



# NJ VETERANS MEMORIAL HOME AT MENLO PARK DECEMBER 2021 OLD GLORY CALENDAR



SUN	Mon	Tue	Wed	Thu	Fri	Sat
			<p><b>1 Hannukah</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch <b>Live Music: Lisa Argentieri</b> Cocktails &amp; Conversation 6:00 Evening Activities Sing A Long Favorites Aromatherapy/ Relaxation</p>	<p><b>2 Hannukah</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise, Bingo 1:00 Afternoon Activities Afternoon Stretch Rhythm Band, Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Photo Reminiscing Aromatherapy/ Relaxation</p>	<p><b>3 Hannukah</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise, Mind Joggers 1:00 Afternoon Activities Chair Yoga &amp; Meditation <b>Sing A Long w/ Barbara</b> Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Short Stories Aromatherapy/ Relaxation</p>	<p><b>4 Hannukah</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch Ice Cream Social Walk and Talk</p>
<p><b>5 Hannukah</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Mind Joggers 1:00 Afternoon Activities Chair Yoga &amp; Meditation Expressive Art, Walk and Talk</p>	<p><b>6 Hannukah</b> 9:30 Morning Activities Coffee &amp; News , Morning Exercise, Bingo 1:00 Afternoon Activities Chair Yoga &amp; Meditation, Sing A Long Favorites, Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Short Stories, Aromatherapy</p>	<p><b>7</b> 9:30 Morning Activities Coffee &amp; News , Morning Exercise Art Class 1:00 Afternoon Activities Afternoon Stretch, Reminiscing, Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Poetry Reading/Writing Aromatherapy/ Relaxation</p>	<p><b>8</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch <b>Live Music: Steve Berger</b> Cocktails &amp; Conversation 6:00 Evening Activities Sing A Long Favorites Aromatherapy/ Relaxation</p>	<p><b>9</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Bingo 1:00 Afternoon Activities Afternoon Stretch Rhythm Band Walk and Talk Cocktails &amp; Conversation</p>	<p><b>10</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise, Mind Joggers 1:00 Afternoon Activities Chair Yoga &amp; Meditation <b>Sing A Long w/ Barbara</b> Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Short Stories Aromatherapy/ Relaxation</p>	<p><b>11</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch Ice Cream Social Walk and Talk</p>
<p><b>12</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Mind Joggers 1:00 Afternoon Activities Chair Yoga &amp; Meditation Expressive Art, Walk and Talk</p>	<p><b>13</b> 9:30 Morning Activities Coffee &amp; News , Morning Exercise, Bingo 1:00 Afternoon Activities Chair Yoga &amp; Meditation, Sing A Long Favorites, Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Short Stories, Aromatherapy</p>	<p><b>14</b> 9:30 Morning Activities Coffee &amp; News , Morning Exercise Art Class 1:00 Afternoon Activities Afternoon Stretch <b>Sing A Long w/ Captain Jack</b> Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Poetry Reading/Writing Aromatherapy/ Relaxation</p>	<p><b>15</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch <b>Live Music: George Roman</b> Cocktails &amp; Conversation 6:00 Evening Activities Sing A Long Favorites Aromatherapy/ Relaxation</p>	<p><b>16</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise, Bingo 1:00 Afternoon Activities Afternoon Stretch <b>Young at Heart Music</b> Rhythm Band, Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Photo Reminiscing Aromatherapy/ Relaxation</p>	<p><b>17</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise, Mind Joggers 1:00 Afternoon Activities Chair Yoga &amp; Meditation <b>Sing A Long w/ Barbara</b> Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Short Stories Aromatherapy/ Relaxation</p>	<p><b>18</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch Ice Cream Social Walk and Talk</p>
<p><b>19</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Mind Joggers 1:00 Afternoon Activities Chair Yoga &amp; Meditation Expressive Art, Walk and Talk</p>	<p><b>20</b> 9:30 Morning Activities Coffee &amp; News , Morning Exercise, Bingo 1:00 Afternoon Activities Chair Yoga &amp; Meditation, Sing A Long Favorites, Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Short Stories, Aromatherapy</p>	<p><b>21</b> 9:30 Morning Activities Coffee &amp; News , Morning Exercise Art Class 1:00 Afternoon Activities Afternoon Stretch, Reminiscing, Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Poetry Reading/Writing Aromatherapy/ Relaxation</p>	<p><b>22</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Word Games 1:00 Afternoon Activities <b>Holiday Party w/ Live Music:</b> <b>Exodus Supreme</b> 6:00 Evening Activities Sing A Long Favorites Aromatherapy/ Relaxation</p>	<p><b>23</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise, Bingo 1:00 Afternoon Activities Afternoon Stretch Rhythm Band, Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Photo Reminiscing Aromatherapy/ Relaxation</p>	<p><b>24 Christmas Eve</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise, Mind Joggers 1:00 Afternoon Activities Chair Yoga &amp; Meditation <b>Sing A Long w/ Barbara</b> <b>Hot Cocoa &amp; Conversation</b></p>	<p><b>25 Christmas Day</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch <b>Live Music: Francine &amp; Joel</b></p>
<p><b>26</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Mind Joggers 1:00 Afternoon Activities Chair Yoga &amp; Meditation Expressive Art, Walk and Talk</p>	<p><b>27</b> 9:30 Morning Activities Coffee &amp; News , Morning Exercise, Bingo 1:00 Afternoon Activities Chair Yoga &amp; Meditation, Sing A Long Favorites, Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Short Stories, Aromatherapy</p>	<p><b>28</b> 9:30 Morning Activities Coffee &amp; News , Morning Exercise Art Class 1:00 Afternoon Activities Afternoon Stretch, Reminiscing, Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Poetry Reading/Writing Aromatherapy/ Relaxation</p>	<p><b>29</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch <b>Live Music: Everything Good</b> Cocktails &amp; Conversation 6:00 Evening Activities Sing A Long Favorites</p>	<p><b>30</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise, Bingo 1:00 Afternoon Activities Afternoon Stretch Rhythm Band, Walk and Talk Cocktails &amp; Conversation 6:00 Evening Activities Photo Reminiscing Aromatherapy/ Relaxation</p>	<p><b>31 New Year's Eve</b> 9:30 Morning Activities Coffee &amp; News Morning Exercise, Mind Joggers 1:00 Afternoon Activities Chair Yoga &amp; Meditation <b>Live Music:</b> <b>Banshee Brothers</b> Walk and Talk Cocktails &amp; Conversation</p>	

*All Activities Subject to Change*