

# JANUARY

**SUNDAY**

**MONDAY**

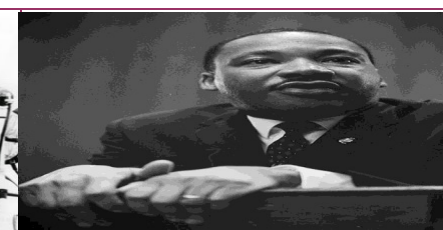
**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



**New Year's Day 1.**

10:00 Exercise-1  
10:30 HELP Center  
1PM POKER-L

**2.**

10:00 Exercise-1  
10:20 Faith Bible Van Pickup for Church  
1PM Games-L

**3.**

8:30 Tai Chi-1  
9:30 Coffee & News –A  
10:30 Traveling Library-A  
2PM Shake Day-A  
6PM MOVIE-2

**4.**

9:00 YOGA-1  
9:30 Coffee & Music –A  
11AM TRIVIA-1  
1PM Music-60's-1  
2PM Cooking Class-1

**5.**

9:00 Stretches—1  
9:30 Coffee & Music –A  
10:30 Arts and Crafts-L  
1PM Corn hole—A  
6PM MOVIE– NEW2

**6.**

9:00 YOGA-1  
9:30 Coffee & Music –A  
10:30 LOTTO-A  
1PM Board Games—2  
2PM Coffee Club –A

**7.**

9:00 Dancing Exercise-1  
9:30 Coffee & Music –A  
10:30 Traveling Library-A  
1PM Aromatherapy-A  
1:30 MOVIE OLD-2

**8.**

10:00 Exercise-1  
10:30 Help Center  
1PM Board Games-L

**9.**

9AM Coloring-L  
10:20 Faith Bible Van Pickup for Church  
1PM– MOVIE

**10.**

9:00 Stretches—1  
9:30 Coffee & Music –A  
10:30 Traveling Library-A  
1PM MOVIE-2  
3PM Help Center

**11.**

9:00 Exercise-1  
9:30 MUSIC and Coffee –A  
10:30 Aromatherapy-1  
1PM Donations-A  
2PM Coffee Club—A

**Hot Tea Day 12.**

9:00 Yoga –1  
9:30 Coffee & Music –A  
10:30 TRIVIA-1  
1PM MOVIE –2  
3PM Music –80s—2

**13.**

9:00 Exercise –1  
9:30 Coffee & Music –A  
10:30 BINGO-2  
1PM Men's Group—2  
2PM –Board Games—2

**14.**

9:00 Sweating to Oldies-1  
9:30 Coffee & Music –A  
10:30 Traveling Library-A  
1PM Music-50's-1  
1:30 MOVIE– NEW 2

**15.**

10:00 Yoga-1  
10:30 Music--Classics-2  
1PM Weekend Conversation-L

**16.**

9AM Coloring-L  
10:20 Faith Bible Van Pickup for Church  
1PM-MOVIE

**MLK Day 17.**

8:30 YOGA-1  
9:30 Coffee & Music –A  
10:30 Traveling Library-A  
2PM Basketball-A  
6PM MOVIE MLK-2

**18.**

9:00 Stretches-A  
9:30 Coffee & Music –A  
10:30 Bead Making-2  
1PM Cornhole-1  
2PM Coffee Club-A

**Popcorn Day 19.**

9:00 Tai Chi—1  
9:30 Coffee & Music –A  
10:30 Walmart Shopping  
1PM Trivia-A  
6PM MOVIE –ACTION –2

**20.**

9:00 Yoga—1  
9:30 Coffee & Music –A  
10:30 Volleyball-A  
1PM Women's Group-2  
6PM JAN Celebration w/DJ-D

**21.**

9:00 Exercise—1  
9:30 Coffee & Music –A  
10:30 Traveling Library-A  
1PM Aromatherapy –1  
2:30PM By The Fireplace-L

**22.**

10:00 Stretches-1  
10:30 Art and Crafts-L  
1PM Weekend Conversation-L

**23.**

10:00 Exercise-1  
10:20 Faith Bible Van Pickup for Church  
1PM Table Games—L

**Peanut Butter Day 24.**

8:30 YOGA—1  
9:30 Coffee & Music –A  
10:30 Traveling Library-A  
2PM Resident Council - D  
6PM MOVIE-2

**25.**

9:00 Exercise –1  
9:30 Coffee & Music –A  
10:30 Aromatherapy-A  
1PM Food Council-D  
2PM Poetry Group-L

**26.**

9:00 Stretches—1  
9:30 Coffee & Music –A  
10:30 BINGO-2  
1PM Resident of the Month-1  
6PM Movie– DRAMA 2

**Chocolate Cake Day 27.**

9:00 YOGA-1  
9:30 Coffee & Music –A  
10:30 Family Feud-A  
1PM Men's Group– 2  
2PM Birthday Celebration –A

**28.**

9:00 YOGA-1  
9:30 Coffee & Music –A  
10:30 –Traveling Library-A  
1PM – Board Games- 2  
1:30 MOVIE ACTION-2

**29.**

10:00 –Stretches- A  
10:30 Music R & B  
1PM – Board Games- 2

**Hot Chocolate Day 30.**

10:00 Exercise-1  
10:30 HELP Center  
1PM Poker-L

**31.**

9:30 Coffee & Music –A  
10:30 Traveling Library-A  
6PM MOVIE -2

**All activities will be held and facilitated by Director of Activities Lisa and Assistant Bryan unless noted.**

**To locate the activities use your key code** A—All floors, 1-1st floor lounge, 2– 2nd floor Lounge, P— Patio, D—Dining Hall L-Library

**Snacks and refreshments are served at 3pm and 8pm**