

January



Virtual Support Calendar

2022

Scheduled Session times: 11a & 2p

Zoom Link: <https://us02web.zoom.us/j/87107653737>

Monday	Tuesday	Wednesday	Thursday	Friday
3 National Wellness Day!! OBI Fitness	4 National Trivia Day!! Trivia Hour	5 National Bird Day Creative Arts	6 Bingo	7 OBI Karaoke
10 OBI Virtual Zumba	11 Self-Care Tuesday	12 Virtual Arts & Crafts Class Vision Board Project	13 Bingo	14 Exploring History "I have a dream"
17 OBI is closed For MLK Day	18 Book Club	19 National Popcorn Day!! Creative Arts	20 Bingo	21 OBI Karaoke
24 OBI Virtual Chair Yoga	25 Virtual Cooking class	26 Virtual Arts & Crafts Class Vision Board Project	27 Bingo	28 OBI Radio
31 OBI Virtual Hip Hop Aerobics			<p><u>Wednesday Art Materials Needed:</u></p> <ul style="list-style-type: none"> • Pencil, coloring pencil or Crayons • Paper • Glue 	<ul style="list-style-type: none"> • Scissors • Magazines