

CALENDAR KEY: **Blue** - Performer/Volunteer **Green** - Upstairs **Red** - Outing **Pink** - Families Only

STAFFORD SHORES ACTIVITIES ~ JANUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>ALWAYS AVAILABLE FOR INDEPENDENT ENGAGEMENT: Dominoes, puzzles, playing cards, activity books, adult coloring, nursery room, books to borrow, instruments for public use, IN2L activities (see staff to turn on IN2L TV), art supplies, & more!</p>				<p>10:00 Basketball Freethrow 11:00 Devotion & Hymn Sing 1:15 Baking Coffee Cake 3:00 New Years Concert with Craig 4:15 Family Feud! 5:45 New Years Resolutions</p>	<p>2 10:00 Resident "Pick" Singalong 11:15 Seated Zumba 1:30 Bracelet Making with Mary 2:45 Manicures & Men's Hour 4:00 Resident Council Meeting 5:45 Table Tennis</p>	<p>3 10:00 What's in the Bag?! 11:00 Charades! 2:00 Memory Chi! 3:30 Sculpting with Clay 5:45 Dominoes</p>	<p>4 10:00 Twister Mat Toss 11:00 Yoga Stretching 1:30 Baking Oatmeal Raisin Cookies 3:00 Ginger in Concert 5:45 Resident Pick IN2L Trivia</p>
<p>5 11:15 Morning Dance Break 1:30 Guess Who! 2:45 Best Friends 1-on-1 Hour 3:45 Finish the Lyrics 5:45 Spa Face Masks</p>	<p>6 10:30 Chris in Concert 1:30 Balloon Baseball 2:45 Mystery IN2L Activity 4:00 Lotion Hand Massages 5:45 One Word Per Letter</p>	<p>7 10:00 Good News Network 11:15 Big Group Crossword 1:30 Snow Globe Craft 3:00 Stay Fit with Sarah 4:00 Musical BINGO! 5:45 Armchair Travel: Sweden</p>	<p>8 11:15 Devotion & Hymn Sing 1:30 Painting Clay Sculptures 3:00 Music with Charlie Russo 4:15 Stafford Shores Art Gallery 5:45 Balloon Volleyball</p>	<p>9 10:00 Yoga Stretching 11:15 Find the Difference 1:30 Baking Zucchini Bread 2:45 Manicure Hour 4:00 Making "Thank You" Cards for Law Enforcement 5:45 Saxophone with Jordyn</p>	<p>10 10:30 Putt Putt Golf Practice 2:00 Memory Chi! 3:00 Patty & Rick in Concert 5:45 Movie Night & Apple Cider</p>	<p>11 10:30 Stay Smart with Leigh 2:00 Chips & Dip Social with Mary & April 3:30 Musical Ball Toss 5:45 Puzzles with Friends</p>	
<p>12 11:15 Seated Zumba 1:30 Instrument Jam Session 2:45 Best Friends 1-on-1 Hour 3:45 Card Games 5:45 Lotion Hand Massages</p>	<p>13 11:15 Pool Noodle Workout 2:00 Flute Concert 3:15 Making Vision Boards 4:15 Rummikub Corner 5:45 Picture Book Club</p>	<p>14 10:00 What's That Sound?! 11:15 Group Scavenger Hunt 1:30 Virtual Art Gallery 2:00 Therapy Dog Visit 3:00 Stay Fit with Sarah 4:00 Resident Pick IN2L Singalong 5:45 This Month in History</p>	<p>15 10:15 Devotion & Hymn Sing 11:30 Lunch Outing to Dubsdread Tap Room 2:00 Chair Circuit Exercise 3:30 Decorating Sun Hats 5:45 Qwirkle Matching</p>	<p>16 10:00 Writing Pen Pal Letters 11:15 Name That Tune! 1:30 Ballroom Dance with Joe 3:00 Dementia Support Group 3:00 Dance with Natasha 4:00 Manicure Hour 5:45 Dominoes</p>	<p>17 10:00 Parachute Play 11:00 The Price is Right! 2:00 Memory Chi! 3:30 Baking Pizza for Dinner 5:45 Chicken Soup for the Soul</p>	<p>18 10:00 Pictionary 11:00 Yoga Stretching 1:30 BINGO! 3:00 Allerton Cove Karaoke 5:45 Resident Pick Table Games</p>	
<p>19 10:30 Morning Dance Break 1:30 Garden Relaxation 3:00 Disco Bowling League 5:45 Watercolor Class with Sue</p>	<p>20 10:30 Janie's Variety Show 2:00 Performance by The Joy Uke Club! 3:30 Table Arrangements with Mary & April 5:45 MLK Jr. "I've Been To The Mountaintop" Speech</p>	<p>21 10:00 Lotion Hand Massages 11:15 Rhythm Circle 1:30 Music & Legacy: George Cohan 3:00 Stay Fit with Sarah 4:00 Baking Coconut Cake 5:45 Fact or Fiction?</p>	<p>22 10:00 Balloon Volleyball 11:00 Devotion & Hymn Sing 1:30 Afternoon Tea Party 3:00 Balloon Burst Word Game 5:45 Jenga Blocks</p>	<p>23 10:00 You Be The Judge! 11:00 Seated Zumba 1:30 Painting Door Initials 3:00 Manicure Hour 4:15 Gentleman's Hangout 5:45 Musicals & Fresh Popcorn</p>	<p>24 10:00 Cornhole Toss 11:15 Jeopardy! 2:00 Memory Chi! 3:00 Resident Birthday Party with Mike & Erik 5:45 Compliments from the Stafford Shores Team!</p>	<p>25 10:00 Guided Reminiscing 11:00 Yoga Stretching 1:30 Baking Hershey Kiss Cookies 3:00 Armchair Travel: Florida 5:45 Banjolele with Emily</p>	
<p>26 10:30 Garden Relaxation 1:30 Piano Singalong with Sue & Emily 3:00 Picture Book Club 5:45 World Dance with Natasha</p>	<p>27 10:30 Ballroom Dancers 1:30 Musical Ball Toss 3:00 Lotion Hand Massages 5:45 BINGO! with April</p>	<p>28 10:00 Putt Putt Golf Practice 11:15 Learn How To Kazoo! 2:00 Therapy Dog Visit 3:00 Stay Fit with Sarah 4:00 Resident Pick IN2L Trivia 5:45 UNO!</p>	<p>29 10:00 Writing Fortunes for Chinese New Year 11:00 Devotion & Hymn Sing 1:30 Baking Fortune Cookies 3:45 Stay Musical with Leigh 5:45 Broom Ball</p>	<p>30 10:00 Instrument Jam Session 11:00 Seated Zumba 1:45 Monthly Birthday Party! 3:15 Manicure Hour 5:45 Making Seashell Necklaces</p>	<p>31 10:00 Basketball Freethrow 11:15 Mystery IN2L Activity 2:00 Memory Chi! 3:00 Nora in Concert 5:45 Chats Over Hot Chocolate</p>		

All activities are subject to change based on new circumstances or resident request. Contact Emily at ESmith@TheMayflower.com for questions or comments regarding lifestyles in Stafford Shores.