

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>New Years Day 1</b> 9:45a - New Year, New You Exercises 10:15a - Rosary 10:45a - Resolution Jar 1:15p - The Music Man Showing 6:15p - Wind Down Activities	<b>2</b> 9:45a - Easy Stretch 10:30a - List It- Animals 11:15a - Singalong with Janet & Beth 1:30p - Activity Cart 2 <sup>nd</sup> Floor 3:00p - Happy Hour 6:15p - Wind Down Activities	<b>3</b> 9:45a - Exercise with 'dips' 10:30a - Cherry Blossom Art 1:45p - Chocolate Cherries 3:00p - Sorting 'Cherries' 6:15p - Wind Down Activities
<b>4</b> 9:45a - Card Exercise 10:30a - Sunday Church 10:45a- Card Games 1:45p-Sing Along with Suzie 3:00p- Movie with Popcorn 6:15p - Wind Down Activities	<b>5</b> 9:45a - Chair Yoga 10:45a Bingo 2:45p Uno 3:00p Magnet Designs 6:15p - Wind Down Activities	<b>6</b> 9:45a - Easy Stretch 10:30a - Pastor Beagle 11:15a - Napkin Folding 1:45p - Name 5 3:00p - Left Right Center 6:15p - Wind Down Activities	<b>7</b> <b>Happy Bday New Mexico</b> 9:45a - Balance & Strength 10:30a - Snack Time with Chili w Beans 11:15a - Garden Club 2:00p - Exercise with Kaleigh 3:00p - New Mexico Trivia in Pictures 3:45p- Georgia O'keeffe Art 6:15p - Wind Down Activities	<b>8</b> <b>Elvis Lives Day</b> 9:45a - Blue Suede Moves 10:15a - Rosary 10:45a - PB & Bananas 1:30p - Elvis Singalong 3:00p - Elvis Dress Up & Photo Op 4:00p - Scenic Drive 6:15p - Wind Down Activities	<b>9</b> 9:45a - Chair Yoga 10:30a - Activity Cart 2 <sup>nd</sup> Fl 11:15a - Sing A-Long with Janet & Beth 1:45pm- Music Therapy with Stacey 3:00p - Happy Hour 6:15p - Wind Down Activities	<b>10</b> 9:45a - Core & Back Workout 10:45a- Finish the Phrase 1:30p- Walk the Manor 3:00p - Puzzles 6:15p - Wind Down Activities
<b>11</b> <b>Let It Snow Day</b> 9:45a - Exercise with Music 10:30a - Sunday Church 10:45a- 'Snowball Fight' 1:45p- Let It Snow Singalong 3:00p- Scrabble 6:15p - Wind Down Activities	<b>12</b> 9:45a - Morning Motion 10:45a Bracelet Making 2:45p Chutes and Ladders 3:00p Puzzles 6:15p - Wind Down Activities	<b>13</b> 9:45a - Gentle Cardio 10:30a - Pastor Beagle 11:15a - Walk the Manor 1:30p - List It- Winter 2:00p - Johnny B Performs 6:15p - Wind Down Activities	<b>14</b> 9:45a - Chair Yoga 10:30a - Snack Time 11:15a - Garden Club 1:30p- Bingo 2:00p - Exercise with Kaleigh 3:15p - Puzzles 6:15p - Wind Down Activities	<b>15</b> 9:45a - Easy Stretch 10:15a - Rosary 10:45a - Jenga 2:00p- Finish the Phrase 3:15p Activity Cart 1 <sup>st</sup> Floor 4:00p - Scenic Drive 6:15p - Wind Down Activities	<b>16</b> <b>Fig Newton Day</b> 9:45a - Strong Back Workout 10:30a - Guess the Fig Newton Flavor 11:15a - Sing A-Long with Janet & Beth 1:30p - Activity Cart 2 <sup>nd</sup> Floor 3:00p - Happy Hour 6:15p - Wind Down Activities	<b>17</b> 9:45a - Perfect Posture Exercises 10:30a - Name 5 11:00a - Therapy Dog Visit 1:00pm- Frank Rossi Performs 3:00p - Snowflake Art 6:15p - Wind Down Activities
<b>18</b> 9:45a - Seated Yoga 10:30a - Sunday Church 10:45a- Left, Right, Center 1:45p- Word Search 3:00p- Movie With Popcorn 6:15p - Wind Down Activities	<b>19</b> <b>MLK Jr Day</b> 9:45a - Easy Stretch 10:30a - Pastor Beagle 1:45p - Finish the Phrase 3:00p - Walk the Manor 6:15p - Wind Down Activities	<b>20</b> 9:45a - Easy Tai Chi 10:30a - 'I Have a Dream' 11:15a - Card Games 2:45p - Peace Themed Art 3:00p - Unity Handprint Mural 6:15p - Wind Down Activities	<b>21</b> <b>Have a Spa Day</b> 9:45a- Core & Back Workout 10:30a - Healthy Snack Time 11:15a - Garden Club 1:30p- Hand Massage 2:00p - Exercise with Kaleigh 3:00p - Spa/Sleep Masks 6:15p - Wind Down Activities	<b>22</b> 9:45a - Gentle Cardio 10:15a- Rosary - 10:45a- Left Right Center 1:30p - 1 <sup>st</sup> Floor Activity Cart 3:00p- Name 5 4:00p- Scenic Drive 6:15p - Wind Down Activities	<b>23</b> 9:45a - Balance & Strength 10:30a - List It- Holidays 11:15a - Sing A-Long with Janet & Beth 1:30p - Activity Cart 2 <sup>nd</sup> Floor 3:00p - Happy Hour 6:15p - Wind Down Activities	<b>24</b> <b>Compliment Day</b> 9:45a - Feel Good Music Exercise 10:45a- Compliment Tree 1:45p - Kindness Chain 3:00p - 'Sweets' Compliment Social 6:15p - Wind Down Activities
<b>25</b> 9:45a - Exercise with Music 10:30a - Sunday Church 10:45a- Crossword 1:45p- Magnet Tiles 3:00p- Shut The Box 6:15p - Wind Down Activities	<b>26</b> 9:45a- Better Balance 10:45a- Crosswords 2:00p- Watercolor Painting 3:00p January Trivia 6:15p - Wind Down Activities	<b>27</b> <b>Tea &amp; Trivia Tuesday</b> 9:45a - Chair Yoga 10:30a - Pastor Beagle 1:45p - Tea & Tuesday Trivia 3:00p - Flavored Tea Time & Sandwiches 6:15p - Wind Down Activities	<b>28</b> 9:45a- Gentle Cardio 10:30a - Snack Time 11:15a - Garden Club 2:00p - Exercise with Kaleigh 3:00p - Match It 6:15p - Wind Down Activities	<b>29</b> 9:45a -Strong Back Workout 10:15a- Rosary - 10:30a- Bingo 11:15a- Lunch Set Up 1:30p - 1 <sup>st</sup> Floor Activity Cart 2:45p- Finish the Phrase 4:00p- Scenic Drive 6:15p - Wind Down Activities	<b>30</b> <b>Beatles Breakup Day</b> 9:45a - Boppin' to the Beatles 10:30a - Beatles Trivia 11:15a - Sing A-Long with Janet & Beth 1:30p - Activity Cart 2 <sup>nd</sup> Floor 3:00p - Beatles Happy Hour 6:15p - Wind Down Activities	<b>31</b> <b>Hot Chocolate Day</b> 9:45a - Easy Stretch 10:30a - Make a Mug 11:00a - Therapy Dog Visit 1:45p - Guess that Cocoa Smell 3:00p - Hot Chocolate Bar 6:15p - Wind Down Activities

Calendar Key:  
FIRST FLOOR--  
AS- Art Studio  
C- Courtyard

DRI- Dining Room  
HS- Horticulture Space  
L- Lobby  
MC- Man Cave

FIRST FLOOR  
MUS1- Music Room  
DRI - Dining Room

SECOND FLOOR--  
DR2 - Dining Room  
LA - Lounge Area  
MUS - Music Room

OTHER  
FT- Field Trip  
MC - Memory Care Building