

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

A New Year . . . Life gets Better by Chance, Changes & Trying New Things. Everything should be made as simple as possible, but not simpler". Albert Einstein
Wake up the Body by Moving with Stability a Sense of Belonging, Centering & Grounding.

<p>5</p> <p>10:00 Coffee & Tea Social - MDR 10:30 Ted Talks: Ten Mindful Minutes - MDR 11:15 "Zen" Tangle Art - WL</p> <p>1:30 Bible Study with Donna - MDR</p> <p>2:00 Sunday Showcase Movie "Home for the Holidays" - MDR 2:30 Bean Bag Toss - WL 3:30 Movie Review - MDR</p>	<p>6</p> <p>10:00 Balance in Movement - MDR 10:15 Seated Disco Fitness - WL 10:30 The Chakra Garden - MDR 11:15 Winter Word Games - WL 11:45 Balloon Volleyball - WL</p> <p>2:00 J.T. Entertainment - MDR 2:15 Sorting & Organizing - WL 2:45 Dominos - WL 3:15 Manicure Mondays' - AR 3:45 Healing Sounds & Vibrations - WL 6:15 Fleece Blanket Making - AR</p>	<p>7</p> <p>10:00 Parachute with Balls - MDR 10:15 Hand Seated Squeezers - WL 10:30 Grounding Meditation - MDR 10:45 Clue Game - WL 11:15 You Be the Judge? - WL</p> <p>2:00 Community BINGO - MDR 2:15 Calming Coloring - WL 2:45 Finish the Line - WL 3:00 Witty Word Games - SDR 3:15 Basketball & Score! - WL 4:00 Donna's Book Club - SDR</p>	<p>New Beginnings . . . 1</p> <p>9:00 Strolling Calendars 10:15 Flexing & Centering - WL 10:30 Rosary - MDR 11:15 Foam Creations - WL 12:00 Philly Mummers Parade - MDR 1:30 Fantasy Football - AR</p> <p>2:00 Entertainment: Nayzarly - MDR 2:45 Finish the Quote - WL 3:00 New Year's Trivia - SDR 3:15 Aromatherapy & Reminiscing - WL New Year's Day</p>	<p>2</p> <p>9:45 Strolling Hydration Station 10:00 Growing Stronger - MDR 10:15 Musical Moves - WL 10:30 Finish the Sentence - MDR 10:45 Musical Instruments - WL 11:15 Short Stories - WL</p> <p>2:00 Community BINGO - MDR 2:15 Popsicle Stick Craft - WL 2:45 Identify Healing Sounds - WL 3:00 Baking Club: Warm Bread - AR 3:15 Coloring Winter Scenes - WL 4:00 Donna's Book Club - SDR</p>	<p>3</p> <p>10:00 Strolling Pet Therapy w/Tucker 10:15 Catch 'n' Stretch - WL 10:45 Finish the Quote - WL 11:15 Charades - WL 11:30 C. B. Mobile Store - SDR</p> <p>2:00 Entertainment: Jim Roney- MDR 2:15 Aromatherapy & Reflecting - WL 2:45 Writing Thank You Notes - WL 3:00 Sassy Nail Care - AR 4:00 Sabbath Service - SDR 6:15 Comedy Show - FL</p>	<p>4</p> <p>10:00 Sunrise Stretches - MDR 10:30 Sing Along - MDR 11:15 Parachute Game - WL 11:45 New Years Goals - WL 1:30 Volleyball Toss - MDR 2:00 Community BINGO - MDR 3:15 Playing Instruments Along with Country Music - WL</p>
<p>12</p> <p>10:00 Coffee & Tea Social - MDR 10:30 Ted Talks: Ten Mindful Minutes - MDR 11:15 "Zen" Tangle Art - WL</p> <p>1:30 Prayer Slips, Joe Bartkow-MDR 2:00 Sunday Showcase Movie "Mrs. Winterbourne" - MDR 2:30 Bean Bag Toss - WL 3:30 Movie Review - MDR</p>	<p>13</p> <p>10:00 Balance in Movement - MDR 10:15 Seated Disco Fitness - WL 10:30 The Chakra Sunset - MDR 11:15 Winter Word Games - WL 11:45 Balloon Volleyball - WL</p> <p>2:00 Entertainment Chris Hynds-MDR 2:15 "OUI SI" Photo Card Game - WL 2:45 Dominos - WL 3:15 Manicure Mondays' - AR 3:45 Healing Sounds & Vibrations - WL 6:15 Fleece Blanket Making - AR</p>	<p>14</p> <p>10:00 Parachute w/Balls - MDR 10:15 Hand Seated Squeezers - WL 10:45 Toss Across - WL 11:15 You Be the Judge? - WL</p> <p>1:30 Food Committee Meeting - SDR</p> <p>2:00 Community BINGO - MDR 2:15 Calming Coloring - WL 2:45 Finish the Line - WL 3:00 Witty Word Games - SDR 3:15 Basketball & Score! - WL 4:00 Donna's Book Club - SDR</p>	<p>15</p> <p>10:00 Move to the Beat - MDR 10:15 Flexing & Centering - WL 10:30 Rosary - MDR 11:15 Foam Creations - WL 1:30 Fantasy Football - AR</p> <p>2:00 Resident Council - MDR 2:15 Active Games - WL 2:45 Finish the Quote - WL 3:00 Voices Unite w/Instruments - SDR 3:15 Aromatherapy & Music - WL 6:15 Ceramics - AR</p>	<p>9:45 Strolling Hydration Station 16 10:00 Growing Stronger - MDR 10:15 Musical Moves - WL 10:30 Finish the Sentence - MDR 10:45 Musical Instruments - WL 11:15 Short Stories - WL</p> <p>2:00 Communion Mass - MDR 3:00 Community BINGO - MDR 2:45 Identify Healing Sounds - WL 3:00 Baking Club: Pumpkin Bread - AR 3:15 Coloring Winter Scenes - WL 4:00 Donna's Book Club - SDR</p>	<p>17</p> <p>10:00 Strolling Pet Therapy, Tucker 10:15 Catch 'n' Stretch - WL 10:45 Finish the Quote - WL 11:15 Charades - WL 11:30 C. B. Mobile Store - SDR</p> <p>2:00 Painting from the Heart - MDR 2:15 Aromatherapy & Reflecting - WL 2:45 Writing Thank You Notes - WL 3:00 Sassy Nail Care - AR 4:00 Sabbath Service - SDR 6:15 Comedy Show - FL</p>	<p>18</p> <p>10:00 Sunrise Stretches - MDR 10:30 Sing Along - MDR 11:15 Winter Craft - WL 11:45 New Years Goals - WL 1:30 Volleyball Toss - MDR 2:00 Community BINGO - MDR 3:15 Playing Instruments Accompanied By, Rock 'n' Roll Favorite Tunes - WL</p>
<p>19</p> <p>10:00 Coffee & Tea Social - MDR 10:30 Current Events - MDR 11:15 "Zen" Tangle Art - WL</p> <p>1:30 Bible Study with Donna - MDR 2:00 Sunday Showcase Movie "The Family Stone" - MDR 2:30 Bean Bag Toss - WL 3:30 Movie Review - MDR</p> <p>Activity Professionals Week</p>	<p>20</p> <p>10:00 Balance in Movement - MDR 10:15 Seated Disco Fitness - WL 10:30 History: Martin Luther King - MDR 11:15 Winter Word Games - WL 11:45 Balloon Volleyball - WL</p> <p>2:00 Nayzarly on the Sax - MDR 2:15 Sorting & Organizing - WL 2:45 Dominos - WL 3:15 Manicure Mondays' - AR 3:45 Healing Sounds & Vibrations - WL 6:15 Fleece Blanket Making - AR Martin Luther King Jr. Day</p>	<p>21</p> <p>10:00 Parachute w/Balls - MDR 10:15 Hand Seated Squeezers - WL 10:30 Centering Meditation - MDR 10:45 Connect 4 - WL 11:15 You Be the Judge? - WL</p> <p>2:00 Community BINGO - MDR Strolling Pretzel Cart 2:45 Finish the Line - WL 3:00 Witty Word Games - SDR 3:15 Basketball & Score! - WL 4:00 Donna's Book Club - SDR</p>	<p>22</p> <p>10:00 Move to the Beat - MDR 10:15 Flexing & Centering - WL 10:30 Rosary - MDR 11:15 Foam Creations - WL 1:30 Fantasy Football - AR</p> <p>2:00 Guitar & Vocalist Entertainer Lisa Bouchelle - MDR 2:15 Active Games - WL 2:45 Finish the Quote - WL 3:00 Voices Unite w/Instruments - SDR 3:15 Aromatherapy & Music - WL 6:15 Ceramics - AR</p>	<p>23</p> <p>9:45 Strolling Hydration Station 10:00 Growing Stronger - MDR 10:15 Musical Moves - WL 10:30 Finish the Sentence - MDR 10:45 Musical Instruments - WL 11:15 Short Stories - WL</p> <p>2:00 Community BINGO - MDR 2:15 Popsicle Stick Craft - WL 2:45 Identify Healing Sounds - WL 3:15 Baking Club: Biscuits - ARL 4:00 Donna's Book Club - SDR</p>	<p>24</p> <p>10:00 Balance & Centering - MDR 10:15 Catch 'n' Stretch - WL 10:45 Finish the Quote - WL 11:15 Basketball Hoops - WL</p> <p>2:00 Birthday Celebration with Entertainment: Mark Guenther - MDR 2:15 Aromatherapy & Reflecting - WL 2:45 Writing Thank You Notes - WL 3:00 Sassy Nail Care - AR 4:00 Sabbath Service - SDR 6:15 Guess Who Actress & Actors - FL</p>	<p>25</p> <p>10:00 Sunrise Stretches - MDR 10:30 Sing Along - MDR 11:15 Parachute Game - WL 11:45 New Years Goals - WL 1:30 Entertainment with the Saxophone Brother Duo - MDR 2:30 Community BINGO - MDR 3:45 Bowling - WL</p>
<p>26</p> <p>10:00 Coffee & Tea Social - MDR 10:30 Aussie Movie Stars - MDR 11:15 "Zen" Tangle Art - WL</p> <p>1:30 Prayer Slips: Joe Bartkow- MDR</p> <p>2:00 Resident Interactive Drum Playing with Shawn Moyer - MDR 3:30 Bean Bag Toss - WL 4:00 Ted Talks: Ten Mindful Minutes - WL</p> <p>Australia Day (Observed)</p>	<p>27</p> <p>10:00 Balance in Movement - MDR 10:15 Seated Disco Fitness - WL 10:30 The Chakra Sunset - MDR 11:15 Winter Word Games - WL</p> <p>1:30 Laundry Lost 'n' Found - MDR 2:00 Flutist Meredith Twardoski - MDR 2:15 "OUI SI" Photo Card Game - WL 2:45 Dominos - WL 3:15 Manicure Mondays' - AR 3:45 Healing Sounds & Vibrations - WL 6:15 Fleece Blanket Making - AR</p>	<p>28</p> <p>10:00 Parachute w/Balls - MDR 10:15 Hand Seated Squeezers - WL 10:30 Centering Meditation - MDR 10:45 Finish the Sentence - WL 11:15 You Be the Judge? - WL</p> <p>2:00 Community BINGO - MDR 2:15 Calming Coloring - WL 2:45 Finish the Line - WL 3:00 Raffle Off "Blankets" - MDR 3:15 Basketball & Score! - WL 4:00 Donna's Book Club - SDR</p>	<p>29</p> <p>10:00 Move to the Beat - MDR 10:15 Flexing & Centering - WL 10:30 Rosary - MDR 11:15 Foam Creations - WL 1:30 Fantasy Football - AR</p> <p>2:00 Singer Songwriter Cacy - MDR 2:15 Active Games - WL 2:45 Finish the Quote - WL 3:00 Chinese New Year U-Tube - SDR 3:15 Aromatherapy & Music - WL 6:15 Ceramics - AR Chinese New Year (Year of the Snake)</p>	<p>30</p> <p>9:45 Strolling Hydration Station 10:00 Growing Stronger - MDR 10:15 Musical Moves - WL 10:30 Finish the Sentence - MDR 10:45 Musical Instruments - WL 11:15 Short Stories - WL</p> <p>2:00 Community BINGO - MDR 2:15 Popsicle Stick Craft - WL 2:45 Identify Healing Sounds - WL 3:00 Baking Club: Corn Bread - AR 3:15 Coloring Winter Scenes - WL 4:00 Donna's Book Club - SDR</p>	<p>31</p> <p>10:00 Strolling Pet Therapy 10:15 Catch 'n' Stretch - WL 10:45 Finish the Quote - WL 11:15 Charades - WL</p> <p>2:00 History of Birth Flowers with Pat Patrizio - MDR 2:15 Aromatherapy & Reflecting - WL 2:45 Writing Thank You Notes - WL 3:00 Flower Making Class with Frank Rios - MDR 4:00 Sabbath Service - SDR 6:15 Girl Scout Chorus - MDR</p>	<p>Room Location Key MDR: Main Dining Room SDR: Side Dining Room WL: West Lounge AR: Activity Room FL: Fireside Lounge</p>

Welcome to our Community! Buckingham Valley Rehabilitation and Nursing Center – Recreation Department – 215-598-7181, Ext. 105 – All Activities are Subject to Change. Families and Visitors are all Welcomed to Join All Activities.