

JANUARY 2021 PART 2 - SOCIAL DISTANCE EDITION - WILLOW HEIGHTS LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
<p>10:00 LIVE STREAMING CHURCH SERVICE (PUB)</p> <p>PLAY OFF DAY!!! 8:00 STEELERS VS BROWNS ON CBS</p> 	<p>10:15 APARTMENT VISITS (IR)</p> <p>10:15 SIT & BE FIT (K)</p> <p>11:30 APARTMENT SECTION #311 - 322 ACTIVITY (DR)</p> <p>2:00 MINI MANICURES & ICE CREAM TREAT WITH LISA (K)</p>	<p>9:00 TAKE DOWN DECORATIONS – MEET IN LOBBY WANT TO HELP</p> <p>11:00 BALANCE & STRENGTH (P)</p> <p>11:30 APARTMENT SECTION #401 - 410 ACTIVITY (DR) ❄️</p> <p>1:00 CANDY BAR BINGO (DR)</p> <p>2:15 WII BOWLING (P)</p>	<p>10:15 APARTMENT VISITS (IR)</p> <p>10:15 SIT & BE FIT (K)</p> <p>11:30 APARTMENT SECTION #411 - 422 ACTIVITY (DR)</p> <p>2:00 REMINISCE THROUGH THE DECADES “THE 1940’S” DVD (P)</p> <p>5:30 PENGUINS VS FLYERS *1ST</p>	<p>10:15 APARTMENT VISITS (IR)</p> <p>11:00 BALANCE & STRENGTH (P)</p> <p>11:30 APARTMENT SECTION #201 - 213 ACTIVITY (DR) ❄️</p> <p>2:00 PRIZE BINGO WITH LISA (DR)</p>	<p>10:15 APARTMENT VISITS (IR)</p> <p>10:15 SIT & BE FIT (K)</p> <p>11:00 APARTMENT SECTION #301 - 310 ACTIVITY (DR)</p> <p>12:00 FRIDAY DESSERT TO GO (DR)</p> <p>1:00 MARTIN LUTHER KING CROSSWORDS TO GO (K)</p>	<p>2:00 AFTERNOON MOVIE “The Al Jolson Story Larry parks</p> 
17	18	19	20	21	22	23
<p>10:00 LIVE STREAMING CHURCH SERVICE (PUB)</p>	<p>MARTIN LUTHER KING, JR DAY ❄️</p> <p>10:15 SIT & BE FIT (K)</p> <p>11:30 INDIVIDUAL PUZZLE PACKETS (K)</p> <p>2:00 TAMBURITZANS - DANCE CO & MUSIC DVD – PART 2 (P)</p>	<p>10:15 SIT & BE FIT (K)</p> <p>11:30 INDIVIDUAL PUZZLE PACKETS (K)</p> <p>1:00 CANDY BAR BINGO (DR)</p> <p>2:15 WII BOWLING (P)</p>	<p>10:15 SIT & BE FIT (K) ❄️</p> <p>11:30 INDIVIDUAL PUZZLE PACKETS (K)</p> <p>2:00 HOLIDAY SPECIAL DVD ALABASTER PRODUCTION (P)</p>	<p>10:15 SIT & BE FIT (K)</p> <p>11:30 INDIVIDUAL PUZZLE PACKETS (K)</p> <p>2:00 CANDY BAR BINGO (DR)</p>	<p>10:15 SIT & BE FIT (K)</p> <p>11:30 INDIVIDUAL PUZZLE PACKETS (K)</p> <p>12:00 FRIDAY LUNCH TO GO (DR) ❄️</p> <p>2:00 SING A LONG WITH SUZIE Q “HAPPY DAYS” (P)</p>	<p>2:00 AFTERNOON MOVIE “Chisum” John Wayne</p>
24				PENGUIN’S HOCKEY GAMES		
<p>10:00 LIVE STREAMING CHURCH SERVICE (PUB)</p> <p>7:00 PENGUINS VS RANGERS</p> 	 <p><small>shutterstock.com • 1216538596</small></p>	<p>Lisa Connor, Activity Coordinator (412) 875-4180 lconnor@willowsseniorliving.com</p> 		<p>1/13 5:30 - 1ST. Game – Flyers 1/15 7:00 - Flyers 1/17 12:00 - Capitals 1/19 7:00 – Capitals 1/22 7:00 – Rangers 1/24 7:00 – Rangers 1/26 7:00 – Bruins 1/28 7:00 – Bruins 1/30 7:00 - Rangers</p>		<p><i>*Calendar is subject to changes due to Covid-19. Any changes will be posted. Thank you in advance for your patience and flexibility!</i></p>

IMPORTANT INFORMATION: Social distancing will continue, please remain 6 feet from others. Wearing masks when around others (covering entire nose and mouth) is extremely important. All current restrictions & procedures will remain in effect. We are awaiting guidance on how to proceed with the rest of January 2021. Please stay in the community as much as possible and use family/friends to deliver supplies.