

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2021

Villa Saint Benedict

**Catholic Mass at 11:30 a.m. Monday – Saturday *Catholic Mass at 10:00 a.m. Sunday +Rosary 3:45 p.m. Daily



10:00 New Year's Day Mass
 10:30 Word Webs
 11:00 Basketball
1:30 Holiday Sing-Along
2:15 New Year's Eve Party!
 3:45++
 6:00 New Year's Day Movie "Sleepless in Seattle"
New Year's Day



2 10:00 Movements Made Simple:
 Exercise or Walking Club
 10:30 Sing-Along Songs
 11:30 **
 2:00 Nail Care & Music
3:00 New Year's Day Social!
 3:45 ++
 6:00 Reading, Reminisce & Music
 Happy Birthday Joanna!

3 10:00 Mass*
 11:00 Simply Stretch: Exercise or Stroll & Roll
 2:00 Nail Care, Polish & Travelogue
 3:00 Hymn Songs Sing-Along
 3:45 ++
 6:00 At the Movies: "Holiday" & Color Me Calm

4 10:00 Sit & Fit
 10:30 Alphabetics & Trivia
 11:00 Badminton
 11:30 **
 1:30 **Paint Yourself Calm: Birches**
 3:00 Shut the Box & Refreshments
 3:45 ++
 5:30 Family Feud - TV
 6:00 Move, Groove & Stroll

5 10:00 Chair Chi
 10:30 Share a Story Line
 11:00 Frisbee Golf
 11:30 **
 1:30 **Paint Yourself Calm: Birches**
 3:00 Bingo
 3:45++
 6:00 Sing-Along



6 10:00 Sit & Fit
 10:30 Word in a Word
 11:00 Journey of Faith: Three Kings
 11:30 **
 2:00 **Artist Spotlight: Snowman Art and Designs**
 3:00 **We Three Kings Social**
 3:45++
 6:00 Word Puzzles & Games
Epiphany

7 10:00 Yoga
 10:30 Prose & Poetry
 11:00 Drumming with Friends
 11:30 **
 2:00 Bowling
 3:00 **Resident Council**
 3:45++
 5:30 Family Feud - TV
 6:00 Meditation, Hand Massages & Music

8 10:00 Creative Movers
 10:30 Name that Personality
 11:00 Baseball
 11:30 **
 2:00 Golf
 3:00 **Abbey Lane Welcome Social & Resident Choice Game**
 3:45++
 6:00 Classic TV Show's, Popcorn, & Reminisce
 Happy Birthday Mary Ellen!

9 10:00 Movements Made Simple:
 Exercise or Walking Club
 10:30 Sing-Along
 11:30 **
 2:00 Color Me Calm
 3:00 Nail Care & Music
 3:45 ++
 6:00 Reading, Reminisce & Music

10 10:00 Mass*
 11:00 Simply Stretch: Exercise or Stroll & Roll
 2:00 Nail Care, Polish & Music Resident Choice or Sing-Along
 3:00 Dancing Divas & Gents
 3:45 ++
 6:00 At the Movies: "You've Got Mail" & Color Me Calm

11 10:00 Sit & Fit
 10:30 Team Jeopardy- DVD
 11:00 Bocce Ball
 11:30 **
 1:30 **Crafting by Design: Snow Man Wall Decoration**
 3:00 Snake Eyes & Refreshments
 3:45 ++
 5:30 Family Feud - TV
 6:00 Move, Groove & Stroll

12 10:00 Chair Chi
 10:30 Mind Joggers
 11:00 Science Never Gets Old: Ice
 11:30 **
 1:30 **Crafting by Design**
 2:30 **Winter Social: "BRRRR" Days!**
 3:45++
 6:00 Sing-Along



13 10:00 Sit & Fit
 10:30 It's a "Numbers" Game
 11:00 Travel with Me: Chicago Highlights & Trivia
 11:30 **
 2:00 **Music & Reminisce: Tony Bennett**
 3:00 Iced Tea & National Rubber Duckie Day
 3:45++

14 10:00 Yoga
 10:30 Charades, Riddles, & Jokes
 11:00 Corn hole Toss
 11:30 **
 2:00 Basketball
 3:00 Journey of Faith
 3:45++
 5:30 Family Feud - TV
 6:00 Meditation, Hand Massages & Music

15 10:00 Simple Stretch
 10:30 Finish the Lyric
 11:00 Washer Toss
 11:30 **
 2:00 Sing-Along
 3:00 Bingo
 3:45++
 6:00 Classic TV Show's, Popcorn, & Reminisce

16 10:00 Movements Made Simple:
 Exercise or Walking Club
 10:30 **Chili in a Pot & Bread in a Machine - Hobo Party (JE)**
 11:30 **
 1:30 Sing-Along
 2:00 Color Me Calm
 3:00 Nail Care & Music
 3:45 ++
 6:00 Reading, Reminisce & Music



17 10:00 Mass*
 11:00 Simply Stretch: Exercise or Stroll & Roll
 2:00 Nail Care, Polish & Travelogue
 3:00 Hymn Songs Sing-Along
 3:45 ++
 6:00 At the Movies: "Jack Frost" & Color Me Calm

18 10:00 Sit & Fit
 10:30 Shiritori & Martin Luther King
 11:00 Badminton
 11:30 **
 1:30 **Crafting by Design: Snow Man Wall Decoration**
 3:00 Po-keno & Refreshments
 3:45 ++
 5:30 Family Feud - TV
 6:00 Move, Groove & Stroll
Martin Luther King Day



19 10:00 Chair Chi
 10:30 Finish the Lyric
 11:00 Bowling
 11:30 **
 1:30 **Crafting by Design**
 3:00 Bingo & Refreshments
 3:45++
 6:00 Sing-Along

20 10:00 Sit & Fit
 10:30 The Story in a Picture: Penguins
 11:00 Baseball
 11:30 **
 2:00 "What's in the Bag?"
 3:00 Iced Tea & Bunco
 3:45++
 6:00 Word Puzzles & Games

21 10:00 Yoga
 10:30 Prose & Poetry
 11:00 Video Diaries: Share a Memory
 11:30 **
 1:30 Squirrels:
 2:00 Bowling
 3:00 Journey of Faith
 3:45++
 5:30 Family Feud - TV
 6:00 Meditation, Hand Massages & Music

22 10:00 Creative Movers
 10:30 Finish the Proverb
 11:00 Frisbee Golf
 11:30 **
 2:00 Karaoke
 3:00 **Abbey Lane Birthday Social & Games**
 3:45++
 6:00 Classic TV Show's, Popcorn, & Reminisce

23 10:00 Movements Made Simple:
 Exercise or Walking Club
 10:30 Sing-Along
 11:30 **
 2:00 Color Me Calm
 3:00 Nail Care & Music
 3:45 ++
 6:00 Reading, Reminisce & Music

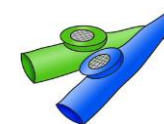
24 10:00 Mass*
 11:00 Simply Stretch: Exercise or Stroll & Roll
 2:00 Nail Care, Polish & Music Resident Choice or Sing-Along
 3:00 Dancing Divas & Gents
 3:45 ++
 6:00 At the Movies: When Harry met Sally" & Color Me Calm
Activity Professionals Week

25 10:00 Sit & Fit
 10:30 Name 10
 11:00 Bocce Ball
 11:30 **
 1:30 **Crafting by Design: Snow Man Hanger Decoration**
 3:00 Resident Choice Game & Refreshments
 3:45 ++
 5:30 Family Feud - TV
 6:00 Move, Groove & Stroll

26 10:00 Chair Chi
 10:30 Group Crossword
 11:00 Baseball
 11:30 **
 1:30 **Crafting by Design: Snow Man Hanger**
 1:30 Outward Bound: Australia
 3:00 Bingo
 3:45++
 6:00 Sing-Along
Australia Day (observed)

27 10:00 Sit & Fit
 10:30 Shiritori – Word Games
 11:00 The History of Things
 11:30 **
 2:00 **Music & Reminisce: Peggy Lee**
 3:00 Iced Tea & Po-Keno
 3:45++
 6:00 Word Puzzles & Games

28 10:00 Yoga
 10:30 Stories that Make You Laugh
 11:00 Kazoos with Friends
 11:30 **
 2:00 Word Scrabble
 3:00 Journey of Faith
 3:45++
 5:30 Family Feud - TV
 6:00 Meditation, Hand Massages & Music
National Kazoo Day
 Happy Birthday Nell!



29 10:00 Creative Movers
 10:30 Fill-In's
 11:00 Badminton
 11:30 **
 2:00 Jeopardy TV Game
 3:00 Resident Choice Games
 3:45++
 6:00 Classic TV Show's, Popcorn, & Reminisce
Happy Birthday Roberta!

30 10:00 Movements Made Simple:
 Exercise or Walking Club
 10:30 Sing-Along
 11:30 **
 2:00 Color Me Calm
 3:00 Nail Care & Music
 3:45 ++
 6:00 Reading, Reminisce & Music

31 10:00 Mass*
 11:00 Simply Stretch: Exercise or Stroll & Roll
 2:00 Nail Care, Polish & Coloring Me Peaceful
 3:00 Hymn Songs Sing-Along
 3:45 ++
 6:00 At the Movies: Woman in Gold
Inspire Your Heart with Art Day



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 Life Enrichment:
 630-725-7024

"Be a bush if you can't be a tree. If you can't be a highway, just be a trail. If you can't be a sun, be a star. For it isn't by size that you win or fail. Be best of whatever you are."
 Martin Luther King Jr.



January Birthday's
Joanna E. 1-02
Mary Ellen B. 1-08
Nell W. 1-28
Roberta P. 1-29