

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2021

Radiant Care Pleasant Manor – Heritage Place



Morning Walks n' Talks 1  
 Afternoon Monthly Gazette  
 Happy Birthday Frieda  
 Happy New Year

Morning Exercise 2  
 Afternoon New Year Resolutions  
 Happy 100<sup>th</sup> Birthday Teresa  
 Happy Birthday Victor

Morning Sing and Stretch 3  
 11:00 TV Church  
 Afternoon Travel to Bethlehem

10:30 Physio Chair Exercise 4  
 Morning January Trivia  
 1:30 Physio Standing Exercise  
 Afternoon Hockey Eh?

Christmas Take Down 5

10:30 Physio Chair Exercise 6  
 Morning Paint and Sing  
 1:30 Physio Exercise  
 Afternoon News and Views

Morning Exercise 7  
 Afternoon Bingo

10:30 Physio Chair Exercise 8  
 11:00 Music with Mendelt  
 1:30 Physio Standing Exercise  
 Afternoon Trivia

Morning Move and Groove 9  
 Afternoon I Spy  
 Happy Birthday Laura

10:00 German TV Church 10  
 11:00 TV Church  
 Afternoon Traveling Hot Chocolate

10:30 Physio Chair Exercise 11  
 Morning Montessori  
 1:30 Physio Standing Exercise  
 Afternoon Colour Me Happy

Morning Exercise 12  
 Afternoon Bingo

10:30 Physio Chair Exercise 13  
 Morning Planting Hope  
 1:30 Physio Standing Exercise  
 Afternoon Science Fun

Morning Exercise 14  
 Afternoon Bingo

10:30 Physio Chair Exercise 15  
 Morning Creative Creations  
 1:30 Physio Standing Exercise  
 Afternoon ActiviTEAs's

Morning Chair Yoga 16  
 Afternoon Wheel of Fortune

Morning 50s Stretch 17  
 11:00 TV Church  
 Afternoon Montessori

10:30 Physio Exercise 18  
 Morning 50's Prices  
 1:30 Physio Exercise  
 Afternoon Name that 50's Song

Morning 50's Jive 19  
 Afternoon 50's Photoshoot

10:30 Physio Exercise 20  
 Morning Sensory Baking from the 50's  
 1:30 Physio Exercise  
 Afternoon 50's Treats

Morning Exercise 21  
 Afternoon 50's Bingo  
 Happy Birthday Billy

10:30 Physio Exercise 22  
 Morning Exercise  
 1:30 Physio Exercise  
 Afternoon Name that 50's Song

Morning Move and Groove 23  
 Afternoon Word Games

50's Week

10:00 German TV Church 24  
 11:00 TV Church  
 Afternoon Sundaes  
 Happy Birthday Else  
Activity Professionals Week

10:30 Physio Chair Exercise 25  
 Morning Montessori  
 1:30 Physio Standing Exercise  
 Afternoon Trivia

Morning Exercise 26  
 Afternoon Bingo  
Australia Day (observed)

10:30 Physio Chair Exercise 27  
 Morning  
 1:30 Physio Standing Exercise  
 Afternoon Fit Minds

Morning Exercise 28  
 Afternoon Bingo

10:30 Physio Chair Exercise 29  
 Morning Colour and Paint  
 1:30 Physio Standing Exercise  
 Afternoon Read with Me

Morning Exercise 30  
 Afternoon Lounge Games  
 Happy Birthday Ann

Morning Sing Along 31  
 11:00 TV Church  
 Afternoon Virtual Reality Sessions

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."  
 ~ Edith Lovejoy Pierce

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2021

Radiant Care Pleasant Manor



								<b>1 Punny Business 2</b> Coffee has a rough time in our house. It gets mugged every single morning!	
<b>3</b> According to the Guinness Book of World Records, the most difficult tongue twister is "The sixth sick sheik's sixth sheep's sick."	<b>4</b> When the mummy of Ramses II was sent to France in the mid-1970s, it was issued a passport. Ramses' occupation? "King (deceased)."	<b>5 Riddle Me This</b> Why is England the wettest country in the world? <i>Answer: Because she has reigned there for many years.</i>	<b>6 2:00 Zoom Exercise</b>	<b>7 In 1869 –</b> The first suspension bridge over the Niagara Gorge at Niagara Falls was opened to traffic.	<b>8 11:00 Music with Mendelt (Zoom)</b>	<b>9 Did You Know?</b> In Japan, noodles are slurped somewhat loudly when eaten. This indicates the food is delicious and also cools down the hot noodles.			
<b>10</b> When a specimen of the platypus was first sent to England, it was believed Australians had played a joke by sewing the bill of a duck onto a rat.	<b>11</b> This soccer player, considered the greatest of all time, was born Edson Arantes do Nascimento. <i>Answer: Pele</i>	<b>12 2:00 Zoom Bingo</b>	<b>13 2:00 Zoom Exercise</b>	<b>14 Riddle Me This</b> What happened when the red ship crashed into the blue ship? <i>Answer: They got marooned</i>	<b>15 Quote of the Day</b> "In the end, we will remember not the words of our enemies, but the silence of our friends." ~ Martin Luther King Jr	<b>16 Did you know?</b> In 1939 Joe Shuster from Toronto published his first Superman comic strip.			
<b>17 Did you Know?</b> Popeye, created by Elzie C. Segar, made his first appearance in the comic strip Thimble Theatre.	<b>18 Look For the Craft of the Month: Growing Hope</b>  <small>Martin Luther King Day</small>	<b>19 Daily Trivia</b> The company Google took its name from the word googol, which is a math term for 10 to the 100th power (or 1 followed by 100 zeros).	<b>20 2:00 Zoom Exercise</b>	<b>21 Bible Trivia</b> Ye are the ___ of the earth Ye are the ___ of the world <i>Answer: Salt, Light</i>	<b>22 Name a song</b> That has a colour in the title	<b>23 Food Trivia</b> This winter meal is comprised of beans, ground beef, spices and crushed tomatoes and simmers for hours. <i>Answer: Chili</i>			
<b>24 Do an activity today</b> Do a puzzle, colour/paint, go for a walk.  <small>Activity Professionals Week</small>	<b>25</b> In 1890 Journalist Nellie Bly completed her round-the-world trip in only 72 days.	<b>26 Australia Day!</b> Celebrated annually, it marks the anniversary of the 1788 arrival of the First Fleet of British ships.  <small>Australia Day (observed)</small>	<b>27 2:00 Zoom Exercise</b>	<b>28 Riddle Me This</b> I appear once in a minute, twice in a moment, but never in a thousand years. <i>Answer: the letter M</i>	<b>29 Soup Trivia</b> Dr. John T. Dorrance discovered the process for making condensed soups in 1879.	<b>30 Did You Know?</b> Table doilies are named after a 17th-century draper named Mr. Doiley from London.			
<b>31 Quote of the Day</b> "There's nothing wrong with shooting for the stars." ~ Justin Timberlake	"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." ~ Edith Lovejoy Pierce								