

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 10:00 Movin & Groovin-ES 11:00 Who Am I?-WO 1:30 Card Games-WO 2:30 Corn Hole-SC	2 10:00 Move to the Music-ES 11:00 Sing a long with Margie-SC 2:00 Penuckle with Jim-SC 3:00 Art class with Debbie-WO	3 10:30 Sit Be Fit-ES 11:00 Random Trivia-WO 130- Baking Cookies-SC 3:30-Happy Hour-LP 4:30 Afternoon Strolls	4 10:00.Coffee & Current Events-WO 10:30 Moving & Grooving-ES 2:00 Movie Matinee-MS 4:00 Afternoon Strolls
5 10:00Catholic Communion-Service- SC 12:30 Worship with Pastor Larry-ADR 2:00pm Board Games-3 4:00pm Afternoon Strolls	6 10:00 Chair Yoga-2 11:00 Picture This-3 2:00-Making Book Marks-2 -3:00 Hand Massages-3 3:30 Time for Music Therapy-2	7 10:00 Sit &Be Fit-ES 11:00- Discuss & Recall-WO 11:00 Zumba-SC 2:00 Classic Movie-SC 4:00 Lets take a walk	8 10:00 Movin & Groovin-ES 11:00 Who Am I?-WO 2:00 Resident Monthly Meeting with guest speaker Kim Adlev-ADR	9 10:00 Move to the Music-ES 11:00 Sing a long with Margie-SC 2:00 -Art Therapy with Mallory-WO 4:00 Afternoon Strolls	10 10:30 Sit & Be Fit-ES 11:00 Humming Your Way to Health-ES 1:30 Baking Cookies-SC 3:00 Happy Hour with Max Leake and friends	11 10:00 Coffee&Current Events-WO 10:30 Moving & Grooving 2:00 Movie Matinee-MS 4:00pm Afternoon Strolls
12 10:00 Catholic Communion-Service-SC 11:30 Sit and Fit-ES 2:00 Board Games-3 4:00 Afternoon Strolls	13 10:00 Chair Yoga-2 11:00 Lets Make a collage-3 2:00 Pittsburgh Ballroom Dancers-SC 3:30 Artwork-SC 4:00 Smoozing in the WO	14 10:00 Sit &Be Fit-ES 11:00-Hang Man-WO 11:00 Zumba-SC 2:00 Classic Movie-SC 4:00 Lets take a walk	15 10:00 Movin & Groovin-ES 11:00 What Am I?-WO 1:30 January Birthday Celebration-MS 3:00 Art Class-SC	16 10:00 Move to the Music-ES 11:00 Sing a long with Margie-SC 2:00 The Speezeacts-Juggling-A 3:00 Art class with Debbie-WO	17 10:30 Sit & Be Fit-ES 11:00 Random Trivia-WO 1:30 Baking cookies-SC 3:00 Happy Hour with Tracy Lee-A 4:30 Afternoon Strolls	18 10:00 Coffee & Current Event-WO 10:30 Moving & Grooving-ES 2:00- Movie Matinee-MS 4:00 Afternoon Strolls
19 10:00 Catholic Communion Service-SC 11:30am Moving & Grooving 12:30 Worship with Pastor Larry-ADR 2:00 Board Games-3 4:00 Afternoon Strolls	20 9:30 -Tai Chi-ES 10:30 From Selma to Montgomery-WO 2:00 Bingo-SC 4:00 Smoozing in the Wise Owl	21 10:00 Sit &Be Fit-ES 11:00-HangMan-WO 11:00 Zumba-SC 2:00 Classic Movie-SC 4:00 Lets take a walk	22 10:00 Movin & Groovin-ES 11:00 What Am I?-WO 1:30 Board Games-WO 2:30 Arts & Crafts-SC	23 10:00 Move to Music-ES 11:00 Sing a- long with Margie-SC 1:30pm Art class with Debbie-WO 3:00 Jenga-WO	24 10:30 Sit and Be Fit-ES 11:00 Jeopardy Trivia-WO 1:30 Baking Cookies-SC 3:00 Happy Hour-LP 4:30pm Afternoon Strolls	25 10:00 Coffee & Current Events-WO 10:30am Moving & Grooving 2:00 Movie Matinee-MS 4:30pm Afternoon Strolls
26 10:00 Catholic Communion Service-SC 11:30 Sit and Be Fit-ES- 2:00 Board Games-3 4:00 Afternoon Strolls	27 9:30-TaiChi-ES 10:30 Current Events-WO 2:00 Bingo-SC 4:00 Smoozing in the Wise Owl	28 10:00 Sit &Be Fit-ES 11:00-HangMan-WO 11:00 Zumba-SC 2:00 Classic Movie-SC 4:00 Lets take a walk	29 10:00 Movin & Groovin-ES 11:00 Jeopardy Trivia-WO 1:30 Board Games-WO 2:00 Entertainment with Pat Heiserma-A-	30 10:00 Movin & Groovin-ES 11:00 Jeopardy Trivia-WO 1:30 Board Games-WO 2:30 Arts & Crafts-SC	31 10:30 Sit & Be Fit-ES 11:00 Star of the month-WO 1:30 Baking Cookies-ES 3:00 Happy Hour-LP 4:30pm Afternoon Strolls	