

As of 1/1/2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Southgate Special Care - Main

10:15-10:30 Sit and Stretch **1**
 10:30-11:00 Bocce
 11-11:30 Guinness Book of World of Records Fun Facts
 11:30-11:45 Dionne Warwick Hits
2:30 New Year's Celebration with Rhonda! (AUD)
 4-4:30 Tony Bennett Live at The Prince Edward Theater 1991
 New Year's Day

10:15-10:30 Rocking Oldies Seated Workout with Paul Eugene **2**
 10:45-11:20 Chaplain Time
 11:20-11:45 Paul Anka, at the Palace, New Haven, CT
 2:15 Roll the 2:15-3:15 BINGO
 3:15-3:45 Every Billboard Hot 100 #1 (Part 1955-1959)
 4-4:30 1:1 Chats and Soothing Jazz Music

10:30-11:30 Grandma's Kitchen: Pulled Apart Cheesy Garlic Bread **3**
2:30 January Birthday Celebration with Cecelia (AUD)
 4-4:30 Stickman (whiteboard)

10:15-10:30 Chair Dancing Exercise **4**
 10:30-11:30 BINGO
 11:30 Greatest Hits of Teresa Brewer
 2:15 Artistic Expressions: Snowman Craft Stick
 3:15 The Donna Reed Show and Hand Massages

10:15-10:30 Pure Worship: Michael Koulianos **5**
 10:30-11:00 Name 30 Word with the letter "M"
 11:30-11:45 Forgotten Objects in Every 1950's Kitchen
 2:30 Worship Service (AUD)

10:15-10:30 Gentle Exercises **6**
 10:30-11:30 BINGO
2:15 Spanish Club: "All About Flamenco Music"
 3:15-3:45 Simon and Garfunkel Greatest Hits and Word Searches
 4-4:45 Mad Libs

10:15-10:30 Noodle Volleyball **7**
10:30-11:00 Roll the Dice, Break the Ice with Talia
 11-11:45 Diana Ross - Live in Rotterdam (1994)
 2:30 Communion Service (AUD)
 4-4:30 Guess the Country by its Monuments

10:15-10:30 Sit and Stretch **8**
 10:30-11:00 Games on the IN2L: Card Sharks and Random Trivia (IN2L)
 11-11:45 Celebrating Elvis: Music & Trivia
2:30 Live Musical Performance by Lina (C Lounge)
 4-4:45 Legends of Old Hollywood Trivia Game

10:15-10:30 Simple Stretching **9**
 10:45-11:20 Chaplain Time
 11:20-11:45 "Singer" Presents Tony Bennett (1966)
 2:15-3:15 BINGO
 3:00 Bee Gees - One Night Only (1997) (YT)
 4-4:30 Jeopardy Gameshow Episode (YT)

10:30-11:30 Grandma's Kitchen: M&M Cookies **10**
 2:15 Scategories
 3-3:45 Frankie Valli Live at Mohegan Sun 2022, and Aromatherapy
 4-4:30 Sing-Along with Susie Q

10:15-10:30 Chair Dancing Exercise **11**
 10:30-11:00 Fill in the Blank
 11-11:45 Celine Dion Concert-A New Day (2007)
 2:15-3:15 BINGO
 3:15 Lionel Richie Symphonica in Rosso and Cedar Scents

10:15-10:30 Don Moen Best Worship Songs **12**
 10:30-11:00 Supermarket Sweep
 11-11:30 Conversation Cards
 11:30-11:45 Musicals of the 50s and 60s
 2:30 Worship Service (AUD)

10:15-10:30 Gentle Exercises **13**
 10:30-11:30 BINGO
 11:30-11:45 Opry Video Classics Legends
2:15-3:00 Afternoon Mock tails with Natalie
 3-3:45 Cliff Richard- 60th Anniversary Concert
 4-4:30 People, Places, and Things Game

10:15-10:30 Noodle Volleyball **14**
 10:30-11:30 Artistic Expressions: Animal Ice-Skating Rink
 11:30-11:45 Northern Italy-Rick Steves' Travel Talk
 2:30 Worship Service (AUD)
 4-4:30 Christian Karaoke on the IN2L

10:15-10:30 Sit and Stretch **15**
10:30-11:30 Beauty Day with Margarita
 11:30-11:45 Neil Diamond Greatest Hits
 2:15 The Matching Game
 3-3:45 The Ed Sullivan Show 1964 Performances (YT)
 4-4:45 Pin the Nose on the Snowman game

10:30 In-Home Metro Active - Silver Sneakers, Motown Hits Exercise **16**
 10:45-11:20 Chaplain Time
 11:20-11:45 Ray Charles: "Live in Concert" Paris 1969
2:30 Sentimental Journey Performance (C-Lounge)
 4-4:30 Toss and Talk Ball

10:30-11:30 Grandma's Kitchen: Silky Custard Cake **17**
 2:15 IN2L Games: Family Feud and Plinko
 3:00 You be the Judge
 4-4:30 Flashback Friday

10:30 Chair Dancing Exercise **18**
 10:30-11:30 Artistic Expressions: Decorating Snowflakes with Katherine
 11:30-11:45 The Drifters in Manchester 1985
 2:15-3:15 BINGO
 3:15 Michael Bublé: Live in New York (2022)

10:15-10:30 Hillsong Worship Best Praise Song Collection **19**
 10:30-11:00 Lucky Strike Bowling (Sunroom)
 11-11:45 Wonders of Tuscany and Hand Massages
 2:30 Worship Service (AUD)
 Activity Professionals Week

10:30 Gentle Exercises **20**
 10:30-11:30 BINGO
 11:30 The Best Things to do in Zurich Switzerland
2:15 Winter Wonderland Tea Social
 3:15-3:45 Louis Armstrong-Show of the Week (1968)
 4-4:30 Wintertime Trivia and Facts
 Martin Luther King Jr. Day

10:15-10:30 Noodle Volleyball **21**
 10:30-11:30 Artistic Expressions: Salt & Glue Painting Craft
 11:30-11:45 David Bowie Live BBC Radio Theater 2000
 2:30 Worship Service (AUD)
 4-4:30 Penny Ante

10:15-10:30 Balloon Stretch **22**
 10:30-11:00 Table Games and Puzzles
 11-11:45 David Bowie Live BBC Radio Theater 2000
 2:15-3:15 Trivia (IN2L)
 3:15-3:45 Complete the Phrase
 4-4:45 70's Lite Hite and Word Searches

10:30 Simple Stretching **23**
 10:45-11:20 Chaplain Time
 11:20-11:45 Guess the Song: 1960's
 2:15-3:15 BINGO
 3:15-3:45 10 Best Places to visit in Alaska
 4-4:30 Complete the Phrase

10:30-11:30 Grandma's Kitchen: Purple yam Crinkle cookies **24**
 2:15-3:15 Sensory Spa
 3:15-3:45 Frank Sinatra and Perry Como Live at the White House (1982)
 4-4:30 Pondering Prompts

10:15-10:30 Chair Dancing Exercise **25**
 10:30-11:30 BINGO
 10:30-11:30 Artistic Expressions: Animals Sledding Downhill Pop-Up Craft
 2:15-3:45 Elvis stars in "Love Me Tender" (1956) (YT) (1.5 hrs.)

10:15-10:30 Country Gospel Songs **26**
 10:30-11:00 Would You Rather
 11-11:30 Guess that Song: 1970's
 11:30-11:45 Preppy Kitchen: "Dinner Rolls"
 2:30 Worship Service (AUD)
 Australia Day (Observed)

10:15-10:30 Gentle Exercises **27**
 10:30-11:30 BINGO
 2:15 Artistic Expressions: Winter Fleeced Tied Pillow
 3:15 Children Sledding and Playing in the Snow (YT)
 4-4:30 What Am I? (Riddles)

10:15-10:30 Noodle Volleyball **28**
 10:30-11:00 Higher or Lower
 11-11:30 You Be The Judge
 11:30-11:45 The Pioneer Woman's Top 10 Chicken Recipe Videos
 2:30 Worship Service (AUD)
 4-4:30 True or False Game

10:15-10:30 Sit and Stretch **29**
 10:30-11:00 Can Toss Game
 11:30-11:45 Tour of San Jose's Japantown
 10:30-11:30 Artistic Expressions: My Winter Break Writing Journal
 3:15-3:45 How Delicious Candy is Made-Modern Marvels
 4-4:30 Places From the Heart
 Chinese New Year (Year of the Snake)

10:15-10:30 Rocking Oldies Seated Workout with Paul Eugene **30**
 10:45-11:20 Chaplain Time
 11:20-11:45 Hand/Shoulder Massages
 2:15-3:15 BINGO
 3:15-3:45 A Closer Look: Inside Martha Stewart's Iconic New York House and Estate
 4-4:30 IN2L: Piggy Bankers

10:30-11:30 Grandma's Kitchen: Vanilla Cupcakes **31**
2:15 Chinese New Year Social
 3:15 Amy Grant Came to Newton, NC (YT)
 4-4:30 Guess the 60's TV Show Theme Song

Abbreviation Key:
 (AUD) = Auditorium
 (YT) = YouTube Premium
 (IN2L) = Interactive Computer

Activities Subject to change and/or cancellation at any time.

Heritage Manor Activity Office (201) 848-5869

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