



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy Birthday to the Following Resident! • Mary Jae T. - 01/16		New Year's Day 1 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Rose Ball Parade 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Coloring Hour 4:00 ■ Afternoon Stretches 5:30 ■ Puzzle Hour	2 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Seated Dance Aerobics 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ January Quiz Trivia 5:30 ■ Rest and TV Time	3 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Pool Noodle Exercise 10:30 ■ Chair Balloon Volleyball 1:00 ■ Rest & Relax 2:00 ■ Happy Hour and Music 3:15 ■ BINGO 5:30 ■ Crosswords	4 9:00 ■ Morning Chair Yoga 9:30 ■ Beverage Break 10:00 ■ Donuts and Coffee Social 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Trivia: January Flashback 5:30 ■ Calming Coloring Hour
5 9:00 ■ Morning Chair Yoga 9:30 ■ Beverage Break 10:30 ■ Catholic Virtual Church Service & Communion ▲ 1:00 ■ Rest & Relax 2:00 ■ Manicures and Hand Massage 3:00 ■ BINGO 5:30 ■ Tapple Game	Epiphany 6 9:00 ■ Morning Exercise and Stretching 9:30 ■ Beverage Break 10:00 ■ White Board Activity 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Wise Men Quiz 5:30 ■ Calming Coloring Hour	7 9:00 ■ Morning Exercise and Stretching 9:30 ■ Beverage Break 10:00 ■ BINGO 1:00 ■ Rest & Relax 2:00 ■ Refreshment, Snacks and Movie 3:30 ■ Afternoon Stretches 5:30 ■ Word Search	8 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Sing Along with Susie Q. 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Coloring Hour 4:00 ■ Afternoon Stretches 5:30 ■ Puzzle Hour	9 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Cardio Drumming Exercise 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Shake Loose A Memory Game 5:30 ■ Rest and TV Time	10 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Pool Noodle Exercise 10:30 ■ Chair Balloon Volleyball 1:00 ■ Rest & Relax 2:00 ■ Happy Hour and Live Entertainment by EDDIE TOGONON 3:15 ■ BINGO 5:30 ■ Crosswords	11 9:00 ■ Morning Chair Yoga 9:30 ■ Beverage Break 10:00 ■ Donuts and Coffee Social 1:00 ■ Rest & Relax 2:00 ■ Craft Time: Terracotta Wind Chimes 3:00 ■ BINGO 5:30 ■ Calming Coloring Hour
Hot Tea Day! 12 9:00 ■ Morning Chair Yoga 9:30 ■ Beverage Break 10:30 ■ Catholic Virtual Church Service & Communion ▲ 1:00 ■ Rest & Relax 2:00 ■ Hot Tea Day Social 3:15 ■ BINGO 5:30 ■ Tapple Game	13 9:00 ■ Morning Exercise and Stretching 9:30 ■ Beverage Break 10:00 ■ BINGO 1:00 ■ Rest & Relax 1:30 ■ Manicures and Hand Massage 5:30 ■ Calming Coloring Hour	14 9:00 ■ Morning Exercise and Stretching 9:30 ■ Beverage Break 10:00 ■ BINGO 1:00 ■ Rest & Relax 2:00 ■ Refreshment, Snacks and Movie 3:30 ■ Afternoon Stretches 5:30 ■ Word Search	15 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Sing Along with Susie Q. 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Coloring Hour 4:00 ■ Afternoon Stretches 5:30 ■ Puzzle Hour	16 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Beach Ball Sitting Exercise 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Red or Black Card Game 5:30 ■ Rest and TV Time	17 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Pool Noodle Exercise 10:30 ■ Chair Balloon Volleyball 11:30 ■ Holy Spirit Catholic Church Mass AL 1:00 ■ Rest & Relax 2:00 ■ Happy Hour and Live Entertainment by T.G LIGHTED 3:15 ■ BINGO 5:30 ■ Crosswords	18 9:00 ■ Morning Chair Yoga 9:30 ■ Beverage Break 10:00 ■ Donuts and Coffee Social 1:00 ■ Rest & Relax 2:00 ■ Craft Time: Chinese Lantern 3:00 ■ BINGO 5:30 ■ Calming Coloring Hour
19 9:00 ■ Morning Chair Yoga 9:30 ■ Beverage Break 10:30 ■ Catholic Virtual Church Service & Communion ▲ 1:00 ■ Rest & Relax 2:00 ■ Manicures and Hand Massage 3:00 ■ BINGO 5:30 ■ Tapple Game	Martin Luther King Jr. Day 20 9:00 ■ Morning Exercise and Stretching 9:30 ■ Beverage Break 10:00 ■ Ball Balancing Game 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Martin Luther King Trivia 5:30 ■ Calming Coloring Hour	21 9:00 ■ Morning Exercise and Stretching 9:30 ■ Beverage Break 10:00 ■ BINGO 1:00 ■ Rest & Relax 2:00 ■ Refreshment, Snacks and Movie 3:30 ■ Afternoon Stretches 5:30 ■ Word Search	22 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Sing Along with Susie Q. 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Coloring Hour 4:00 ■ Afternoon Stretches 5:30 ■ Puzzle Hour	23 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Armchair Travel to China 11:30 ■ Passport Event to China: Celebrating Chinese New Year 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Chinese New Year Trivia 5:30 ■ Rest and TV Time	24 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Pool Noodle Exercise 10:30 ■ Chair Balloon Volleyball 1:00 ■ Rest & Relax 2:00 ■ Happy Hour and Live Entertainment by SYRIA BERRY 3:15 ■ BINGO 5:30 ■ Crosswords	25 9:00 ■ Morning Chair Yoga 9:30 ■ Beverage Break 10:00 ■ Donuts and Coffee Social 1:00 ■ Rest & Relax 2:00 ■ Craft Time: Heart Dream Catcher 3:00 ■ BINGO 5:30 ■ Calming Coloring Hour
26 9:00 ■ Morning Chair Yoga 9:30 ■ Beverage Break 10:30 ■ Catholic Virtual Church Service & Communion ▲ 1:00 ■ Rest & Relax 2:00 ■ Manicures and Hand Massage 3:00 ■ BINGO 5:30 ■ Tapple Game	27 9:00 ■ Morning Exercise and Stretching 9:30 ■ Beverage Break 10:00 ■ Mix and Match Color Game 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Guess the Song and Trivia 5:30 ■ Calming Coloring Hour	28 9:00 ■ Morning Exercise and Stretching 9:30 ■ Beverage Break 10:00 ■ BINGO 1:00 ■ Rest & Relax 2:00 ■ Refreshment, Snacks and Movie 3:30 ■ Afternoon Stretches 5:30 ■ Word Search	Lunar New Year 29 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Sing Along with Susie Q. 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Coloring Hour 4:00 ■ Afternoon Stretches 5:30 ■ Puzzle Hour	30 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Seated Dance Aerobics 1:00 ■ Rest & Relax 2:00 ■ BINGO 3:00 ■ Who Am I? January Birthdays 5:30 ■ Rest and TV Time	31 9:00 ■ Morning Exercise and Stretches 9:30 ■ Beverage Break 10:00 ■ Pool Noodle Exercise 10:30 ■ Chair Balloon Volleyball 1:00 ■ Rest & Relax 2:00 ■ Happy Hour Celebrating January Birthdays 3:15 ■ BINGO 5:30 ■ Crosswords	<h2>All Events Are Subject to Change</h2>