



JANUARY 2021 * EAST HAVEN

JANUARY IS.....

- ◆ Be Kind to Servers Month
- ◆ National Creativity Month
- ◆ National Soup Month
- ◆ National Walk Your Pet Month
- ◆ Celebration of Life Month
- ◆ National Hot Tea Month
- ◆ Oatmeal Month
- ◆ Self-Love Month
- ◆ Glaucoma Awareness Month
- ◆ Get Organized Month
- ◆ National Skating Month
- ◆ National Hobby Month
- ◆ National Wheat Bread Month

Calendar Events Subject to Change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					10:00 Exercise 11:45 Memories 3:15 Snack NEW YEAR'S DAY	2 <i>National Cream Puff Day</i>
3 <i>Chocolate Covered Cherry Day</i>	10:00 Coffee & News 11:45 Music Therapy 3:15 Snack <i>National Spaghetti Day</i>	4 10:00 Video Call 2:30 Hair Salon 3:15 Hot Chocolate & Cookies <i>National Whipped Cream Day</i>	5 10:00 Exercise 11:45 Video Calls 2:30 Sensory Game <i>National Bean Day</i>	6 10:00 Video Call 2:30 Manicures & Music 3:15 Painting Rocks <i>National Bobblehead Day</i>	7 10:00 Coffee & News 11:45 Game Shows 2:30 Balloon Bat <i>English Toffee Day</i>	8 <i>National Apricot Day</i>
10 <i>Natl. Bittersweet Chocolate Day</i>	11 10:00 Exercise 2:30 Manicure Monday 3:15 Snack <i>Hot Toddy Day</i>	12 10:00 Video Calls 2:30 Hair Salon 3:15 Tea & Cookies <i>National Pharmacist Day</i>	13 10:00 Coffee & Coupon 11:45 Video Calls 3:15 Snack <i>National Peach Melba Day</i>	14 10:00 Video Call 2:30 Music & Memories 3:15 Chocolate Cookie Snack <i>Natl. Hot Pastrami Sandwich Day</i>	15 10:00 Exercise 2:30 Funky Hats 3:15 Snack <i>National Hat Day</i>	16 <i>National Fig Newton Day</i>
17 <i>World Snow Day</i>	18 10:00 Coffee & News 11:45 MLK Jr History 2:30 Birdfeeder Craft MARTIN LUTHER KING JR	19 10:00 Video Calls 2:30 Hair Salon 3:30 Popcorn Snack <i>National Popcorn Day</i>	20 10:00 Exercise 11:45 Video Calls 2:30 Music Therapy <i>Inauguration Day</i>	21 10:00 Video Calls 2:30 Manicures & Music 3:15 Silly Pictures <i>National Hugging Day</i>	22 10:00 Coffee & News 2:30 Hand Massage 3:15 Polka Dot Painting <i>National Polka Dot Day</i>	23 <i>National Pie Day</i>
24 <i>National Peanut Butter Day</i>	25 10:00 Exercise 2:30 Manicure Monday 3:15 Snack <i>Opposite Day</i>	26 10:00 Video Calls 2:30 Hair Salon 3:15 Peanut Butter Bar Snack <i>Spouse's Day</i>	27 10:00 Coffee & Coupon 11:45 Video Calls 12:00 Cook's Choice Luncheon 3:15 Chocolate Cake Snack <i>National Chocolate Cake Day</i>	28 10:00 Video Calls 1:30 Time Slips 3:15 Oatmeal Cookie Snack <i>National Kazoo Day</i>	29 10:00 Exercise 11:45 Music Therapy 2:30 Movie 3:15 Chips & Salsa Snack <i>National Corn Chip Day</i>	30 <i>National Croissant Day</i>
31 <i>Backward Day</i>						7:00pm Monday—Friday Wheel of Fortune & Jeopardy in the TV Room.

