

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00am-Morning Social <b>1</b> 10:30am- Cardio Class 2:00pm-Bingo 3:00pm- Happy Hour 4:30pm- Mail Delivery  New Year's Day	10:00am-Morning Social <b>2</b> 10:30am- Chair Zumba 11:00am- Art History 2:00pm- Trivia Time 2:45pm- Catholic Communion 3:00pm- Friday Movie 4:30pm- Mail Delivery	10:00am-Morning Social <b>3</b> 10:30am- Move 2 Music 11:00am- Armchair Travel 2:00pm-Bingo 4:30pm- Package Delivery
10:00am-Morning Social <b>4</b> 10:30am- Morning Stretch 11:15am- Faith through Music W/ Jerry Roman 2:00pm- Daily Word & Devotions 3:00pm- Room Visits	10:00am-Morning Social <b>5</b> 10:30am- Chair Exercise 11:00am- Jazz W/ Quentin 2:00pm- Balloon Badminton 3:00pm- Happy Hour 4:30pm- Mail Delivery	10:00am-Morning Social <b>6</b> 10:30am--Morning Aerobics 11:00am- Garden Club W/ Mr. Ohara 2:00pm-Bingo 3:00pm- Smoothie Social 4:30pm- Mail Delivery	10:00am-Morning Social <b>7</b> 10:30am- Trivia Time 11:00am- Yoga W/ Tiffany 2:30pm- Resident Council meeting (AH) 3:00pm- Brain Boosters W/ Herralink 4:30pm- Mail Delivery	10:00am-Morning Social <b>8</b> 10:30am- Cardio Class 2:00pm-Bingo 3:00pm- Happy Hour W/ Rearview Mirror 4:30pm- Mail Delivery 6:00pm- Movie Night	10:00am-Morning Social <b>9</b> 10:30am-Morning Stretch 11:00am- Piano Tunes W/ Jerry Roman 1:30pm- Bus Trip (Mall) 1:45pm- Forest Hills Choir W/ Vicky Merlo 2:45pm- Catholic	10:00am-Morning Social <b>10</b> 10:30am-Move 2 Music 11:00am-Ted Talks 2:00pm-Bingo 3:00pm- Popcorn Social 4:30pm- Package Delivery
10:00am-Morning Social <b>11</b> 10:30am- Morning Stretch 2:00pm- Daily Word & Devotions 3:00pm- Room Visits 4:30pm- Package Delivery	10:00am-Morning Social <b>12</b> 10:30am- Chair Exercise 1:30pm- Book Club W/ Vicky Parker 2:00pm- Balloon Badminton	10:00am-Morning Social <b>13</b> 10:30am--Morning Aerobics 11:00am- Garden Club W/ Mr. Ohara 2:00pm-Bingo 3:00pm- Wine Tasting 4:30pm- Mail Delivery	10:00am-Morning Social <b>14</b> 10:30am- Trivia Time 11:00am- Yoga W/ Tiffany 3:00pm- Brain Boosters W/ Herralink 4:30pm- Mail Delivery	10:00am-Morning Social <b>15</b> 10:30am- Cardio Class 2:00pm-Bingo 3:00pm- Happy Hour 4:30pm- Mail Delivery	10:00am-Morning Social <b>16</b> 10:30am- Chair Zumba 1:00pm- Bus trip (Movie Theater) 2:00pm- Women's Club 2:45pm- Catholic Communion 3:00pm- Friday Movie	10:00am-Morning Social <b>17</b> 10:30am- Move 2 Music 11:00am- Puzzle Time 2:00pm-Bingo 3:00pm- Ice Cream Social 4:30pm- Package Delivery
10:00am-Morning Social <b>18</b> 10:30am- Morning Stretch 2:00pm- Daily Word & Devotions 3:00pm- Room Visits 4:30pm- Package Delivery	10:00am-Morning Social <b>19</b> 10:30am- Chair Exercise 11:00pm-MLK Day History Special 2:00pm- Balloon Badminton 3:00pm- Happy Hour 4:30pm- Martin Luther King Jr. Day	10:00am-Morning Social <b>20</b> 10:30am--Morning Aerobics 11:00am- Garden Club W/ Mr. Ohara 2:00pm-Bingo 3:00pm- Cooking Class W/ Geraldine	10:00am-Morning Social <b>21</b> 10:30am- Trivia Time 11:00am-Yoga W/ Tiffany 2:30pm- Rehab Fun W/ Frankie 3:00pm- Brain Boosters W/ Herralink 4:30pm- Mail Delivery	10:00am-Morning Social <b>22</b> 10:30am- Cardio Class 2:00pm-Bingo 3:00pm- Happy Hour 4:30pm- Mail Delivery 6:00pm- Movie Night	10:00am-Morning Social <b>23</b> 10:30am- Morning Stretch 1:30pm- Bus Trip (Walmart) 1:45pm- Forest Hills Choir W/ Vicky Merlo 2:45pm- Catholic Communion	10:00am-Morning Social <b>24</b> 10:30am-Move 2 Music 11:00am- Card Games 2:00pm-Bingo 3:00pm- Popcorn Social 4:30pm- Package Delivery
10:00am-Morning Social <b>25</b> 10:30am- Morning Stretch 2:00pm- Daily Word & Devotions 3:00pm- Room Visits 4:30pm- Package Delivery	10:00am-Morning Social <b>26</b> 10:30am- Chair Exercise 2:00pm- Balloon Badminton 3:00pm- Happy Hour 4:30pm- Mail Delivery  Australia Day (Observed)	10:00am-Morning Social <b>27</b> 10:30am--Morning Aerobics 11:00am- Garden Club W/ Mr. Ohara 2:00pm-Bingo 3:00pm-Nail Spa 4:30pm- Mail Delivery	10:00am-Morning Social <b>28</b> 10:30am- Trivia Time 11:00am- Yoga W/ Tiffany 2:00pm- Monicas Creations 3:00pm- Brain Boosters W/ Herralink 4:30pm- Mail Delivery	10:00am-Morning Social <b>29</b> 10:30am- Cardio Class 2:00pm-Bingo 3:00pm- Happy Hour 4:30pm- Mail Delivery	10:00am-Morning Social <b>30</b> 10:30am- Morning Stretch 2:00pm- Men's Club 2:45pm- Catholic Communion 3:00pm- Friday Movie 4:30pm- Mail Delivery	10:00am-Morning Social <b>31</b> 10:30am- Move 2 Music 2:00pm-Bingo 3:00pm- Cookies & Punch Social 4:30pm- Package Delivery

All Activities are subject to change.