

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Year's Day 1 9:00 Coffee and Conversation 10:00 Low Impact Movement 10:30 Stretch and Tone 11:00 Hand Jive 1:00 This Day in History 2:00 Manicures 4:00 Game Day 6:30 Meaningful Connections	2 9:00 Coffee and Conversation Devotions 10:00 Rosary MR 10:00 Low Impact Movement 10:30 Stretch and Tone 11:00 Bingo 1:00 This Day in History 2:00 Move with Music 3:00 Happy Hour Aud 6:30 Movie	3 9:00 Coffee and Conversation Devotions 10:30 This Day in History 1:00 Art / Painting 1:30 Singalong 3:00 Games and Puzzles 6:30 Movie
4 9:00 Coffee and Conversation 9:30 Devotions 10:00 Catholic Mass Aud 1:30 Music 2:00 Worship Service with Rev. Carole Vander Linden and Pianist Tim Doorlag - Christmas 2 - Communion Sunday Aud 6:30 Movie	5 9:00 Coffee and Conversation 10:00 Low Impact Movement 10:30 Stretch and Tone 1:30 Music & Memories with Alexa, Music Therapist 2:30 True False Trivia 3:00 Palate Pleasers 6:30 Bingo	6 9:00 Tuesday Tech - Time 9:00 Coffee and Conversation 10:00 Low Impact Movement 10:30 Stretch and Tone 1:00 Music with Karen 2:00 Winter Fun 3:00 Why Do We Say That?	7 9:00 Coffee and Conversation 10:00 Low Impact Movement 10:30 Stretch and Tone 1:00 This Day in History 2:00 Bingo 3:30 Brain Fitness 6:30 Meaningful Connections	8 9:00 Coffee and Conversation 10:00 Low Impact Movement 10:30 Stretch and Tone 11:00 Hand Jive 1:00 This Day in History 2:00 Manicures 4:00 Game Day 6:30 Meaningful Connections	9 9:00 Breakfast Outing 9:00 Coffee and Conversation Devotions 10:00 Rosary MR 10:00 Low Impact Movement 10:30 Stretch and Tone 11:00 Bingo 1:00 This Day in History 2:00 Move with Music 3:00 Happy Hour Aud 6:30 Movie	10 9:00 Coffee and Conversation Devotions 10:30 This Day in History 1:00 Art / Painting 1:30 Singalong 3:00 Games and Puzzles 6:30 Movie

Assisted Living

Life Enrichment Monthly Calendar

Activities are subject to change

Calendar Key:

Aud - Auditorium

