

Monday

Tuesday

Wednesday

Thursday

Friday



1
10:00 January Trivia
 10:45 Music w/Chris & Tom
 11:00 Women's Group
 1:00 Catholic Service
 1:00 Active Sport: Ring Toss
 1:45 Pokeno w/Bill
 3-3:30 Nature Sounds Relaxation
 3:30-4 TV Travel Series

2
 10:00 Chair Tai Chi-Garden
 10:30 Art & Chat w/Nancy
 10:30 What Amazing Places
 12:30 Music w/Pat at the Piano
1:00 Sunshine and Friends
 1:00 Brain Busters
 2:15 Active Sport: Ring Toss
 2:30 Table Games
 3-4 Crafters Corner

6
 10:00 Travel Series
 10:30 Morning Stretch
11:00-11:15 Meditation w/David
 11:15 Holiday Name 10
 1:00 Bingo w/Tim
 1:00 Men's Reminiscent Group
 2:15 Helen's Card Club
2:15 Mariner's Therapy Dogs
 2:30 Active Sport: Fishing
3-4 Movie Matinee

7
 10:00 Stretch & Flex Exercises
 10:00 Meditation in the Garden
10:30 January Trivia & Fun Facts
 11:00 Categories Word Game
 1:00 Life's Driven Purpose
 1:00 Active Sport: Snowball Bowling
 1:45 Pokeno w/Bill
 3-4 Crafters Corner

8
 10:00 Music for Your Mind-Karen
 10:15 Humor Hour
 11:00 Women's Reminiscent Group
 11:00 Sing-along
 1:00 Jog Your Noggin w/Elyse
1:00 Memories in the Making
2:30 Court the Season
 2:30 Table Games
 3-4 Puzzles

9
 10:00 Word Scramble
 10:45 Music w/Chris & Tom
 11:00 Women's Group
 1:00 Catholic Service
 1:00 Blackout Bingo
 2:15 Nature Sounds Relaxation
 2:30 Crafters Corner
 3-4 Blackjack, Uno, Dominos and Scrabble

10
 10:00 Chair Tai Chi-Garden
 10:30 Art & Chat w/Nancy
 10:30 Stretch & Flex Exercises
 12:30 Music w/Pat at the Piano
1:00 Sunshine and Friends
 1:00 Brain Busters
 2:15 Active Sport: Bean Bag Toss
 2:30 Card & Dice Games
 3-4 Travel Series

13
 10:00 Travel Series
 10:30 Morning Stretch
11:00-11:15 Meditation w/David
 11:15 Trivia
 1:00 Bingo w/Tim
 1:00 Men's Reminiscent Group
 2:15 Helen's Card Club
2:15 Jim-The One Man Band
 2:30 Active Sport: Fishing
3-4 Movie Matinee

14
 10:00 Stretch & Flex Exercises
 10:00 Meditation in the Garden
 10:30 Kathleen's Speech Group
 10:30 Humor Hour
 11:00 Categories Word Game
 1:00 Life's Driven Purpose
1:00 Active Sport: Paper Airplane Races
 1:45 Pokeno w/Bill
 3-4 Table Games

15
 10:00 Drumming Group w/Karen
10:15 Small Group: Flexity Jig
 11:00 Women's Reminiscent Group
 11:15 Trivia & Fun Facts
 1:00 Jog Your Noggin w/Elyse
1:00 Memories in the Making
1:30 Caregiver Support Group
 2:30 Active Sport: Table Balloon Ball
 2:30 Table Games
 3-4 Puzzles

16
 10:00 Trivia
 10:45 Music w/Chris & Tom
 11:00 Women's Group
 1:00 Catholic Service
 1:00 Word Games
 2:15 Nature Sounds Relaxation
 2:30 Blackjack, Uno, Dominos and Scrabble
 3-4 Crafters Corner

17
 10:00 Chair Tai Chi-Garden
 10:30 Art & Chat w/Nancy
 10:30 What Amazing Places
 12:30 Music w/Pat at the Piano
1:00 Sunshine and Friends
 1:00 Brain Busters
 2:15 Active Sport: Ring Toss
 2:30 Card & Dice Games
 3-4 Crafters Corner

20
MARTIN LUTHER KING, JR. DAY

Center Closed for the Holiday

21
 10:00 Stretch & Flex Exercises
 10:00 Meditation in the Garden
 10:30 Kathleen's Speech Group
 10:30 Ice Breaker Games
 11:00 Categories Word Game
 1:00 Life's Driven Purpose
 1:00 Active Sport: Ring Toss
 1:45 Pokeno w/Bill
 3-4 Table Games

22
 10:00 Music for Your Mind-Karen
 10:15 Humor Hour
 11:00 Women's Reminiscent Group
 11:00 Sing-along
 1:00 Jog Your Noggin w/Elyse
1:00 Memories in the Making
 2:30 Active Sport: Table Balloon Ball
 2:30 Table Games
 3-4 Puzzles

23
 10:00 Categories Word Game
 10:45 Music w/Chris & Tom
 11:00 Women's Group
 1:00 Catholic Service
 1:00 Blackout Bingo
 2:15 Nature Sounds Relaxation
 2:30 Blackjack, Uno, Dominos and Scrabble
 3-4 TV Travel Series

24
 10:00 Chair Tai Chi-Garden
 10:30 Art & Chat w/Nancy
 10:30 Stretch & Flex Exercises
 12:30 Music w/Pat at the Piano
1:00 Sunshine and Friends
 1:00 Brain Busters
 2:15 Active Sport: Bean Bag Toss
 2:30 Card & Dice Games
 3-4 Travel Series

27
10:00 Make Tea Hats
 10:00 Morning Stretch
11:00-11:15 Meditation w/David
11:15 Participant Council Meeting
 1:00 Bingo w/Tim
 1:00 Men's Reminiscent Group
2:15 Court the Season
 2:15 Helen's Card Club
3-4 Movie Matinee

28
10:00 Tea Party
 10:00 Meditation in the Garden
 10:30 Kathleen's Speech Group
 10:30 Ice Breaker Games
 11:00 Categories Word Game
 1:00 Life's Driven Purpose
 1:00 Active Sport: Snowball Bowling
 1:45 Pokeno w/Bill
 3-4 Table Games

29
 10:00 Drumming Group w-Karen
10:15 Small Group: Flexity Jig
 11:00 Women's Reminiscent Group
 11:15 Trivia
 1:00 Jog Your Noggin w/Elyse
1:00 Memories in the Making
2:30 Sing-along w/Bobbette
 2:30 Table Balloon Ball
 3-4 Puzzles

30
 10:00 Trivia
10:30 Polynesian Dance w/Catherine
 11:00 Women's Group
 1:00 Catholic Service
 1:00 Stretch & Flex Exercises
 2:15 Nature Sounds Relaxation
 2:30 Crafters Corner
 3:30-4 Table Games

31
 10:00 Chair Tai Chi-Garden
 10:30 Art & Chat w/Nancy
 10:30 What Amazing Places
 12:30 Music w/Pat at the Piano
1:00 Sunshine and Friends
 1:00 Brain Busters
2:15 January Birthday Celebration
 2:30 Active Sport: Ring Toss
 2:30 Card & Dice Games
 3-4 Travel Series