

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
10:00 Exercise
1:00 Kate's Bday Bash

Happy Birthday Kate!
New Year's Day

2
10:00 Exercise
10:30 Bible Study
11:00 Resident Led Spiritual Sing Along
1:00 Trivia
2:00 Piloga Chi Exercise
2:30 Country Roads

3
10:00 Balloon & Tunes
11:00 Activity Circle (CNA Led Activity)
2:00 Sing Along
2:30 Leg Strength
3:00 Refreshments

4
10:00 Music & Movement
11:00 Activity Circle (CNA Led Activity)
2:00 Coffee & Chat
3:00 Golden Oldies with Larry

5
10:00 Morning Exercise
1:00 Brain Gain
3:00 Bingo

6
10:00 Morning Activity (CNA Led Activity)
1:00 Categories Puzzle
3:00 Exercise

7
10:00 Word Game
11:15 Joint Health
1:00 Trivia
2:30 Country Roads Bus Ride

8
10:00 Manicures
1:45 Funfit Exercise
2:30 Refreshments & Music w/ Friends
3:00 Strange History

9
10:00 Exercise
10:30 Bible Study
11:00 Resident Led Spiritual Sing Along
1:00 Trivia
2:00 Piloga Chi Exercise
2:30 Country Roads

10
10:00 Balloon & Tunes
11:00 Activity Circle (CNA Led Activity)
2:00 Sing Along
2:30 Leg Strength
3:00 Refreshments

11
10:00 Music & Movement
11:00 Activity Circle (CNA Led Activity)
2:00 Coffee & Chat
3:00 Craft Corner- Snowflakes

12
10:00 Morning Exercise
1:00 Today in History
3:00 Bingo

13
10:00 Morning Activity (CNA Led Activity)
1:00 Today in History
3:00 Exercise

14
10:00 Word Game
11:15 Joint Health
1:00 Trivia
2:30 Country Roads Bus Ride

15
10:00 Manicures
1:45 Funfit Exercise
2:30 Refreshments & Music w/ Friends
3:00 A Famous Face

16
10:00 Exercise
10:30 Bible Study
11:00 Resident Led Spiritual Sing Along
1:00 Trivia
2:00 Piloga Chi Exercise
2:30 Country Roads

17
10:00 Balloon & Tunes
11:00 Activity Circle (CNA Led Activity)
2:00 Portmanteau Puzzle
2:30 Leg Strength
3:00 Refreshments

18
10:00 Music & Movement
11:00 Activity Circle (CNA Led Activity)
2:00 Coffee & Chat
3:00 Time Slips

19
10:00 Morning Exercise
1:00 Brain Gain
3:00 Piano with Gidon

20
10:00 Morning Activity (CAN Led Activity)
1:00 Categories Puzzle
3:00 Exercise

21
10:00 Word Game
11:15 Joint Health
1:00 MLK Trivia
2:30 Country Roads Bus Ride

Martin Luther King Day
Tu B'Shevat

22
10:00 Manicures
1:45 Funfit Exercise
2:30 Refreshments & Music w/ Friends
3:00 Bingo

23
10:00 Exercise
10:30 Bible Study
11:00 Resident Led Spiritual Sing Along
1:00 Trivia
2:00 Piloga Chi Exercise
2:30 Country Roads

24
10:00 Balloon & Tunes
11:00 Activity Circle (CNA Led Activity)
2:00 Sing Along
2:30 Leg Strength
3:00 Craft Corner- Winter Trees

25
10:00 Our Wild World- Penguins
11:00 Activity Circle (CNA Led Activity)
2:00 Coffee & Chat
3:00 Piano Sing-A-Long with Carol

26
10:00 Morning Exercise
1:00 Today in History
3:00 Bingo

27
10:00 Morning Activity (CNA Led Activity)
1:00 Today in History
3:00 Exercise

28
10:00 Word Game
11:15 Joint Health
1:00 Trivia
2:30 Country Roads Bus Ride

Australia Day (observed)

29
10:00 Manicures
1:45 Funfit Exercise
2:30 Refreshments & Music w/ Friends
3:00 Weird Food

30
10:00 Exercise
10:30 Bible Study
11:00 Resident Led Spiritual Sing Along
1:00 Trivia
2:00 Piloga Chi Exercise
2:30 Country Roads

31
10:00 Balloon & Tunes
11:00 Activity Circle (CNA Led Activity)
2:00 Sing Along
2:30 Leg Strength
3:00 Refreshments



Activities are subject to change