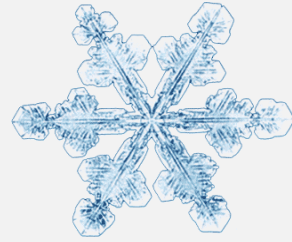


# Highland Oaks Monthly Activity Calendar - January 2021

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**



For updates on or if you would like to schedule a window visit with your loved one, please call the front desk at (814)226-3799.



1		New Year's Day		2	
9:30A-10:45A	Exercise	10:15A-11:45A	Exercise		
11:00A-11:45A	Happy New Year Match Game	1:00P-2:30P	Virtual trip to the zoo		
1:00P-3:30P	New Year's Day Bingo!	2:30P-4:00P	Hangman		
3:30P-4:00P	Walking Club	6:00P-8:00P	Seasonal Theatrical Presentation		
5:30P-7:00P	Sing Along				

3		4		5		6		7		8		9	
9:30A-11:00A	Church	9:30A-10:45A	Trivia	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise w/ Becca	9:15A-9:45A	Exercise	9:30A-10:45A	Exercise	10:15A-11:45A	Exercise
1:00P-2:30P	Tailgate Party	11:00A-11:45A	Walking Club	11:00A-11:45A	Reminisce Reading	11:00A-11:45A	Virtual tour of Grand Canyon	10:00A-10:45A	Strength & Balance class	11:00A-11:45A	Walking Club	1:00P-2:30P	Family FaceTime
2:30P-4:00P	Talk Time	1:00P-2:30P	Exercise	1:00P-2:30P	Family FaceTime			11:00A-11:45A	Quilt making	1:00P-2:30P	Card Games	2:30P-4:00P	Virtual performance of The Nutcracker!
		2:30P-4:00P	Sock Hockey	2:30P-4:00P	Let's bake pies!	1:00P-3:30P	Bingo	1:00P-2:30P	Walking Club	2:30P-4:00P	I Hear Memories		
				5:30P-7:00P	One-on-One's	3:30P-4:00P	Finish the Song Title	2:30P-4:00P	Sing Along			6:00P-8:00P	Seasonal Theatrical Presentation
						5:30P-7:00P	Pretty Nails						

10		11		12		13		14		15		16	
9:30A-11:00A	Church	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	9:30A-10:45A	Hangman	9:15A-9:45A	Exercise	9:30A-10:45A	Exercise	10:15A-11:45A	Exercise
1:00P-2:30P	Let's Bowl	11:00A-11:45A	Play Uno	11:00A-11:45A	Spelling Bee	11:00A-11:45A	Exercise w Becca	10:00A-10:45A	Strength & Balance class	11:00A-11:45A	Family FaceTime	1:00P-2:30P	Let's write letters to our families
2:30P-4:00P	This month in History	1:00P-2:30P	Winter Social	1:00P-2:30P	Travel to Spain	1:00P-2:30P	Paint & Sip	11:00A-11:45A	Virtual trip to the children's museum	1:00P-4:00P	Bingo!		
		2:30P-4:00P	Dinner Trivia	2:30P-4:00P	Tea Time	2:30P-4:00P	Our Town	1:00P-2:30P	Dress up your pet day	5:30P-7:00P	Listening to music	2:30P-4:00P	Hangman
		5:30P-7:00P	Let's Laugh						Videos			6:00P-8:00P	Seasonal Theatrical Presentation
								2:30P-4:00P	Corn Hole Game				

17		18		19		20		21		22		23	
			Martin Luther King Jr's Birthday!		National Popcorn Day		Inauguration Day						
9:30A-11:00A	Church	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	9:30A-10:45A	Walking Club	9:15A-9:45A	Let's Be Pampered!	9:30A-10:45A	Exercise	10:15A-11:45A	Exercise
1:00P-2:30P	Family FaceTime	11:00A-11:45A	Walking Club	11:00A-11:45A	Sing Along	11:00A-11:45A	Sensory Bags	10:00A-10:30A	Strength & Balance Class	11:00A-11:45A	I Hear Memories	1:00P-2:30P	Card games
2:30P-4:00P	Window Dog Visits	1:00P-2:30P	Famous People in History	1:00P-2:30P	Poems/Riddles	1:00P-4:00P	Bingo	11:00A-11:45A	Devotions	1:00P-2:30P	Corn Hole Game	2:30P-4:00P	Family FaceTime
		2:30P-4:00P	Kickball	2:30P-4:00P	One-on-Ones	5:30P-7:00P	President Trivia	1:00P-2:30P	Reminisce Reading	2:30P-4:00P	Blondie Brownie social	6:00P-8:00P	Seasonal Theatrical Presentation
				5:30P-7:00P	Family FaceTime			2:30P-4:00P	Trivia				

24		25		26		27		28		29		30	
9:30A-11:00A	Church	9:30A-10:45A	Exercise	9:30A-10:45A	Pajama Day!	9:30A-10:45A	Make a time capsule!	9:30A-10:45A	Exercise w Becca	9:30A-10:45A	Exercise	10:15A-11:45A	Exercise
1:00P-2:30P	Reminisce Reading	11:00A-11:45A	Kinect Sand	11:00A-11:45A	Walking Day!	11:00A-11:45A	Walking Day!	11:00A-11:45A	Scrapbooking	11:00A-11:45A	Playdough Sculptures	1:00P-2:30P	Sing Along
2:30P-4:00P	Tie Dye Shirts	1:00P-2:30P	Window painting	1:00P-2:30P	Sand Castle in a bottle	1:00P-2:30P	Monthly Birthday Party!	1:00P-2:30P	Noodle Ball	1:00P-2:30P	Noodle Ball	2:30P-4:00P	Family FaceTime
		2:30P-4:00P	Trivia	2:30P-4:00P	The Price is Right	2:30P-4:00P	One-on-One's	2:30P-4:00P	Jeopardy	5:30P-7:00P	Jeopardy	6:00P-8:00P	Seasonal Theatrical Presentation
		5:30P-7:00P	Let's Bowl										

31	
9:30A-11:00A	Church
1:00P-2:30P	Nerf Gun Challenge
2:30P-4:00P	Who wants to be a Millionaire

\*Calendar subject to change\*

## Resident Photo Christmas Tree



**WRC**  
EST 1890  
Highland Oaks



*The new year stands before us,  
like a chapter in a book,  
waiting to be written.  
~ Melody Beattie*

### Snapshot in History:

On January 1, 1863, legal status under federal law of more than 3.5 million enslaved African Americans was changed from enslaved to FREE thanks to the Emancipation Proclamation that was issued by President Abraham Lincoln in September 1862. The Proclamation wrote:  
*That on the first day of January in the year of our Lord, one thousand eight hundred and sixty-three, all persons held as slaves within any State, or designated part of a State, the people where of shall then be in rebellion against the United States shall be then, thenceforward, and forever free; and the executive government of the united States, including them military and naval authority thereof, will recognize and maintain the freedom of such persons, and will do no act or acts to repress such persons, or any of them, in any efforts they may make for their actual freedom.*



First reading of the Emancipation Proclamation

