

## Jay and Rose Phillips Bentson Memory Care- January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Due to the Coronavirus, we are adapting our schedules and will be updated daily. Activities may change without notice.	<h1 style="font-size: 4em; margin: 0;">JANUARY</h1> 					<b>1</b> <span style="color: white;">New Year's Day!!!</span>	<b>2</b> <span style="color: white;">Shabbat</span>
	9:30 TV 33 Catholic Rosary 10:45 TV 33 Pilates for Painful Knees  1:30 Can Knockdown Exercise 2:30 TV 33 "Birdwatching LIVE" 3:30 Social Solidarity Singing Fun in Parking Lot 5:45 Storytelling	10:00 TV 33 "Fit & Fun" Exercise 10:45 TV 33 "Rick Steves' The Best of Israel" 1:00 Noodle Ball Exercise 1:30 Music Therapy Zoom 1:1s 2:00 TV 33 "Seven Harp Ensemble" 3:45 Flower Arranging 6:30 TV 33 Movie "Ondine"	10:00 TV 33 Chair Yoga 10:45 Group Kickboxing 10:45 TV 33 Catholic Mass 1:30 TV 33 Happy Hour w/ Todd Anderson as Elvis 2:45 TV 33 "The Great Race" 3:30 Faith & Fellowship w/ Amy 4:00 Virtual Reality Goggles 6:00 TV 33 "A World of Art: The Metro. Museum of Art"	10:00 TV 33 "Fit & Fun" Exercise 10:45 TV 33 "Sherlock Holmes: The Great Detective" (Doc) 1:30 New Year's Cards 2:00 TV 33 Doc. "Europe from Above: E1 Netherlands" 3:30 Craft 4:00 Manicures & Nail Care 6:30 TV 33 Movie "The Iron Lady"	10:00 TV 33 Chair Yoga 10:45 Hallway Walks 10:45 TV 33 "MacPhail Faculty Recital: Solos & Duos" 1:30 Dice Games 2:00 TV 33 "Hollywoodism: Jews, Movies & Amer. Dreams" 3:45 Aromatherapy Massages 6:00 TV 33 "George Gershwin Documentary"	10:00 TV 33 "Fit & Fun" Exercise 10:30 TV CH 16 Christian Service 10:45 TV 33 "Wild Thing: The Smithsonian Nat'l Zoo" 1:00 Washers Exercise Game 1:30 TV 33 "Viva Las Vegas" 2:00 Chaplain Amy Visits 1:1 3:45 Video Chats w/ Family 4:00 TV CH 33 Shabbat Service 5:45 TV 33 "Loving Vincent"	9:00 TV 33 Beth Jacobs Service 10:45 Group Exercise 1:30 Sylvia's Birthday Party!!! 2:30 TV 33 YouTube "Relaxing Jewish Lullabies" 3:30 IN2L Fun & Games 6:30 TV 33 Movie "Robin and Marian"
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
9:30 TV 33 Catholic Rosary 10:45 TV 33 Sit & Be Fit- Live From Central Park  1:30 Baking 2:30 TV 33 "Itzhak Perlman- Beethoven: Violin Concerto" 3:30 Social Solidarity Singing Fun in Parking Lot 5:45 Big Balloon Toss Game	10:00 TV 33 "Fit & Fun" Exercise 10:45 TV 33 "Those Were The Days- Reminiscing in pics" 1:00 Frisbee Exercise Game 1:30 Music Therapy Zoom 1:1s 2:00 TV 33 "42nd Street the Musical" 3:45 Flower Arranging 6:30 TV 33 Movie "Up Periscope!"	10:00 TV 33 Chair Yoga 10:45 Hallway Exercise Walks 10:45 TV 33 Catholic Mass 1:30 TV 33 HH w/ Monroe Crossing Bluegrass Band 2:45 TV 33 "Mrs. Goldberg" 3:30 Faith & Fellowship w/ Amy 4:00 Bingo! 6:00 TV 33 "Amer. Restoration: Pickup the Pieces"	10:00 TV 33 "Fit & Fun" Exercise 10:45 TV33 "Hollywood's Golden Age Documentary" 1:30 Card Games 2:00 TV 33 Doc. "Europe from Above: E2 Italy" 3:45 Manicures & Nail Care 6:30 TV 33 Movie "Bright Eyes (Shirley Temple)"	10:00 TV 33 Chair Yoga 10:45 Group Weights Exercises 10:45 TV 33 "25 Most Amazing Ancient Ruins of the World" 1:30 January Décor 2:00 TV 33 "Code Girls: Untold Women Coders of WWII" 3:45 IN2L Fun & Games 6:00 TV 33 "Wright Brothers' Flying Machine"	10:00 TV 33 "Fit & Fun" Exercise 10:30 TV CH 16 Christian Service 1:00 Bowling Exercise Game 1:30 TV33 Movie "Alive Inside: Story of Music & Memory" 2:00 Chaplain Amy Visits 1:1 3:45 Video Chats w/ Family 4:00 TV CH 33 Shabbat Service 5:45 TV CH 33 Movie & Popcorn "The Post"	9:00 TV 33 Beth Jacobs Service 10:45 Hallway Exercise Walks 1:30 Dice Game 2:30 TV 33 YouTube "Oneg-Bossa Shabbat" 3:30 Aromatherapy Massages 6:30 TV 33 Movie "Mulan"	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	
9:30 TV 33 Catholic Rosary 10:45 TV 33 Seated Exercises for Arthritis 1:30 IN2L Fun & Games 2:30 TV 33 Movie "Has Anybody Seen My Gal" 3:30 Social Solidarity Singing Fun in Parking Lot 5:45 Poetry	10:00 TV 33 "Fit & Fun" Exercise 10:45 TV 33 "How MLK Jr. Changed the World" 1:00 TV 33 Metropolitan Opera "Porgy & Bess" 1:30 Music Therapy Zoom 1:1s 3:15 Basketball Exercise Game 3:45 Flower Arranging 6:30 TV 33 Movie "Dr. MLK, Jr. A Historical Perspective"	10:00 TV 33 Chair Yoga 10:45 Group Zumba 10:45 TV 33 Catholic Mass 1:30 TV 33 Happy Hour & Music w/ Randy Roloff 2:45 TV 33 "Great Expectations" 3:30 Faith & Fellowship w/ Amy 4:00 Virtual Reality Goggles 6:00 TV 33 "The Guide: How the Presidency Was Formed"	10:00 TV 33 "Fit & Fun" Exercise 10:45 TV33 "Jacqueline Kennedy First Lady" 1:30 Aromatherapy Massages 2:00 TV 33 Doc. "Europe from Above: E3 Germany" 3:45 Baking 6:30 TV 33 Movie "El Dorado (John Wayne)"	10:00 TV 33 Chair Yoga 10:45 Hallway Walks 10:45 TV 33 "Extreme Makeover Home Edition" 1:30 Bingo! 2:00 TV 33 "Only Yesterday: The Carpenters' Story" 3:45 Storytelling 6:00 TV 33 Movie TBD	10:00 TV 33 "Fit & Fun" Exercise 10:30 TV CH 16 Christian Service 10:45 TV 33 "Grace Kelly" 1:00 Tic-Tac-Toe Exercise Game 1:30 TV33 "Canadian Rockies" 2:00 Chaplain Amy Visits 1:1 3:45 Video Chats w/ Family 4:00 TV CH 33 Shabbat Service 5:45 TV CH 33 Movie & Popcorn "Born in China"	9:00 TV 33 Beth Jacobs Service 10:45 Group Exercise 1:30 Manicures & Nail Care 2:30 TV CH 33 Oneg Shabbat Soothing Jewish Melodies 3:30 Table Games 6:30 TV 33 Movie "Mame (Lucille Ball)"	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	
9:30 TV 33 Catholic Rosary 10:45 TV 33 Chair Yoga Dance 1:30 Horse Shoes Exercise Game 2:30 TV33 "Broadway Ladies" 3:30 Singing in Parking Lot	10:00 TV 33 "Fit & Fun" Exercise 10:45 TV 33 "Secrets of the Great Wall" 1:00 Target Toss Exercise Game 1:30 Music Therapy Zoom 1:1s 2:00 TV 33 "The Music of Miles Davis- Jazz at Lincoln Ctr" 3:45 Flower Arranging 6:30 TV 33 Movie "Pink Panther"	10:00 TV 33 Chair Yoga 10:45 Hallway Exercise Walks 10:45 TV 33 Catholic Mass 1:30 TV 33 Happy Hour w/ Music by Vinnie Rose 2:45 TV33 "Official Secrets" 3:30 Faith & Fellowship w/ Amy 4:00 Lynnanne's B-day Party!!! 6:00 TV 33 "Philadelphia Orchestra- Beethoven"	10:00 TV 33 "Fit & Fun" Exercise 10:45 TV 33 "Gordon Ramsay: Festive Home Cooking" 1:30 Tu B'Shevat & Sholom Tree 2:00 TV 33 Doc. "Europe from Above: E4 United Kingdom" 3:45 Dice Games 6:30 TV 33 Movie "Coco Chanel" (Shirley M)	10:00 TV 33 Chair Yoga 10:45 Group Bands Exercises 11:30 <b>Tu B'Shevat Luncheon</b> 1:30 Winter Carnival Project 2:00 TV 33 Tu B'Shevat Program 3:45 Card Games 6:00 TV 33 "2020 St. Paul Winter Carnival Parade"	10:00 TV 33 "Fit & Fun" Exercise 10:30 TV CH 16 Christian Service 10:45 TV33 "Olympic Nat'l Park" 1:00 Baseball Exercise Game 1:30 TV33 "MN Hockey..." 2:00 Chaplain Amy Visits 1:1 3:45 Video Chats w/ Family 4:00 TV CH 33 Shabbat Service 5:45 TV CH 33 Movie & Popcorn "The Winter Stallion"	9:00 TV 33 Beth Jacobs Service 10:45 Hallway Exercise Walks 1:30 Craft 2:30 TV 33 "Relaxing Music & Underwater Scenes" 3:30 Aromatherapy Massages 6:30 TV 33 Movie "Some Like it Hot"	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
10:45 TV 33 Self Care Stretching 1:30 Bingo! 2:30 TV33 Royal Wedding 1951 3:30 Singing in Parking Lot	10:00 TV 33 "Fit & Fun" Exercise 10:45 TV 33 "Secrets of the Great Wall" 1:00 Target Toss Exercise Game 1:30 Music Therapy Zoom 1:1s 2:00 TV 33 "The Music of Miles Davis- Jazz at Lincoln Ctr" 3:45 Flower Arranging 6:30 TV 33 Movie "Pink Panther"	10:00 TV 33 Chair Yoga 10:45 Hallway Exercise Walks 10:45 TV 33 Catholic Mass 1:30 TV 33 Happy Hour w/ Music by Vinnie Rose 2:45 TV33 "Official Secrets" 3:30 Faith & Fellowship w/ Amy 4:00 Lynnanne's B-day Party!!! 6:00 TV 33 "Philadelphia Orchestra- Beethoven"	10:00 TV 33 "Fit & Fun" Exercise 10:45 TV 33 "Gordon Ramsay: Festive Home Cooking" 1:30 Tu B'Shevat & Sholom Tree 2:00 TV 33 Doc. "Europe from Above: E4 United Kingdom" 3:45 Dice Games 6:30 TV 33 Movie "Coco Chanel" (Shirley M)	10:00 TV 33 Chair Yoga 10:45 Group Bands Exercises 11:30 <b>Tu B'Shevat Luncheon</b> 1:30 Winter Carnival Project 2:00 TV 33 Tu B'Shevat Program 3:45 Card Games 6:00 TV 33 "2020 St. Paul Winter Carnival Parade"	10:00 TV 33 "Fit & Fun" Exercise 10:30 TV CH 16 Christian Service 10:45 TV33 "Olympic Nat'l Park" 1:00 Baseball Exercise Game 1:30 TV33 "MN Hockey..." 2:00 Chaplain Amy Visits 1:1 3:45 Video Chats w/ Family 4:00 TV CH 33 Shabbat Service 5:45 TV CH 33 Movie & Popcorn "The Winter Stallion"	9:00 TV 33 Beth Jacobs Service 10:45 Hallway Exercise Walks 1:30 Craft 2:30 TV 33 "Relaxing Music & Underwater Scenes" 3:30 Aromatherapy Massages 6:30 TV 33 Movie "Some Like it Hot"	

\*Breakfast 8am, Lunch 11:30am, Dinner 4:45pm- Served according to current COVID regulations

\*Music & Memory Program available