

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2019

*"each day is a new beginning, make good memories every day."* –Catherine Pulsifer

**1**  
 9:30 Rose Parade  
 10:30 **Winter Exercise**  
 11:00 Trivia  
 2:00 **Super Computer/Spa Time**  
 3:00 It's Bingo Time!  
 3:00 **Sing-A-Long**  
 4:00 Gratitude Moments  
 6:30 **Relaxation Artwork** (cart)  
New Year's Day

**2**  
 9:30 Armchair Travel  
 10:00 **Gratitude Moments**  
 10:15 News You Can Use  
 10:45 **Music & Movement/Rachel**  
 2:00 Smart Computer Games  
 3:00 Afternoon Table Games  
 4:00 Gospel Music  
 6:00 **Relaxation Artwork** (cart)

**3**  
 9:30 Soothing Music  
 10:00 News You Can Use  
 10:30 **Rise N' Shine Chair Yoga**  
 11:00 Memory Joggers  
 2:00 **Arts & Crafts**  
 3:00 Winter Bingo  
 4:00 Positive Headlines  
 6:30 **Relaxation Artwork** (cart)

**4**  
 9:30 Morning Winter Social  
 10:00 Gratitude Moments  
 10:30 **Winter Exercise**  
 11:00 Family Feud  
 2:00 Solve That Puzzle Hangman  
 3:00 **It's Bingo Time!**  
 4:00 Inspiring Stories  
 6:00 *Friday Night at the Movies*

**5**  
 9:30 Cranium Crunches  
 10:00 **Gratitude Moments**  
 10:30 Sit & Be Fit  
 11:00 **Visit by St. Dominic's Catholic Church**  
 2:00 Family Feud  
 3:00 **Music Appreciation**  
 6:00 Relaxation Artwork (cart)

**6**  
 9:30 Classical Music  
 10:30 **Worship Service**  
 11:00 Stretch and Be Fit  
 2:00 Super Computer  
 3:00 **Winter Bingo**  
 4:00 Inspiring Stories  
 6:00 **Relaxation Art** (cart)

**7**  
 9:30 Hot Cider and Cookies  
 10:00 Gratitude Moments  
 10:30 **Winter Stretches w/Juan**  
 11:00 Family Feud  
 2:00 Super Computer  
 3:00 Winter Bingo  
 4:00 **Inspiring Stories**  
 6:00 **Relaxation Art** (cart)

**8**  
 9:30 Balloon Toss  
 10:30 **Winter Exercise**  
 11:00 Trivia  
 2:00 **Super Computer/Spa Time**  
 3:00 It's Bingo Time!  
 3:00 **Sing-A-Long**  
 4:00 Gratitude Moments  
 6:00 **Relaxation Artwork** (cart)

**9**  
 9:30 Armchair Travel  
 10:00 **Gratitude Moments**  
 10:15 News You Can Use  
 10:45 **Music & Movement/Rachel**  
 2:00 Smart Computer Games  
 3:00 Afternoon Table Games  
 4:00 Gospel Music  
 6:00 **Relaxation Artwork** (cart)

**10**  
 9:30 Soothing Music  
 10:00 News You Can Use  
 10:30 **Rise N' Shine Chair Yoga**  
 11:00 Memory Joggers  
 2:00 **Arts & Crafts**  
 3:00 Winter Bingo  
 4:00 Positive Headlines  
 6:30 **Relaxation Artwork** (cart)

**11**  
 9:30 Morning Winter Social  
 10:00 Gratitude Moments  
 10:30 **Winter Exercise**  
 11:00 Family Feud  
 2:00 Solve That Puzzle Hangman  
 3:00 **It's Bingo Time!**  
 4:00 Inspiring Stories  
 6:00 *Friday Night at the Movies*

**12**  
 9:30 Cranium Crunches  
 10:00 **Gratitude Moments**  
 10:30 Sit & Be Fit  
 11:00 **Visit by St. Dominic's Catholic Church**  
 2:00 Family Feud  
 3:00 **Music Appreciation**  
 6:00 Relaxation Artwork (cart)

**13**  
 9:30 Classical Music  
 10:30 **Worship Service**  
 11:00 Stretch and Be Fit  
 2:00 **Violin Concert /CH**  
 2:00 Super Computer  
 3:00 **Winter Bingo**  
 4:00 Inspiring Stories  
 6:00 **Relaxation Art** (cart)

**14**  
 9:30 Hot Cider and Cookies  
 10:00 Gratitude Moments  
 10:30 **Winter Stretches w/Juan**  
 11:00 Family Feud  
 2:00 Super Computer  
 3:00 Winter Bingo  
 4:00 **Inspiring Stories**  
 6:00 **Relaxation Art** (cart)

**15**  
 9:30 Balloon Toss  
 10:30 **Winter Exercise**  
 11:00 Trivia  
 2:00 **Super Computer/Spa Time**  
 3:00 It's Bingo Time!  
 3:00 **Sing-A-Long**  
 4:00 Gratitude Moments  
 6:00 **Relaxation Artwork** (cart)

**16**  
 9:30 Armchair Travel  
 10:00 **Gratitude Moments**  
 10:15 News You Can Use  
 10:45 **Music & Movement/Rachel**  
 2:00 Smart Computer Games  
 3:00 Afternoon Table Games  
 4:00 Gospel Music  
 6:00 **Relaxation Artwork** (cart)

**17**  
 9:30 Soothing Music  
 10:00 News You Can Use  
 10:30 **Rise N' Shine Chair Yoga**  
 11:00 Memory Joggers  
 2:00 **Arts & Crafts**  
 3:00 Winter Bingo  
 4:00 Positive Headlines  
 6:30 **Relaxation Artwork** (cart)

**18**  
 9:30 Morning Winter Social  
 10:00 Gratitude Moments  
 10:30 **Winter Exercise**  
 11:00 Family Feud  
 2:30 **Residents Birthday Party**  
 4:00 Inspiring Stories  
 6:00 *Friday Night at the Movies*

**19**  
 9:30 Cranium Crunches  
 10:00 **Gratitude Moments**  
 10:30 Sit & Be Fit  
 11:00 **Visit by St. Dominic's Catholic Church**  
 2:00 Family Feud  
 3:00 **Saturday Matinee**  
 6:00 Relaxation Artwork (cart)

**20**  
 9:30 Classical Music  
 10:30 **Worship Service**  
 11:00 Stretch and Be Fit  
 2:00 Super Computer  
 3:00 **Winter Bingo**  
 4:00 Inspiring Stories  
 6:00 **Relaxation Art** (cart)

**21**  
 9:30 Hot Cider and Cookies  
 10:00 Gratitude Moments  
 10:30 **Winter Stretches w/Juan**  
 11:00 Family Feud  
 2:00 Super Computer  
 3:00 Winter Bingo  
 4:00 **Inspiring Stories**  
 6:00 **Relaxation Art** (cart)  
Martin Luther King Day  
Tu B'Shevat

**22**  
 9:30 Balloon Toss  
 10:30 **Winter Exercise**  
 11:00 Trivia  
 2:00 **Super Computer/Spa Time**  
 3:00 It's Bingo Time!  
 3:00 **Sing-A-Long**  
 4:00 Gratitude Moments  
 6:00 **Relaxation Artwork** (cart)

**23**  
 9:30 Armchair Travel  
 10:00 **Gratitude Moments**  
 10:15 News You Can Use  
 10:45 **Music & Movement/Rachel**  
 2:00 Smart Computer Games  
 3:00 Afternoon Table Games  
 4:00 Gospel Music  
 6:00 **Relaxation Artwork** (cart)

**24**  
 9:30 Soothing Music  
 10:00 News You Can Use  
 10:30 **Rise N' Shine Chair Yoga**  
 11:00 Memory Joggers  
 2:00 **Arts & Crafts**  
 3:00 Winter Bingo  
 4:00 Positive Headlines  
 6:30 **Relaxation Artwork** (cart)

**25**  
 9:30 Morning Winter Social  
 10:00 Gratitude Moments  
 10:30 **Winter Exercise**  
 11:00 Family Feud  
 2:00 Solve That Puzzle Hangman  
 3:00 **It's Bingo Time!**  
 4:00 Inspiring Stories  
 6:00 *Friday Night at the Movies*

**26**  
 9:30 Cranium Crunches  
 10:00 **Gratitude Moments**  
 10:30 Sit & Be Fit  
 11:00 **Visit by St. Dominic's Catholic Church**  
 2:00 Family Feud  
 3:00 **Music Appreciation**  
 6:00 Relaxation Artwork (cart)

**27**  
 9:30 Classical Music  
 10:30 **Worship Service**  
 11:00 Stretch and Be Fit  
 2:00 Super Computer  
 3:00 **Winter Bingo**  
 4:00 Inspiring Stories  
 6:00 **Relaxation Art** (cart)

**28**  
 9:30 Hot Cider and Cookies  
 10:00 Gratitude Moments  
 10:30 **Winter Stretches w/Juan**  
 11:00 Family Feud  
 2:00 Super Computer  
 3:00 Winter Bingo  
 4:00 **Inspiring Stories**  
 6:00 **Relaxation Art** (cart)  
Australia Day (observed)

**29**  
 9:30 Balloon Toss  
 10:30 **Winter Exercise**  
 11:00 Trivia  
 2:00 **Super Computer/Spa Time**  
 3:00 It's Bingo Time!  
 3:00 **Sing-A-Long**  
 4:00 Gratitude Moments  
 6:00 **Relaxation Artwork** (cart)

**30**  
 9:30 Armchair Travel  
 10:00 **Gratitude Moments**  
 10:15 News You Can Use  
 10:45 **Music & Movement/Rachel**  
 2:00 Smart Computer Games  
 3:00 Afternoon Table Games  
 4:00 Gospel Music  
 6:00 **Relaxation Artwork** (cart)

**31**  
 9:30 Soothing Music  
 10:00 News You Can Use  
 10:30 **Rise N' Shine Chair Yoga**  
 11:00 Memory Joggers  
 2:00 **Arts & Crafts**  
 3:00 Winter Bingo  
 4:00 Positive Headlines  
 6:30 **Relaxation Artwork** (cart)



*Happy New Year 2019!*

*"Wishing you a new year rich with the blessings of love, joy, warmth, and laughter!"*