

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|---|
| <p>January cont'd 31</p> <ul style="list-style-type: none"> AM 🟢 Morning Stretch AM 🟡 Catholic Mass From Washington AM 🟢 Current Events AM 🟢 Reminiscing Group PM 🟡 Resident Choice PM 🟢 Afternoon Chat PM 🟡 Evening Trivia | <ul style="list-style-type: none"> 🟡 Arts & Education 🟢 Deep Connections 🟢 Health & Wellness 🟡 Purposeful Living 🟡 Recreation & Leisure 🟢 Spiritual Journey | <p>New Year's Day 1</p> <ul style="list-style-type: none"> AM 🟢 Exercise Class AM 🟡 New Years Resolutions PM 🟡 Rosary and Scriptures PM 🟡 Bingo PM 🟡 Express Yourself Art Work PM 🟡 New Years Day Beverage Cart and Photo | <p>Happy Birthday Mary A 2</p> <ul style="list-style-type: none"> AM 🟢 Morning Chair Exercises AM 🟢 January Dates to Celebrate PM 🟡 Adult Coloring PM 🟡 Bingo PM 🟡 Ted Talks | | | |
| <p>Alaska Day 3</p> <ul style="list-style-type: none"> AM 🟢 Morning Stretch AM 🟡 Catholic Mass From Washington AM 🟢 Current Events AM 🟢 Reminiscing Group PM 🟡 Resident Choice PM 🟢 Afternoon Chat PM 🟡 Alaska Trivia | <p>Chair Aerobics 4</p> <ul style="list-style-type: none"> AM 🟢 Eucharistic Service with Father Al-Outside AM 🟡 Blurt it Out AM 🟢 A Time To Listen PM 🟡 Bingo PM 🟡 Learn To Draw PM 🟢 What's Happening Around Town PM 🟡 Evening Trivia | <p>Happy Birthday Virginia H. 5</p> <ul style="list-style-type: none"> AM 🟢 Chair Exercise AM 🟡 Today in History PM 🟢 Arbor Terrace Store PM 🟡 Bingo PM 🟢 Hooray for Hollywood PM 🟡 Happy Hour PM 🟡 Trivia Challenge with Arlene | <p>Exercise Class-With Fox Fitness 6</p> <ul style="list-style-type: none"> AM 🟡 Word in a Word PM 🟡 Arts and Crafts-Lets Learn How To Crochet PM 🟡 Mid Week Movie PM 🟡 Evening Trivia | <p>Morning Yoga 7</p> <ul style="list-style-type: none"> AM Who wants to be a Millionaire PM 🟡 Creative Writers Corner PM 🟢 Afternoon Reading with Chris PM 🟡 Lucky 7 PM 🟢 Thirsty Thursday: PM 🟡 Trivia Challenge | <p>Happy Birthday Elvis!!!! 8</p> <p>Happy Birthday Robert S 8</p> <ul style="list-style-type: none"> AM 🟢 Exercise Class-With Fox Fitness AM 🟡 Elvis Trivia PM 🟡 Rosary and Scriptures PM 🟡 Bingo PM 🟡 Express Yourself Art Work PM 🟡 Elvis Beverage Cart: Grilled Peanut Butter & Banana Sandwich | <p>Music and Movement 9</p> <ul style="list-style-type: none"> AM 🟢 Dear Abby PM 🟡 Adult Coloring PM 🟡 Bingo PM 🟡 Ted Talks |
| <p>Morning Stretch 10</p> <ul style="list-style-type: none"> AM 🟢 Morning Stretch AM 🟡 Catholic Mass From Washington AM 🟢 Current Events AM 🟢 Reminiscing Group PM 🟡 Resident Choice PM 🟢 Afternoon Chat PM 🟡 Evening Trivia | <p>Grand Canyon Day 11</p> <ul style="list-style-type: none"> AM 🟢 Chair Aerobics AM 🟢 Music and Movement AM 🟢 A Time To Listen PM 🟡 Bingo PM 🟡 Learn To Draw PM 🟡 Grand Canyon Trivia | <p>Chair Exercise 12</p> <ul style="list-style-type: none"> AM 🟡 Word in a Word PM 🟢 Arbor Terrace Store PM 🟡 Bingo PM 🟢 Hooray for Hollywood PM 🟡 Happy Hour PM 🟡 Trivia Challenge with Arlene | <p>Happy Birthday Barbara M. 13</p> <ul style="list-style-type: none"> AM 🟢 Exercise Class-With Fox Fitness AM 🟢 Dear Abby PM 🟡 Arts and Crafts-Lets Learn How To Crochet PM 🟡 Mid Week Movie PM 🟡 Evening Trivia | <p>Morning Yoga 14</p> <ul style="list-style-type: none"> AM 🟡 Blurt it Out PM 🟡 Creative Writers Corner PM 🟢 Afternoon Reading with Chris PM 🟡 Lucky 7 PM 🟢 Thirsty Thursday: PM 🟡 Trivia Challenge | <p>Happy Birthday Jean P. 15</p> <ul style="list-style-type: none"> AM 🟢 Exercise Class-With Fox Fitness AM 🟡 Morning Trivia PM 🟡 Rosary and Scriptures PM 🟡 Bingo PM 🟡 Express Yourself Art Work 3:30 🟡 Wine And Cheese Social | <p>Chair Aerobics 16</p> <ul style="list-style-type: none"> AM 🟡 Today in History PM 🟡 Adult Coloring PM 🟡 Bingo PM 🟡 Ted Talks |
| <p>Snowflake Day 17</p> <ul style="list-style-type: none"> AM 🟢 Morning Stretch AM 🟡 Catholic Mass From Washington AM 🟢 Current Events AM 🟢 Reminiscing Group PM 🟡 Resident Choice PM 🟢 Afternoon Chat PM 🟡 Evening Trivia | <p>Martin Luther King Jr. Day 18</p> <ul style="list-style-type: none"> AM 🟢 Music and Movement AM 🟢 Martin Luther King Jr. "I had a Dream...." AM 🟢 A Time To Listen PM 🟡 Bingo PM 🟡 Learn To Draw PM 🟡 Martin Luther King Trivia | <p>Happy Birthday Herbert F. 19</p> <ul style="list-style-type: none"> AM 🟢 Chair Exercise AM 🟡 Blurt it Out PM 🟢 Arbor Terrace Store PM 🟡 Bingo PM 🟢 Hooray for Hollywood PM 🟡 Happy Hour PM 🟡 Trivia Challenge with Arlene | <p>Cheese Lovers Day 20</p> <ul style="list-style-type: none"> AM 🟢 Exercise Class-With Fox Fitness AM 🟡 Word in a Word PM 🟡 Arts and Crafts-Lets Learn How To Crochet PM 🟡 Mid Week Movie PM 🟢 Wine and Cheese Sampling PM 🟡 Evening Trivia | <p>Morning Yoga 21</p> <ul style="list-style-type: none"> AM 🟢 Things from the 40's PM 🟡 Creative Writers Corner PM 🟢 Afternoon Reading with Chris PM 🟡 Lucky 7 PM 🟢 Thirsty Thursday: PM 🟡 Trivia Challenge | <p>Exercise Class-With Fox Fitness 22</p> <ul style="list-style-type: none"> AM 🟡 Morning Trivia PM 🟡 Rosary and Scriptures PM 🟡 Bingo PM 🟡 Express Yourself Art Work 3:30 🟡 Wine And Cheese Social | <p>Chair Aerobics 23</p> <ul style="list-style-type: none"> AM 🟡 Today in History PM 🟡 Adult Coloring PM 🟡 Bingo PM 🟡 Ted Talks |
| <p>Morning Stretch 24</p> <ul style="list-style-type: none"> AM 🟢 Morning Stretch AM 🟡 Catholic Mass From Washington AM 🟢 Current Events AM 🟢 Reminiscing Group PM 🟡 Resident Choice PM 🟢 Afternoon Chat PM 🟡 Evening Trivia | <p>Marshmallow Monday 25</p> <ul style="list-style-type: none"> AM 🟢 Chair Aerobics AM 🟢 Music and Movement AM 🟢 A Time To Listen PM 🟡 Bingo PM 🟡 Learn To Draw PM 🟡 Smore's Happy Hour PM 🟡 Marshmallow Trivia | <p>Tea & Trivia Tuesday 26</p> <ul style="list-style-type: none"> AM 🟢 Chair Exercise PM 🟢 Arbor Terrace Store PM 🟡 Bingo PM 🟢 Hooray for Hollywood PM 🟡 Tea and Trivia Happy Hour PM 🟡 Trivia Challenge with Arlene | <p>Exercise Class-With Fox Fitness 27</p> <ul style="list-style-type: none"> AM 🟢 Morning Exercise PM 🟡 Arts and Crafts-Lets Learn How To Crochet PM 🟡 Mid Week Movie PM 🟡 Evening Trivia | <p>Blueberry Pancake Day 28</p> <ul style="list-style-type: none"> AM Morning Yoga AM 🟡 Blurt it Out AM 🟢 Dear Abby PM 🟡 Creative Writers Corner PM 🟢 Afternoon Reading with Chris PM 🟡 Cooking Demo: Blueberry Pancakes PM 🟢 Thirsty Thursday: PM 🟡 Trivia Challenge | <p>Exercise Class-With Fox Fitness 29</p> <ul style="list-style-type: none"> AM 🟡 Morning Trivia AM 🟡 Word in a Word PM 🟡 Rosary and Scriptures PM 🟡 Bingo PM 🟡 Express Yourself Art Work 3:30 🟡 Wine And Cheese Social | <p>Chair Aerobics 30</p> <ul style="list-style-type: none"> AM 🟡 Today in History PM 🟡 Adult Coloring PM 🟡 Bingo PM 🟡 Ted Talks |