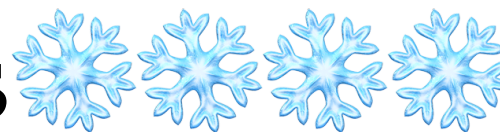


January Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Year's Day 1 10:00 Watching Rose Parade with Refreshment 1:30 Mix & Mingle Games	2 9:00 Communion 10:30 Chair Dancing 11:00. Finishing Lyrics 1:15 BINGO	3 10:00 Snack Cart 10:30 Weekend Coloring <u>1:15 Music with Mark Jasper</u> 2:00 Snack Cart
4 10:30 Sing-along 12:00 Lunch 1:30 Church Service-visual 2:00 Snack Cart	5 9:45 Morning Stretch <u>10:15 Music w/Michael</u> 1:15 BINGO	6 9:00 Weights & Blood Pressure 1:30 Scrabble	7 10:0 Aromatherapy Yoga 10:30 Ceramics Class 1:15 BINGO	8 10:00 Balance/Strength 10:30 <u>Hot Chocolate Social</u> 1:15 Music w/Julian	9 9:00 Communion 10:15 Trivia/Quiz 1:15 BINGO	10 10:00 Snack Cart 10:30 Armchair Travel <u>1:15 Violin with Antonio</u> 2:00 Snack Cart
11 10:30 Famous Faces & Places 12:00 Lunch 1:30 Church Service 2:00 Snack Cart	12 9:45 Morning Stretch <u>10:15 Music w/Alfredo</u> 1:15 BINGO	13 10:00 Chair Stretching 10:15 Ball Toss 10:30 Arts & Crafts 1:00. Mapleleaf Spa Day	14 10:00 Aromatherapy Yoga 10:30 Volleyball 1:15 BINGO	15 10:00 Balance/Strength 10:30. Juicing 11:00 Name Game 1:15. Bowling	16 9:00 Communion 10:30 Chair Dancing 11:00 Word Search 1:15 BINGO	17 10:00 Snack Cart 10:30 Weekend Coloring 1:30 Afternoon Movie 2:00 Snack Cart
18 10:30 Flower Arranging 12:00 Lunch 1:30 Church Service-visual 2:00 Snack Cart	19 9:45 Morning Stretch <u>10:15 Music w/Michael</u> 1:15 BINGO	20 10:00 Chair Stretching 10:15 Ball Toss 10:30 Memory Lane 1:00. Mapleleaf Spa Day	21 10:00 Aromatherapy Yoga 10:30 Ceramic Class 1:15 BINGO	22 10:00 Balance/Strength 10:30 Food Tasting 1:15 Resident Council Meeting 2:00. Board Games	23 9:00 Communion 10:15 Trivia/Quiz 1:15 BINGO	24 10:00 Snack Cart <u>10:15 Exercise with Rowena</u> <u>1:15 Violin with Antonio</u> 2:00 Snack Cart
25 10:30 Volleyball 12:00 Lunch 1:30 Church Service 2:00 Snack Cart	26 9:45 Morning Stretch <u>10:15 Music w/Alfredo</u> 1:15 BINGO	27 10:00 Chair Stretching 10:15 Ball Toss 10:30. Remembering "1970's" 1:15 Poker Club	28 10:00 Aromatherapy Yoga 10:30 Reading Club 1:15 BINGO	29 10:00 Balancing/Strength 10:30. Horse Racing Game 1:15 Room Visits & Hand Massages	30 9:00 Communion 10:30 Chair Dancing 11:00 Morning Chat 1:15 BINGO	31 10:00 Snack Cart 10:30 Juicing 1:30 Afternoon Movie 2:00 Snack Cart