




# January Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 9:30-Weights/BP <b>10:30 Music with Michael</b> 1:30-Weights/BP	2 9:45 Chair Dancing 1:30-BINGO	3 9:45-Morning Chat <b>10:30 Balance/Strength with Jake</b> 1:30 Creativity Class: Fresh Flowers	4 9:45-Chair Chi 10:30-"What Happened in January" <b>1:30 Music with Julian</b>	5 <b>9:00-Communion</b> 10:15 Morning Stretch <b>10:15 Music with Dick</b> 1:30-BINGO	6 10:30 Morning Movie 1:30 Cookie Mingle
Visitors Day 7 <b>10:30 Grace Point Church</b> 12:00 Candlelight Lunch 1:30 BINGO	8 9:30-Aromatherapy Yoga <b>10:30 Music with Alfredo</b> 1:30-ML SPA	9 9:45 Chair Dancing <b>10:15 Sculpturing Class</b> <b>1:30 Music with Ellen</b>	10 9:45-Morning Chat <b>10:30 Balance/Strength with Jake</b> <b>1:30 Recycled Art with Samantha</b>	11 9:45-Chair Chi 10:30-"Memory Lane" 1:30 Happy Hour Bowling	12 <b>9:00-Communion</b> 10:15 Morning Stretch 1:30-BINGO	13 10:30 Aromatherapy Massage by Vanessa  <b>3:30 pm Music &amp; Wine with Violinist Antonio</b>
Visitors Day 14 <b>10:30 Grace Point Church</b> 12:00 Candlelight Lunch 1:30 Sunday Crafts	Martin Luther King, Jr. Day 15 9:30-Aromatherapy Yoga <b>10:30 Music with Michael</b> 1:30-WL SPA	16 9:45-Chair Dancing 1:30-BINGO <b>2:30 Music with Dick</b>	17 9:45-Morning Chat <b>10:30 Balance/Strength with Jake</b> 1:30 Creativity Class: Fresh Flowers	18 9:45-Chair Chi 10:30 "Hobbies" 1:30 Happy Hour Bowling	19 <b>9:00-Communion</b> 10:15 Morning Stretching 1:30 BINGO	20 10:30 Morning Movie 1:30 Cookie Mingle
Visitors Day 21 <b>10:30 Grace Point Church</b> 12:00 Candlelight Lunch 1:30 BINGO	22 9:30-Aromatherapy Yoga 10:30 Music Trivia 1:30-Poker Club	23 9:45 Chair Dancing <b>10:15 Sculpturing Class</b> 1:30-BINGO	24 9:45-Morning Chat <b>10:30 Balance/Strength with Jake</b> 1:30-Resident Council Meeting with Sunita	25 9:45-Chair Chi 10:30 "Home Sweet Home" 1:30 Happy Hour Bowling	26 <b>9:00-Communion</b> <b>10:30 Music with Alfredo</b> <b>1:30 Music with Ellen</b>	27 10:30 Aromatherapy Massage by Vanessa 1:30 BINGO
Visitors Day 28 <b>10:30 Grace Point Church</b> 12:00 Candlelight Lunch	29 9:45-Aromatherapy Yoga 10:30 Music Trivia 1:30 Food Tasting with Sunita	30 9:45 Chair Dancing 1:30-BINGO	31 9:45 Morning Chat <b>10:30 Balance/Strength with Jake</b> 1:30 Creativity Class: Valentine Cards <b>3:15 Music &amp; Wine with Violinist Antonio</b>	