



January Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Weights and Blood Pressure 1:30. BINGO	2 9:45 Morning Chat 10:30 Balance/Strength 1:30 Arts/Crafts	3 9:45 Chair Chi 10:30 Tea Social 1:30 Afternoon Music with Julian	4 <u>9:00 Communion</u> 10:30 Sing-along 1:30 BINGO	5 10:30 Movie Morning with Hot Cider 1:30 Arm Chair Travel & Drinks
6 10:30 Grace Point Church 1:30 Sunday BINGO	7 9:45 Yoga Aromatherapy 10:30 Music with Michael 1:30 Poker Club	8 Weights and Blood Pressure 1:30 Music with Ellen	9 9:45 Morning Chat 10:30 Balance/Strength 1:30 Arts/Crafts	10 9:45 Chair Chi 10:30 Tea Social 1:30 HAPPY HOUR	11 9:00 Communion 10:30 Sing-along 1:30 BINGO	12 9:30 Morning Aromatherapy Hand Massages by Vanessa 3:15 Afternoon Violin Concert with Antonio
13 10:30 Grace Point Church 1:30 Sing-along 3:00 Music with Colleen	14 9:45 Yoga Aromatherapy 10:30 Music with Alfredo 1:30 Scrabble	15 9:45 Chair Dancing 10:30 "Word Search" 1:30 BINGO	16 9:45 Morning Chat 10:30 Balance/Strength 1:30 Arts/Crafts	17 9:45 Relaxation w/Sunita 10:30 Faces/Places 1:30 HAPPY HOUR	18 9:00 Communion 10:30 Sing-along 1:30 BINGO	19 10:30 Movie Morning with Hot Cider 1:30 Arm Chair Travel & Drinks
20 10:30 Grace Point Church 1:30 Sing-along	21 9:45 Yoga Aromatherapy 10:30 Music with Michael 1:30 ML SPA DAY	22 9:45 Rock'n Roll Chair Dancing 10:15 Food Tasting 1:30 BINGO	23 9:45 Morning Chat 10:30 Balance/Strength 1:30 Arts/Crafts	24 9:30 Exercise with Rowena 10:30 You Be The Judge 1:30 HAPPY HOUR	25 9:00 Communion 10:30 Sing-along 1:30 Music with Ellen	26 10:30 Movie Morning with Hot Tea 1:30 Arm Chair Travel & Drinks
27 10:30 Grace Point Church 1:30 Sing-along 3:00 Music with Colleen	28 9:45 Volleyball 10:30 Music with Alfredo 1:30 Birds	29 9:45 Chair Dancing 10:15 Tea Social 1:30 BINGO	30 9:45 Morning Chat 10:30 Balance/Strength 1:30 Afternoon Violin Concert with Antonio	31 9:45 Relaxation w/Sunita 10:30 "Voices From The Past" 1:30 HAPPY HOUR		