

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January

7 ASPECTS OF LIVING

- Cognitive
- Musical
- Life Long Learning/Experience
- Reminisce
- Health & Fitness
- Inspirational/Emotional
- Social

DAILY PROGRAMING

- 9:45 Chronicle/Horoscopes
- 10:00 Exercise/Walking (M-F)
- 12:45 Trivia & History
- 1:15 Afternoon Stretch
- 5:15 Guided Meditation

NEW YEAR'S DAY

- 10:15 Exercise Group
- 10:45 Virtual Concert
- 11:30 What's in a Word
- 1:30 Ring Toss
- 2:30 Bingo for Chocolate
- 3:45 Table Top Shuffleboard
- 5:00 Dinner & Drinks
- 5:45 Saturday Cinema

<ul style="list-style-type: none"> ■ 10:15 Exercise Group ■ 10:45 OLM Holy Communion ■ 11:15 Virtual Mass ■ 1:30 Sunday Matinee ■ 2:45 Small Group Crafting ■ 3:15 Table Top Shuffle Board ■ 5:45 Classic Movie 	<ul style="list-style-type: none"> ■ 10:30 What's in a Word ■ 11:00 Table Top Curling ■ 11:30 Reminisce ■ 1:45 Kitchen Crafting ■ 2:15 Music & Memories ■ 3:00 Giant KickBall Pass ■ 3:45 Comedy & Riddles ■ 5:45 Hallmark Movies 	<ul style="list-style-type: none"> ■ 10:30 Roll/Action/Answer ■ 11:15 Scattergories ■ 1:45 Nail Care & Chat ■ 2:15 Bingo & Mocktails ■ 3:30 Rosary/ Color Artistry ■ 4:00 Create Poetry & Pros ■ 5:45 Netflix & Chill 	<ul style="list-style-type: none"> ■ 10:30 Bull'e Eye ■ 11:00 Virtual Travel Experience ■ 1:30 Tap'n Time w/ Belle ■ 2:30 Mystery Word ■ 3:15 Trivia ■ 3:45 Beach Ball Pass ■ 5:45 Mid-Week Movie 	<ul style="list-style-type: none"> ■ 10:30 Word Association ■ 11:00 Skee Ball ■ 1:30 Sing Alongs ■ 2:30 Bingo/High Rollers ■ 3:45 Music & Motiion ■ 5:45 Virtual Concert 	<ul style="list-style-type: none"> ■ 10:30 Word Building ■ 11:00 Scenic Ride w/ Amy ■ 1:30 Table Top Bowling ■ 2:00 Tea Time ■ 3:00 Parachute ■ 3:45 Higher or Lower ■ 5:45 TGIF Unwind 	<ul style="list-style-type: none"> ■ 10:15 Exercise Group ■ 10:45 Virtual Concert ■ 11:30 What's in a Word ■ 1:30 Ring Toss ■ 2:30 Bingo for Chocolate ■ 3:45 Table Top Shuffleboard ■ 5:00 Dinner & Drinks ■ 5:45 Saturday Cinema 	
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Please refer to Daily Schedule and flyers for any changes: (last updated: 12/29/21)

All outings are weather permitting

Please See Activity staff with any program suggestions