Today.

9 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Card Club
2:00 Craft Corner – “Stuffed Snowmen”



10 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Pokeno Bingo
1:00 Walmart (4 residents per trip)



11 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Card Club
1:00 Walking Club
Wednesday
2:30 Bingo!



12 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Bible study w/ Sharon
10:30 Game w/ Sharon
2:00 Holy Rosary
3:00 Worship Service



13 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise w/ Sharon
10:00 Card Club
2:30 HaPpY HoUr w/ Michael Larson! (Kat off)



14 9:30 Exercise w/ Sharon
10:00 Card Club w/ Sharon

1:00 Movie Matinee



10:00 Mass w/ Father Shang in Community Room

16 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Card Club
1:00 Manicure Monday
2:30 Sevens



Martin Luther King Jr. Day



17 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Pokeno Bingo
1:00 Dollar Tree (4 residents per trip)



18 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Card Club
1:00 Walking Club
Wednesday
2:30 Bingo!



19 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Bible study w/ Sharon
10:30 Game w/ Sharon
2:00 Mass
3:00 Worship Service



20 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Card Club
1:00 Trivia/Brain Games
2:30 HaPpY HoUr



21 9:30 Exercise w/ Sharon
10:00 Card Club w/ Sharon

1:00 Movie Matinee



10:00 Mass w/ Father Shang in Community Room

23 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Card Club
1:00 Dollar Tree (4 residents per trip)



Activity Professionals V



24 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Pokeno Bingo
1:00 Walmart (4 residents per trip)



25 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Coffee w/ Chef Scotty!
1:00 Town Hall
2:30 Bingo!



Australia Day

26 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Bible study w/ Sharon
10:30 Game w/ Sharon
2:00 Holy Rosary
3:00 Worship Service



27 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Card Club
1:00 Trivia/Brain Games
2:30 HaPpY HoUr



28 9:30 Exercise w/ Sharon
10:00 Card Club w/ Sharon

1:00 Movie Matinee



10:00 Mass w/ Father Shang in Community Room

30 8:30 Wii Bowling after breakfast! (Resident lead)
9:30 Exercise
10:00 Card Club
1:00 Armchair Travel - Norway! Learn & share facts, and a snack



The Shores of Lake Phalen Assisted Living

Activities are subject to change. Suggestions on outings or group activities; please contact Kat at (651) 689-1438.