



January 2022



JANUARY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Jan 30

All Day Chanel's Birthday!
All Day I Fall to Pieces
10:00a Coffee & Chronicles
01:00p 1:1 Time
02:00p Snack - Popcorn
03:00p Community Project
06:00p Pillars Cinema

Jan 31

10:15a Morning Movement
11:05a Drumming with Marisa
02:00p Piano with John Bury
05:00p Care Partner Support Group:
Dimensions Families

01

10:30a Morning Movement
11:15a Coffee, Chronicles, &
Childcare Card
01:30p Intention Setting 2022
02:00p Snack
03:00p Tonight Show!

02

10:00a Coffee & Chronicles
01:00p 1:1 Time
02:00p Snack - Popcorn
03:00p Community Project
06:00p Pillars Cinema
07:20p Minnesota Vikings at Green
Bay Packers

03

11:05a Drumming with Marisa
02:00p Piano with John Bury
03:00p Happy Hour

04

11:00a Pound Fitness
11:00a MacPhail Unwrapping Music -
Latin Jazz Music (Virtual)
01:00p Music with Lara
01:15p UMN PT
02:00p UMN PT
02:00p Snack
02:00p Succulent Gardening with Erin
04:00p Relaxation Hour

05

All Day Essential Beauty On-Site
10:15a Postponed! Intergenerational
Project: Bird Feeders (Sun &
Nep)
10:15a Crossword: Animals
11:30a This Day in History:
Minnesota Edition
01:30p Nail Care
02:00p Chair Yoga with Jessica
03:00p Snack

06

All Day Massage Therapist, Ellen, On-
Site
10:00a Grandfriends Music for Life
with MacPhail
11:00a Active Games
01:00p Group Program: Shortbread
01:15p CANCELLED: UMN PT
02:00p CANCELLED: UMN PT
02:30p Chair Massages with Ellen
03:30p Bingo

07

All Day Podiatry Clinic
10:00a Exercise with Erin
11:00a Kids Corner - Tour &
Storytime (Younger
Classrooms)
01:30p Nail Care
02:00p Snack

08

10:00a Coffee & Chronicles
11:30a Morning Movement
01:00p Let's Make a Quilt - Sewing
with Karen
02:00p Snack
03:00p Happy Birthday Elvis!

09

All Day Judy O's Birthday!
10:00a Coffee & Chronicles
12:00p Minnesota Vikings vs Chicago
Bears
01:00p 1:1 Time
02:00p Snack - Popcorn
03:00p Community Project
06:00p Pillars Cinema

10

10:15a Morning Movement
11:00a Brain Games
02:00p Piano with John Bury

11

11:00a Pound Fitness
01:00p Music with Lara
01:15p UMN PT
02:00p Art Project on Canvas
02:00p Snack
02:00p UMN PT
04:00p Relaxation Hour

12

All Day Essential Beauty On-Site
All Day Wacky Winter Wardrobe
Wednesday
10:15a Intergenerational Project:
Coffee Filter Snowflakes (Mer
& Jup)
11:15a Brain Games
01:30p Nail Care
03:00p Happy Hour

13

All Day Massage Therapist, Ellen, On-
Site
10:00a Grandfriends Music for Life
with MacPhail
11:00a Active Games
01:00p Gentle Movements
01:15p UMN PT
02:00p What's Cooking: S'Mores
02:30p Chair Massages with Ellen
03:00p Always Learning: Rubber

14

All Day Erin E's Birthday!
10:00a Chair Yoga with Jes
01:30p Nail Care
02:00p Snack

15

10:00a Coffee & Chronicles
11:30a Morning Movement
02:00p Snack

16

10:00a Coffee & Chronicles
01:00p 1:1 Time
02:00p Snack - Popcorn
03:00p Community Project
06:00p Pillars Cinema

17

All Day Happy 100th Birthday to the
late Betty White
10:15a Morning Movement
10:30a Dog Parade!
11:05a Drumming with Marisa
02:00p Piano with John Bury

18

All Day Martin Luther King
11:00a Pound Fitness
01:00p Music with Lara
01:15p UMN PT Small Group Sessions
02:00p Gentle Movements
02:00p Snack
02:00p UMN PT Small Group Sessions
04:00p Relaxation Hour

19

All Day Essential Beauty On-Site
All Day Potion
10:15a Intergenerational Project:
Potions with Brooklyn (Jup &
Mer)
11:15a Brain Games: Love Potion #9
with Kat
01:30p Nail Care
03:00p Happy Hour

20

All Day Massage Therapist, Ellen, On-
Site
10:00a Grandfriends Music for Life
11:00a Active Games
01:00p Art Projects with Erin
01:15p UMN PT
02:00p What's Cooking: Cheese!
02:00p UMN PT
02:30p Chair Massages with Ellen
03:30p Bingo

21

10:00a Chair Yoga with Jes
11:00a Clifford The Big Red Dog
Movie
01:30p Nail Care
02:00p MacPhail Hour: Barbara
Cohen
02:00p Snack

22

10:00a Coffee & Chronicles
11:30a Morning Movement
02:00p Snack

23

10:00a Coffee & Chronicles
01:00p 1:1 Time
02:00p Snack - Popcorn
03:00p Community Project
06:00p Pillars Cinema

24

10:15a Morning Movement
11:00a Brain Games
02:00p Piano with John Bury
03:00p St. Paul Conservatory of Music
Concert

25

11:00a Pound Fitness
01:00p Music with Lara
02:00p Snack
04:00p Relaxation Hour

26

All Day Essential Beauty On-Site
10:15a Intergenerational Project:
Compliments (Older
Classrooms)
11:15a Brain Games: Paul Newman
01:30p Nail Care
03:00p Happy Hour
05:00p Peace Project Dinner -
Somalia

27

All Day Massage Therapist, Ellen, On-
Site
10:00a Grandfriends Music for Life
with MacPhail
11:00a Active Games
02:00p What's Cooking: Chocolate
Cake
02:30p Chair Massages with Ellen
03:00p Always Learning: Mozart

28

10:00a Chair Yoga with Jes
01:30p Nail Care
02:00p Snack

29

10:00a Coffee & Chronicles
11:30a Morning Movement
02:00p Snack
03:00p The Raven

Activities subject to
change. Check
CareMerge for
updates.

Lara Hermanson
Dimensions Manager
lara.hermanson@
fairview.org
(612) 623-7012