

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Hebert Health Rehabilitation - Activity Calendar

January 2022

8:00 News/Coffee-A 9:00 Leisure activity- A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-MD 1:30 Cooking class-A 3:30 Snack/Video-AU 6:00 Bingo-A	2	8:00 Coffee /News -A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Art/Craft-A 1:30 Will Bowling -A 3:00 Catholic Mass-A 3:30 facetime/zoom calls-AU 6:00 Pokeno-A	3	8:00 Coffee /News -A 9:00 Leisure activities-A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 2022 Bingo-A 3:00 1-1 facetime/calls-AU 6:00 word game -A	4	8:00 Coffee /News -A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 wood painting-A 3:30 facetime/zoom calls-AU 6:00 word game-A	5	8:00 Coffee /News -A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Horse Racing-A 3:00 1-1 facetime/calls-AU 6:00 Craft Night-A	6	8:00 Coffee /News -A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 2:00 Karaoke-A 3:00 Snack / Music-AU 3:30 facetime/zoom calls-AU 6:00 Pokeno -A	7	8:00 News/Coffee-A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-MD 1:30 Snack and Movie Resident's Choice-AU 6:00 word game - A	8	8:00 News/Coffee-A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-MD 1:30 Snack and Movie Resident's Choice-AU 6:00 word game - A	9	8:00 Coffee /News -A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Will Bowling -A 3:30 facetime/zoom calls-AU 6:00 Pokeno-A	10	8:00 Coffee /News -A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 2022 Bingo-A 3:00 1-1 facetime/calls-AU 6:00 word game -A	11	8:00 Coffee /News -A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 wood painting-A 3:30 facetime/zoom calls-AU 6:00 word game-A	12	8:00 Coffee /News -A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Horse Racing-A 3:00 1-1 facetime/calls-AU 6:00 Craft Night-A	13	8:00 Coffee /News -A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 2:00 Karaoke -AU 3:00 Snack/Music -AU 3:30 facetime/zoom calls-AU 6:00 Pokeno -A	14	8:00 News/Coffee-A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-MD 1:30 Snack and Movie Resident's Choice-AU 6:00 word game - A	15	8:00 News/Coffee-A 9:00 Leisure activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-MD 1:30 Snack and Movie Resident's Choice-AU 6:00 word game - A	16	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Will Bowling -A 3:30 facetime/zoom calls-AU 6:00 Pokeno-A	17	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Resident Council meet with unit Representatives -A 3:00 Music Video/Snack 6:00 word game -A	18	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 wood painting-A 3:30 facetime/zoom calls-AU 6:00 word game-A	19	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Horse Racing-A 3:00 Music video/snack-A 6:00 Craft Night-A	20	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Karaoke-A 3:30 facetime/zoom calls-AU 6:00 Pokeno -A	21	8:00 News/Coffee-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-MD 1:30 Snack and Movie Resident's Choice-AU 6:00 word game - A	22	8:00 News/Coffee-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-MD 1:30 Snack and Movie Resident's Choice-AU 6:00 word game - A	23	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Will Bowling -A 3:30 facetime/zoom calls-AU 6:00 Pokeno-A	24	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 2022 bingo-A 6:00 word game -A	25	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 wood painting-A 2:00 Ann W. Country music-A 3:30 facetime/zoom calls-AU 6:00 word game-A	26	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Horse Racing-A 3:00 Music Video-A 6:00 Craft Night-A	27	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Bingo -AU 3:30 facetime/zoom calls-AU 6:00 Pokeno -A	28	8:00 News/Coffee-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-MD 1:30 Snack and Movie Resident's Choice-AU 6:00 word game - A	29	8:00 News/Coffee-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-MD 1:30 Snack and Movie Resident's Choice-AU 6:00 word game - A	30	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Will Bowling -A 3:30 facetime/zoom calls-AU 6:00 Pokeno-A	31	8:00 Coffee /News -A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-A 1:30 Will Bowling -A 3:30 facetime/zoom calls-AU 6:00 Pokeno-A
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Happy

New Year
2022

KEY

- Activity room.....A
- All Units.....AU
- Main Dining room.....MD
- Bus Trip.....BT
- Mall Delivered Monday-Saturday
- Hair Dresser Monday- Friday
- *Meals Times are approximate
- Breakfast-8-15 AM
- Lunch-12:15 noon
- Dinner-5:15 PM

