

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Year's Day 1 Happy New Year! 10:00 NY Finish the Phrase-DR 10:30 Seated Stretches- DR 11:00 NY Discussion- DR 1:45 Aquarium Video- LR 2:30 NY Adult Coloring- LR	2 10:30 Danbury Drummers-DR 11:15 Name Five -DR 11:45 The Perk/ Music 1:45 Relax with Spa Music- LR 3:00 Table Top Corn Hole-DR 4:00 True/ False Trivia- LR 6:30 Friday Night Flick- LR	3 9:15 The Daily Perk- LR 10:00 Saturday Stretches- DR 10:30 Ring Toss- DR 11:00 Reminiscing Photos-DR 1:45 Nature Video- LR 2:30 Table Top Corn Hole- LR 3:00 National Geographic-LR 7:00 "Lawrence Welk" (TV ch.16)
4 9:15 The Daily Perk- LR 10:00 Chair Yoga- DR 10:45 Parachute Fun- DR 11:30 Trivia- LR 1:30 Piano Music- LR 3:00 Spiritual Eldercare Video Church Service- LR	National Bird Day 5 10:30 Monday Movement -DR 11:15 Golf Putter Game-DR 11:45 The Perk/ Music 1:45 "Birdwatching" movie-LR 3:00 Paper Bird Craft-DR 4:00 Name Five-DR 6:15 Ladies' Nail Polish- LR 8:15 Monday Night Football-LR	6 *10:00 Catholic Rosary in AL 10:30 Swat the Fly -DR 11:00 Things that Go Together -DR 11:45 The Perk/ Music 1:45 Indoor Stargazing- LR 2:30 Sequence Game- DR 3:30 Uno Card Game -DR 6:30 Nature Video- LR	7 10:30 Handbell Choir- DR 11:00 Exercise with Lauryn from Total Care Therapy- DR 11:45 The Perk/ Music 1:45 Relaxing Music -LR 2:30 Bible Study- LR 3:00 Bingo -DR 3:45 Keep It Moving-LR 6:30 Adult Coloring- LR	8 10:30 Kickball -DR 11:15 Hearthside Book Club- DR 11:45 The Perk/ Music 1:45 Bridgetown Music and Movement- LR 2:00 Walk to the Movie Theater for an Afternoon Matinee 4:00 Thirsty Thursdays-DR 6:15 Sing Along with Rebel	9 10:30 Danbury Drummers Cardio Exercise-DR 11:00 Brukner Nature Center in AL 11:15 January Fun Facts-DR 11:45 The Perk/ Music 1:45 Relax with Spa Music- LR 2:30 Poinsettia Craft- DR 4:00 True/ False Trivia- LR 6:30 Friday Night Flick- LR	10 9:15 The Daily Perk- LR 10:00 Saturday Stretches- DR 10:30 Ring Toss- DR 11:00 Reminiscing Photos-DR 1:45 Ladies' Nail Polish- LR 2:30 Monthly Birthday Social-DR 3:00 Classic Gameshows-LR 7:00 "Lawrence Welk" (TV ch.16)
11 9:15 The Daily Perk- LR 10:00 Chair Yoga- DR 10:45 Parachute Fun- DR 11:30 Finish the Phrase- DR 1:30 Piano Music- LR 3:00 Spiritual Eldercare Video Church Service- LR	12 10:30 Monday Movement -DR 11:15 Parachute Fun-DR 11:45 The Perk/ Music 1:45 Piano Music -LR 2:30 Paper Craft -DR 3:00 Kickball-DR 6:15 Balloon Bop- LR 8:15 Monday Night Football-LR	13 9:15 The Daily Perk- LR *10:00 Catholic Rosary in AL 10:30 Table Top Balloon Bop- DR 1:45 Hidden Picture Puzzles- LR 2:15 Chef Connor's Tasting Event: Baklava 4:00 Old Time Radio- LR 6:30 Adult Coloring- LR	14 10:30 Handbell Choir- DR 11:00 Exercise with Lauryn from Total Care Therapy- DR 11:45 The Daily Perk- LR 1:45 Hand Massages-LR 2:30 Bible Study- DR 3:00 Bingo- DR 6:15 Keep It Moving- LR	15 10:30 Kickball- DR 11:15 Hearthside Book Club- DR 11:45 The Perk/ Music 1:45 Story Time- LR 2:00 Dot Art- DR 3:00 Thirsty Thursday- DR 4:00 Word Search Puzzles-DR	16 10:30 Kickball -DR 11:15 Name Five -DR 11:45 The Perk/ Music 1:45 Relax with Spa Music- LR 2:30 Interactive Music with Krissy Senior Music Connection- DR 4:00 True/ False Trivia- LR 6:30 Friday Night Flick- LR	17 9:15 The Daily Perk- LR 10:00 Seated Exercises- DR 11:00 Travel Talk- DR 1:45 Keep it Moving- DR 2:00 Dot Art=DR 3:00 "I Love Lucy" - LR 7:00 "Lawrence Welk" (TV ch.16)
18 9:15 The Daily Perk- LR 10:00 Chair Yoga- DR 11:00 Snowflake Painting-DR 1:30 Piano Music- LR 2:00 Table Games- LR 3:00 Spiritual Eldercare Video Church Service- LR	MLK Jr. Day 19 10:30 Monday Movement-DR 11:15 Fill in the Blank-DR 11:45 The Perk/ Music 1:45 "MLK Tribute at the National Cathedral" -LR 3:00 Finish the Phrase-DR 4:00 Ring Toss-DR 6:15 Puzzle Pals- LR 8:15 Monday Night Football- LR	20 *10:00 Catholic Rosary in AL 10:30 Target Toss Exercise-DR 11:15 Group Crossword- DR 11:45 The Perk/ Music 1:45 Spa Music Relaxation- LR 2:30 "I Love Lucy"- LR 3:30 Jigsaw Puzzle Time- LR 6:30 Word Puzzle-LR	21 10:30 Handbell Choir- DR 11:00 Exercise with Lauryn from Total Care Therapy- DR 11:45 The Daily Perk- LR 1:30 Nature Video Relaxation-LR 2:30 Bible Study- DR 3:00 Bingo- DR 6:15 Adult Coloring- LR	22 10:30 Kickball -DR 11:15 Hearthside Book Club- DR 11:45 The Perk/ Music 1:45 Bridgetown Music and Movement- LR 2:00 Brain Games- LR 3:00 Thirsty Thursdays-DR 4:00 Sequencing Game- DR 6:30 Group Crosswords- LR	23 10:30 Danbury Drummers Cardio Exercise- DR 11:15 Name Five -DR 11:45 The Perk/ Music- DR 1:45 Relax with Spa Music- LR 3:00 Table Top Corn Hole-DR 4:00 True/ False Trivia- LR 6:30 Friday Night Flick- LR	24 9:15 The Daily Perk- LR 10:00 Saturday Stretches- DR 10:30 Ring Toss- DR 11:00 Reminiscing Photos-DR 1:45 Nature Video- LR 2:30 Table Top Corn Hole- LR 3:00 National Geographic-LR 7:00 "Lawrence Welk" (TV ch.16)
25 9:15 The Daily Perk- LR 10:00 Seated Stretches- DR 10:45 Noodle Ball- DR 11:30 Puzzle Pals- LR 1:30 Piano Music- LR 2:00 Word Games- LR 3:00 Spiritual Eldercare Video Church Service- LR	26 10:30 Monday Movement -DR 11:15 Parachute Fun-DR 11:45 The Perk/ Music 1:45 Spa Music- LR 2:30 Dice Game -DR 3:00 Finish the Phrase-DR 4:00 -DR 6:30 Ladies' Nail Polish - LR 8:15 Monday Night Football-LR	27 *10:00 Catholic Rosary in AL 10:30 Toss a Memory- DR 11:15- Junk Drawer Detective 11:45 The Perk/ Music- DR 1:45 50s Sing Along- LR 2:30 Painting Craft-DR 3:30 Uno Card Game -DR 6:30 Clue Puzzles- LR	28 10:30 Handbell Choir- DR 11:00 Exercise with Lauryn from Total Care Therapy- DR 11:45 The Daily Perk- LR 1:30-Hidden PicturesLR 2:30 Bible Study- DR 3:00 Bingo- DR 6:15 Balloon Bop- LR	29 10:30 Kickball -DR 11:15 Hearthside Book Club-DR 11:45 The Perk/ Music 1:45 Bridgetown Music and Movement- LR 2:30 Jigsaw Puzzles- LR 3:00 Thirsty Thursdays-DR 4:00 Sequencing Game- DR	30 10:30 Danbury Drummers Cardio Exercise-DR 11:15 Word Games-DR 11:45 The Perk/ Music 1:45 Relax with Spa Music- LR 2:30 Kickball- DR 4:00 True/ False Trivia- LR 6:30 Friday Night Flick- LR	Natl. Hot Cocoa Day 31 9:15 The Daily Perk- LR 10:00 Seated Exercises- DR 11:00 Travel Talk- DR 1:45 Keep it Moving- DR 2:00 Hot Cocoa Cart- LR 3:00 Hidden Pictures- LR 7:00 "Lawrence Welk" (TV ch.16)

Calendar Key:
*Activities listed as "in AL"
take place in the other side
of the building. If you would

like to attend these events,
please let a staff member
know so we can make
arrangements as needed.

DR= dining room
LR= living room

