

O&A Virtual Events~January 2022

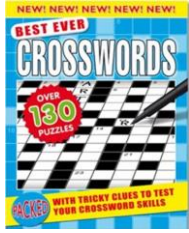


Please submit your program requests via email or phone call. There is no limit to the number of programs you can participate in, programs are free unless noted otherwise!



CREATING CONNECTIONS.
ENRICHING LIVES.

Wed, Jan 5	10a-11a	Coffee and Conversation	Grab your favorite hot drink and gather for an hour of fun conversation! Who knows what we may chat about??!
Thu, Jan 6	6:30p-7:30p	Share Your 2022 Resolutions	It's a brand new year and time to set some goals! Share your goals for 2022. This event is paired with Vision Board making on January 14!
Fri, Jan 7	7p-8:30p	BINGO	BINGO is a fan favorite! Bingo cards will be mailed to your house. Grab your favorite snack and join in the fun.
Sat, Jan 8	12p-1p	Music Therapy	Join Music Therapist Addie for a fun afternoon of music and socializing. No skill or instruments needed!
Sun, Jan 9	2p-3p	Letter Craft~ Home Delivery Included 	Create a unique decorative piece for your home or room! LifeBridge will deliver supplies needed with the exception of scissors and glue! Deliveries will be made on Friday, January 7. \$10 fee must be pre-paid to receive supplies
Mon, Jan 10	7p-8p	No-Bake Dessert Night~ Home Delivery Included 	Try out a new recipe that includes no baking! Monster Cookies are easy and tasty! LifeBridge will provide all ingredients with the exception of a mixing bowl and tools. Deliveries will be made on Friday, January 7. \$10 fee must be pre-paid to receive supplies

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Tue, Jan 11	6:30p-7:30p	Crossword Challenge~ Home Delivery Included 	Join the group in a crossword challenge. LifeBridge will provide a new crossword book and a yummy snack to enjoy. You can work independently or solve a puzzle with the group. Deliveries will be made on Friday, January 7. \$5 fee must be pre-paid to receive supplies
Wed, Jan 12	6:30p-7:30p	Yoga and Stretching	Join LifeBridge staff for a nice relaxing virtual hour of stretching and yoga. No experience or equipment needed!
Thu, Jan 13	6p-7p	Music Therapy	Join Music Therapist Addie for a fun afternoon of music and socializing. No skill or instruments needed!
Fri, Jan 14	6:30p-8p	Vision Board Craft~ Home Delivery Included 	Develop a Vision Board to help you in 2022! LifeBridge provides the board, fun decorating pieces, and more! You provide scissors, markers, glue, and a list of things that will inspire you for 2022. Deliveries will be made on Wednesday, January 12. \$10 fee must be pre-paid to receive supplies
Sat, Jan 15	10a-11a	Coffee and Conversation	Grab your favorite hot drink and gather for an hour of fun conversation! Who knows what we may chat about??!
Sat, Jan 15	4p-5p	Amazing Moments in Sports	Join the group in watching amazing moments in sports from 2021 and beyond. Wear your favorite team gear!
Sun, Jan 16	2p-3p	Martin Luther King Jr. Celebration Home Delivery Included 	Celebrate the accomplishments of Dr. Martin Luther King through videos and hands-on activities. LifeBridge will provide activities and a unique snack. Deliveries will be made on Wednesday, January 12. \$5 fee must be pre-paid to receive supplies