

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAILY PROGRAMS Unless otherwise noted 9:15 Positive Current Events 10:30 AM Snack 11:00 Feeding of the Fish 1:00 Daily Chronicles 2:30 Snack & Social 5:15 Mindful Unwind 5:45 Movie/Classic Series ** Requires Escort	<h1>JANUARY</h1> <h2>GRANDVIEW GARDENS 2025</h2>		Happy New Year 1 9:15 <i>UpLift</i> (paramount+) 10:15 Wake up & Zumba 11:15 Short Stories (Audio) Color Artistry 1:45 Brain Games 3:15 Snowball Battle Music & Meditation 3:45 Who Sings It?	2 10:00 Wake-up & Workout 11:00 <i>Music w/ Mike Coletta</i> 1:45 Snowball Battle Kitchen Creations 3:15 Afternoon Stretch Puzzles 3:45 Brain Games	3 10:00 AM Exercise 10:45 <i>Scenic Ride</i> 11:15 Sing Along 1:45 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	4 10:00 Wake-up & Workout 11:15 Table Top Bowling Comedy & Laughter 1:45 Toss Across Music & Relaxation 3:15 Afternoon Stretch Rosary 3:45 Trivia: Real or Fake
5 10:15 <i>Communion w/ OLM</i> 10:30 <i>Hymnals & Snack</i> 11:00 Get up & Move 11:15 Making a Band 1:30 Brain Games 2:00 <i>Worship Service w/ Com.</i> Color Artistry/Puzzles 3:15 Balloon Bash Music & Reminisce 3:45 Uplifting Stories	6 10:00 Wake up & Zumba 11:15 Bean Bag Toss Bingo 1:45 Bulls-eye Mani-Cares 3:15 Afternoon Exercise Color Artistry 3:45 Meditation & Reflection	7 10:00 Wake-up & Workout 11:15 Tic Tac Toe Toss Puzzles 1:30 <i>Ride and Reminisce</i> Helping Hands 2:00 Trivia...Did you Know 3:15 Sing Along 3:45 Afternoon Stretch	8 10:00 Wake up & Zumba 11:15 Table Top Darts Color Artistry 1:45 Balloon Volley Crafts & Creations 3:15 Seated Yoga Music & Meditation 3:45 Who Sings It?	9 10:00 Wake-up & Workout 11:15 Word Games Mani-Cares 1:45 Snowball Battle Kitchen Creations 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation	10 10:00 AM Exercise 10:45 <i>Scenic Ride</i> 11:15 Sing Along 1:45 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	11 10:00 Wake-up & Workout 11:15 Table Top Bowling Comedy & Laughter 1:45 Toss Across Music & Relaxation 3:15 Afternoon Stretch Rosary 3:45 Trivia: Real or Fake
12 10:15 <i>Communion w/ OLM</i> 10:30 <i>Hymnals & Snack</i> 11:00 Get up & Move 11:15 Making a Band Nail Care & Tunes 1:30 <i>Sunday Ride</i> Brain Games 3:15 Balloon Bash Music & Reminisce 3:45 Uplifting Stories	13 10:00 Wake up & Zumba 11:15 Bean Bag Toss Bingo 1:45 Bulls-eye Mani-Cares 2:30 <i>Music & Munchies w/ Joan Sherlock</i> 3:15 Afternoon Exercise Color Artistry 3:45 Meditation & Reflection	14 10:00 Wake-up & Workout 11:15 Tic Tac Toe Toss Puzzles 1:30 <i>Ride and Reminisce</i> Helping Hands 2:00 Trivia...Did you Know 3:15 Sing Along 3:45 Afternoon Stretch	15 10:00 Wake up & Zumba 11:15 Table Top Darts Color Artistry 1:45 Balloon Volley Crafts & Creations 3:15 Seated Yoga Music & Meditation 3:45 Who Sings It?	16 10:00 Wake-up & Workout 11:15 Word Games Mani-Cares 1:45 Snowball Battle Kitchen Creations 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation	17 10:00 AM Exercise 10:45 <i>Scenic Ride</i> 11:15 Sing Along 1:45 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	18 10:00 Wake-up & Workout 11:15 Table Top Bowling Comedy & Laughter 1:45 Toss Across Music & Relaxation 3:15 Afternoon Stretch Rosary 3:45 Trivia: Real or Fake
19 10:15 <i>Communion w/ OLM</i> 10:30 <i>Hymnals & Snack</i> 11:00 Get up & Move 11:15 Making a Band Nail Care & Tunes 1:30 <i>Sunday Ride</i> Brain Games 3:15 Balloon Bash Music & Reminisce 3:45 Uplifting Stories	MLK Jr. Day 20 10:00 Wake up & Zumba 11:15 Bean Bag Toss Bingo 1:45 Bulls-eye 2:30 <i>Music & Munchies w/ Bud Pistachio</i> 3:15 Afternoon Exercise Color Artistry 3:45 Meditation & Reflection	21 10:00 Wake-up & Workout 11:15 Tic Tac Toe Toss Puzzles 1:30 Trivia...Did you Know 2:00 <i>Chaplain Chat w/ Rev. Cheryl</i> 3:15 Sing Along 3:45 Afternoon Stretch	22 10:00 Wake up & Zumba 11:15 Table Top Darts Color Artistry 1:30 <i>Tap'n Time w/ Belle</i> Crafts & Creations 3:15 Seated Yoga Music & Meditation 3:45 Who Sings It?	23 10:00 Wake-up & Workout 11:15 Word Games Mani-Cares 1:45 Snowball Battle Kitchen Creations 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation	24 10:00 AM Exercise 10:45 <i>Scenic Ride</i> 11:15 Sing Along 1:45 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	25 10:00 Wake-up & Workout 11:15 Table Top Bowling Comedy & Laughter 1:45 Toss Across Music & Relaxation 3:15 Afternoon Stretch Rosary 3:45 Trivia: Real or Fake
26 10:15 <i>Communion w/ OLM</i> 10:30 <i>Hymnals & Snack</i> 11:00 Get up & Move 11:15 Making a Band Nail Care & Tunes 1:30 <i>Sunday Ride</i> Brain Games 3:15 Balloon Bash Music & Reminisce 3:45 Uplifting Stories	27 10:00 Wake up & Zumba 11:15 Bean Bag Toss Bingo 1:45 Bulls-eye Mani-Cares 3:15 Afternoon Exercise Color Artistry 3:45 Meditation & Reflection	28 10:00 Wake-up & Workout 11:15 Tic Tac Toe Toss Puzzles 1:30 <i>Ride and Reminisce</i> Helping Hands 2:00 Trivia...Did you Know 3:15 Sing Along 3:45 Afternoon Stretch	29 10:00 Wake up & Zumba 11:15 Table Top Darts Color Artistry 1:45 Balloon Volley Crafts & Creations 3:15 Seated Yoga Music & Meditation 3:45 Who Sings It?	30 10:00 Wake-up & Workout 11:15 Word Games Mani-Cares 1:45 Snowball Battle Kitchen Creations 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation	31 10:00 AM Exercise 10:45 <i>Scenic Ride</i> 11:15 Sing Along 1:45 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	ASPECTS OF LIVING Cognitive Musical Life Enrichment Reminisce Health & Fitness Inspirational/Spiritual Social

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

MEAL TIMES: 12:00-1:00p; 4:30-5:30p