

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Years Day 9:30 Walmart (CO) 10:30 Sit & Be Fit (CYH) 1:30 BINGO (DR) 6:30 Thursday Night Bible Study (CYH)	2 10:30 ZUMBA (CYH) 2:00 Live Entertainment : Neil Hewitt 3:00 Happy Hour: New Year Sparkler (IF-F)	3 10:30 Sit & Be Fit (CYH) 2:00 Chocolate Covered Cherry Bar (IF-F) 6:15 Resident Chosen Movie (CH/TV)
10:15 Catholic Communion (CH/TV) 10:30 Sit & Be Fit (CH/TV)) 1:00 Cookie Decorating 2:00 Church with Russ (CH/TV) 4:00 Iowa State vs. Baylor (Womens) (CH/TV)	5 10:30 Exercise w/ Kessa (CH/TV) 2:00 Lets Play Charades (IF-F) 3:00 Popcorn & Games (CYH) 6:15 Movie: Singin In the Rain (CH/TV)	6 10:30 Sit & Be Fit (CH/TV) 2:00 Headbandz (IF-F) 6:00 Music Night with Carol (MC)	7 10:30 Sit & Be Fit (CYH) 1:30 BINGO (DR) 3:30 Weekday Happy Hour: Peach Margarita (CYH) 6:15 Bev's Movie: (CH/TV)	8 9:30 Walmart (CO) 10:30 Sit & Be Fit (CYH) 2:00 Live Entertainment with Paul Headley (IF-F) 3:30 Elvis Day Activity (IF-F) 6:30 Thursday Night Bible Study (CYH)	9 10:30 ZUMBA (CYH) 2:00 Minute To Win It Games (IF-F) 3:00 Happy Hour: Blue Winter Wonderland (IF-F)	10 10:30 Sit & Be Fit (CYH) 3:00 Iowa State vs. Oklahoma State (CH/TV) 6:15 Resident Chosen Movie (CH/TV)
10:15 Catholic Communion (CH/TV) 10:30 Sit & Be Fit (CH/TV) 2:00 2nd Sunday Church (CH/TV) 3:00 Book Club (AR) 6:15 Resident Chosen Movie (CH/TV)	12 10:30 Exercise with Kessa (CH/TV) 1:00 Music and Manicures (AR) 2:00 Puzzle Time With Friends 6:15 The Last Laugh (Netflix)	13 10:30 Chair Yoga (CH/TV) 2:00 Live Entertainment with Neil Hewitt (IF-F) 6:00 Dementia Support Group (AR)	14 10:30 Sit & Be Fit (CYH) 2:00 Culinary Demo with Jeff (DR) 3:00 Bowling and Putt Putt (IF-F) 6:15 Bev's Movie: (CH/TV)	15 9:00 Walmart (CO) 10:30 Sit & Be Fit 1:30 BINGO (DR) 3:00 Live Entertainment with David Watson	16 10:30 ZUMBA (CYH) 2:00 January Bouquets (IF-F) 3:00 Happy Hour: Cosmos (CYH)	17 10:30 Sit & Be Fit (CYH) 2:00 Resident Show & Tell (IF-F) 6:15 Resident Chosen Movies (CH/TV)
10:15 Catholic Communion (CH/TV) 10:30 Sit & Be Fit (CH/TV) 1:00 Food Making (AR) 2:00 Church Worship with John (CH/TV)	MLK Day 10:30 Exercise with Kessa (CH/TV) 1:00 Documentary to Learn More About MLK (CH/TV) 3:00 Popcorn & Games (CYH) 6:15 Movie: The Princess Diaries (CH/TV)	20 10:30 Sit and be Fit ((CH/TV) 2:00 Cheese Lovers Day: Fondue, Queso and More! (IF-F) 6:00 ISU vs. UCF (Men's) (CH/TV) 6:00 Music Night with Carol (MC)	21 10:30 Sit & Be Fit (CYH) 1:00-3:00 Foot Clinic (Sign Up Required*) (CYH) 3:00 Resident Council (CYH) 6:15 Bev's Movie: (CH/TV)	22 10:30 Resident Lead Sit & Be Fit (CH/TV) 1:00 National Southern Food Day (IF-F) 6:30 Thursday Night Bible Study (CYH)	23 10:30 ZUMBA (CYH) 1:00 Baking Club (AR) 3:00 Happy Hour: Pina Coladas (CYH)	24 10:30 Sit & Be Fit (CYH) 2:00 Live Entertainment with Neil Hewitt (IF-F) 3:00 Iowa State vs. Arizona (Womens) (CH/TV) 6:15 Resident Chosen Movie with Snacks (CH/TV)
10:15 Catholic Communion (CH/TV) 10:30 Sit & Be Fit (CYH) 2:00 Church Worship with Pastor Dave (CH/TV) 3:00 Gaming (AR) 6:15 Resident Chosen Movie (CH/TV)	26 10:30 Exercise with Kessa (CH/TV) 1:00 Nurse Chat (DR) 3:00 Live Entertainment with Tom Hofer (IF-F) 6:15 Movie: The Irishman (CH/TV)	27 10:30 Sit and be Fit (CH/TV) 1:00 POA Presentation with Paula: Learn the Process (IF-F) 6:00 Music Night with Carol (MC)	28 10:30 Sit & Be Fit (CYH) 3:00 Weekday Happy Hour: Peach Delight (CYH) 6:15 Bev's Movie: (CH/TV)	29 9:30 Walmart (CO) 10:30 Sit & Be Fit (CYH) 1:45 Duck Pin Bowling at the 60 Forward Center 3:00 BINGO 6:30 Thursday Night Bible Study (CYH)	30 10:30 ZUMBA (CYH) 1:00 Carnival Mobil Cart 3:00 Happy Hour: Spiced Cranberry Mules (CYH)	31 10:30 Sit & Be Fit (CYH) 2:00 IVA Family Feud (IF-F) 6:15 Resident Chosen Movies (CH/TV)

Calender Key:

AR – Activities Room

CYH – CyHawk Room

CH/TV – Chapel/TV Room

CY – Courtyard

IF-F – 1st Floor Fireplace

2F-F – 2nd Floor Fireplace

DR – Dining Room

PDR– Private Dining Room

PO - Patio

LIB – Library

CO – Community Outing

2F - 2nd Floor Area

* - Sign Up for Activity!!

Please Note: Calendars are made far in advance and changes may be made throughout the course of the month. Check the daily notices posted & weekly calendars will also be distributed.