

Holly House Life Enrichment January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 10:00 Hot Chocolate Day 2:00 Movie: <i>Fiddler on the Roof</i> —Ch 1978 3:15 Table Games	Programs are subject to change; please see the digital monitors for more up-to-date information. Life Enrichment Office Ext. 3605		Location Key: Ch 1978: This program is on your TV. Please turn the TV in your room to channel 1978 SG—Stratton Garden (outdoors) LR—Living Room (limit of 10 people) Cart—Will come room to		1 10:00 New Years Day Fun 1:45 Bingo—LR 3:30 Happy Hour	2 10:00 Move & Groove—LR 2:30 Dominoes—LR 3:15 Trivia—LR 4:15 Catholic Mass—Ch 1978 7:00 Movie Night: <i>Scout of a Woman</i> —Ch 1978
3 10:00 Chair Aerobics—LR 1:00 Eagles Game Watch Party—LR 2:00 Movie: <i>How the West Was Won</i> —Ch 1978 3:15 Penny Ante—LR	9:00 Cardio—Ch 1978 10:00 Monday Movie: <i>Eight Below</i> —Ch 1978 10:30 Sit & Fit—LR 10:30 Chaplain Visits 11:00 IN2L Games—LR 12:00 Tai Chi with Mark—Ch 1978 1:30 Trivia Day—LR 2:00 Meditation—Ch 1978 3:00 Music & Manicures—LR	5 9:00 Chair Aerobics—Ch 1978 10:00 Stretch & Flex—Ch 1978 10:00 Horticulture: Bird Day—LR 11:00 Piggy Bankers—LR 11:00 Shakespeare in Words & Music—Ch 1978 12:00 Yoga—Ch 1978 1:30 Retirement Party—LR 3:00 Hot Chocolate Cart	6 9:00 Strength & Stretch—Ch 1978 10:30 Sit & Fit—LR 11:00 Travelogue: Antarctica: A Year on Ice—Ch 1978 2:00 Video Calls 3:00 Tenzi—LR 6:30 Chronology—LR	7 9:00 Chair Aerobics—Ch 1978 10:00 Rosary—Ch 1978 10:15 What Did it Cost?—LR 10:30 Catholic Communion 11:00 Video Calls 11:00 Comedy: Johnny Carson: Best of the 60's & 70's—Ch 1978 1:00 Parkinson's in Motion—Ch 1978 2:00 Abs & Back—Ch 1978 2:15 Banana Penguin Cart 3:15 IN2L Reminisce—LR	8 9:00 Cardio—Ch 1978 10:00 Elvis Presley's Birthday 11:00 Ecumenical Service—Ch 1978 1:00 Balance—Ch 1978 1:45 Bingo—LR 2:00 Strength & Stretch—Ch 1978 3:00 Mocktails 7:00 Movie Night: <i>The China Syndrome</i> —Ch 1978	9 10:00 Chair Aerobics—LR 2:30 Banana Grams—LR 3:15 IN2L—LR 7:00 Movie Night: <i>National Velvet</i> —Ch 1978
10 10:00 Boggle—LR 1:00 Sing-Along—LR 2:00 Movie: <i>Funny Girl</i> —Ch 1978 3:00 Cookie Bake—LR	11 9:00 Cardio—Ch 1978 10:00 Monday Movie: <i>Ice Castles</i> —Ch 1978 10:30 Sit & Fit—LR 10:30 Chaplain Visits 11:00 Word Games—LR 12:00 Tai Chi with Mark—Ch 1978 1:30 Gestures—LR 2:00 Meditation—Ch 1978 3:00 Berlin Philharmonic: Igor Stravinsky—Ch 1978 3:15 Music & Manicures—LR	12 9:00 Chair Aerobics—Ch 1978 10:00 Stretch & Flex—Ch 1978 10:00 Horticulture: Houseplants—LR 11:00 Beading—LR 11:00 Music: Paul Anka—Ch 1978 12:00 Yoga—Ch 1978 1:30 I Should Have Known—LR 3:00 National Hot Tea Day Cart	13 9:00 Strength & Stretch—Ch 1978 10:30 Sit & Fit—LR 11:00 Travelogue: Chasing Ice—Ch 1978 1:00 Balance—Ch 1978 2:00 Meditation—Ch 1978 2:00 Video Calls 3:00 Resident Council—LR 6:30 Cream Cheese Pound Cake—LR	14 9:00 Chair Aerobics—Ch 1978 10:00 Rosary—Ch 1978 10:15 Concentration—LR 10:30 Catholic Communion 11:00 Comedy: Johnny Carson: The Best of the 80's & 90's—Ch 1978 11:00 Video Calls 1:00 Parkinson's in Motion—Ch 1978 2:00 Abs & Back—Ch 1978 2:00 Family Feud—LR 3:00 MRA Meeting—Ch 1978 3:15 Color by Number—LR 7:00 Gold of the Pharaohs—Ch 1978	15 9:00 Cardio—Ch 1978 10:00 Bingo—LR 11:00 Ecumenical Service—Ch 1978 1:00 Balance—Ch 1978 1:45 Strawberry Ice Cream Day 2:00 Strength & Stretch—Ch 1978 3:30 Happy Hour 7:00 Movie Night: <i>The Public</i> —Ch 1978	16 10:00 Fig Newton Day Cart 2:30 Good News—LR 3:15 Snow Ball Fight—LR 4:15 Catholic Mass—Ch 1978 7:00 Movie Night: <i>Best in Show</i> —Ch 1978
17 10:00 Sunday Stretch—LR 1:00 Coffee Cart 2:00 Movie: <i>Les Miserables</i> —Ch 1978 3:00 Family Feud—LR	18 9:00 Cardio—Ch 1978 10:00 Monday Movie: <i>Classic Ski Films: The Last of the Ski Bums</i> —Ch 1978 10:30 Sit & Fit—LR 10:30 Chaplain Visits 11:00 IN2L Games—LR 12:00 Tai Chi with Mark—Ch 1978 1:30 MLK Day—LR 2:00 Meditation—Ch 1978 3:00 Music & Manicures—LR	19 9:00 Chair Aerobics—Ch 1978 10:00 Stretch & Flex—Ch 1978 10:00 Horticulture: Plant Cart 11:00 Piggy Bankers—LR 11:00 Music: The Beatles—Ch 1978 12:00 Yoga—Ch 1978 1:30 IN2L Reminisce—LR 3:00 National Popcorn Day Cart	20 9:00 Strength & Stretch—Ch 1978 10:30 Sit & Fit—LR 11:00 Travelogue: Emperors of the Ice—Ch 1978 1:00 Balance—Ch 1978 2:00 Meditation—Ch 1978 2:00 Video Calls 3:00 National Cheese Day Cart 6:30 Boggle—LR	21 9:00 Chair Aerobics—Ch 1978 10:00 Rosary—Ch 1978 10:15 Mind Joggers—LR 10:30 Catholic Communion 11:00 Comedy: Johnny Carson: The Final Show—Ch 1978 11:00 Video Calls 1:00 Parkinson's in Motion—Ch 1978 2:00 Abs & Back—Ch 1978 2:00 Family Feud—LR 3:15 January Birthday Party with Stephen DiJoseph & Cake Cart—Ch 1978 7:00 Souderton in Time—Ch 1978	22 9:00 Cardio—Ch 1978 10:00 National Blondie Day Cart 11:00 Ecumenical Service—Ch 1978 1:00 Balance—Ch 1978 1:45 Bingo—LR 2:00 Strength & Stretch—Ch 1978 3:30 Mocktails 7:00 Movie Night: <i>Just Mercy</i> —Ch	23 10:00 Pie Day Bake—LR 2:30 Sing-Along—LR 3:15 Cornhole—LR 7:00 Movie Night: <i>Top Hat</i> —Ch 1978
24 10:00 New in the News—LR 1:00 Tenzi—LR 2:00 Movie: <i>Gypsy</i> —Ch 1978 3:00 Tea & Tunes—LR	25 9:00 Cardio—Ch 1978 10:00 Monday Movie: <i>Ski Bums</i> —Ch 1978 10:30 Sit & Fit—LR 10:30 Chaplain Visits 11:00 Word Games—LR 12:00 Tai Chi with Mark—Ch 1978 2:00 Meditation—Ch 1978 1:30 Wii Bowling—LR 3:00 Berlin Philharmonic: Witold Lutoslawski—Ch 1978 3:15 Music & Manicures—LR	26 9:00 Chair Aerobics—Ch 1978 10:00 Stretch & Flex—Ch 1978 10:00 Horticulture: Bulbs—LR 11:00 Tenzi—LR 11:00 Music: Elvis Presley—Ch 1978 12:00 Yoga—Ch 1978 1:30 Family Feud—LR 3:00 Snowman Rice Krispie Treats Cart	27 9:00 Strength & Stretch—Ch 1978 10:30 Sit & Fit—LR 11:00 Travelogue: Masters of the Arctic Ice—Ch 1978 1:00 Balance—Ch 1978 2:00 Meditation—Ch 1978 2:00 Video Calls 3:00 Chocolate Cake Day Bake—LR 6:30 Cinna French Toast - LR	28 9:00 Chair Aerobics—Ch 1978 10:00 Rosary—Ch 1978 10:15 Finish the Phrase—LR 10:30 Catholic Communion 11:00 Timeless Trivia—Stars, Stripes, & Apple Pie—Ch 1978 11:00 Video Calls 1:00 Parkinson's in Motion—Ch 1978 2:00 Abs & Back—Ch 1978 2:00 IN2L Trivia—LR 3:15 Popcorn Cart 7:00 A Tribute to Bill Bourne—Ch 1978	29 9:00 Cardio—Ch 1978 10:00 National Puzzle Day—LR 11:00 Ecumenical Service—Ch 1978 1:00 Balance—Ch 1978 1:45 Bingo—LR 2:00 Strength & Stretch—Ch 1978 3:30 Happy Hour 7:00 Movie Night: <i>African Queen</i> —Ch 1978	30 10:00 Short Stories—LR 2:30 Water Colors—LR 3:15 Finish the Phrase—LR 4:15 Catholic Mass—Ch 1978 7:00 Movie Night: <i>The Russians are Coming</i> —Ch 1978