

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
K Kitchen OT Outing P Patio PBT Personal Care Bistro PCA Personal Care Activity Room RA Reminiscence Activity Room RF Reflection Room TC Terrace Club Activity Room		Happy Birthday!!! Harriet H. 1/4 Ron B. 1/23	9:30 Go4Life Walking Club (RA) 1 10:00 New Years Word Games (RA) 11:00 Let's Get Cooking! (RA) 1:00 Color & Conversation (K) 1:30 Silver Sneakers (RA) 2:00 Joe Lege & his Squeeze Box! (TC) 2:00 New Year Sing Along! (RA) 2:30 Travelers Club (RA) 3:15 Ringing in the New Year Social (RA) 6:30 Big Band Sounds (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Live with Anticipation Club (RA) 2 10:00 Go4Life Walking Club (RA) 10:15 Cookie Decorating (K) 10:30 Licks of Love w/therapy dog Baby Ruth (RA) 11:00 News Currents, Sr. (RA) 1:30 Silver Sneakers (RA) 2:00 Artful Hands (RA) 3:15 Music Making Social (P) 4:00 Describe to Me (RA) 6:30 Holiday Sing-Along (K) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 3 10:00 Entertainment with Jerry Coyne (RA) 10:00 Beauty Day (RA) 10:30 Cookie Baking Crew (K) 11:00 Book Club (RA) 1:30 Silver Sneakers (RA) 2:00 Donation Trip to Animal Friends (OT) 2:00 Manicures & Music (RA) 3:15 You Be the Artist Social with Kathy (P) 4:00 Sing Fit (P) 6:30 No Gutter Bowling (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 4 10:00 Posey Pushers Club (RA) 10:30 Hymnal Choir and Prayer Service (RA) 11:00 Baker's Bunch (K) 1:30 Exercise Essentials 2:00 Bingo (RA) 2:30 Aroma Therapy and Hand Massages (RA) 3:15 Name that Tune Social (K) 4:00 A to Z Trivia (P) 6:30 Finish Lines (RA) 7:15 Evening Reflection & Prayer (RA)
9:00 Worship Service with Reverend Spence (RA) 5 9:45 Go4Life Walking Club (RA) 10:00 Sing Fit (RA) 11:00 Rosary Club (RA) 11:00 Matching Pairs (RA) 1:30 Exercise Essentials 2:00 Mind Wrestlers (RA) 3:15 Cookie Baking Social (RA) 4:00 Sing Fit (RA) 6:30 Catch (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 6 10:00 Karaoke with Kevin (RA) 10:30 Communion Service (AR) 11:00 Puzzle Club (RA) 1:30 Silver Sneakers (RA) 2:00 Bingo with Kevin (RA) 3:15 Ice Cream Social (K) 4:00 Name that Tune (RA) 6:30 Trivia with Care Managers (RA) 7:15 Evening Reflection & Prayer (RA)	10:00 Go4Life Walking Club (RA) 7 10:30 Crafting with Volunteers Kathy & Miranda (K) 11:00 Musical Expressions 1:30 Silver Sneakers (RA) 2:00 Mall Walkers (OT) 2:30 Manicures & Music (RA) 3:15 Tell Me a Joke Social Hour (K) 4:00 Truth or Dare (RA) 6:30 Cookie Prep (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 8 10:00 Meet Me at MoMa (RA) 11:00 Let's Get Cooking! (RA) 1:30 Silver Sneakers (RA) 2:00 Sunrise Choir Practice (RA) 2:30 Travelers Club (RA) 3:15 Elvis Birthday Social (RA) 4:00 Snowman Toss (RA) 6:30 Big Band Sounds (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Live with Anticipation Club (RA) 9 10:00 Go4Life Walking Club (RA) 10:15 Cookie Decorating (K) 10:30 Licks of Love w/therapy dog Baby Ruth (RA) 11:00 News Currents, Sr. (RA) 1:30 Silver Sneakers (RA) 2:00 Artful Hands (RA) 3:15 Music Making Social (P) 4:00 Describe to Me (RA) 6:30 Holiday Sing-Along (K) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 10 10:00 Beauty Day (RA) 10:30 Cookie Baking Crew (K) 11:00 Book Club (RA) 1:30 Silver Sneakers (RA) 2:00 Donation Trip to Animal Friends (OT) 2:00 Manicures & Music (RA) 3:15 You Be the Artist Social with Kathy (P) 4:00 Sing Fit (P) 6:30 No Gutter Bowling (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 11 10:00 Posey Pushers Club (RA) 10:30 Hymnal Choir and Prayer Service (RA) 11:00 Baker's Bunch (K) 1:30 Exercise Essentials 2:00 Bingo (RA) 2:30 Aroma Therapy and Hand Massages (RA) 3:15 Name that Tune Social (K) 4:00 A to Z Trivia (P) 6:30 Finish Lines (RA) 7:15 Evening Reflection & Prayer (RA)
9:45 Go4Life Walking Club (RA) 12 10:00 Sing Fit (RA) 10:30 Catholic Mass at St. Alexis (OT) 11:00 Rosary Club (RA) 11:00 Matching Pairs (RA) 1:30 Exercise Essentials 2:00 Mind Wrestlers (RA) 3:15 Cookie Baking Social (RA) 4:00 Sing Fit (RA) 6:30 Catch (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 13 10:00 Karaoke with Kevin (RA) 11:00 Puzzle Club (RA) 1:30 Silver Sneakers (RA) 2:00 Bingo with Kevin (RA) 3:15 Ice Cream Social (K) 4:00 Name that Tune (RA) 6:30 Trivia with Care Managers (RA) 7:15 Evening Reflection & Prayer (RA)	10:00 Go4Life Walking Club (RA) 14 10:30 Catholic Mass at St. Alexis (OT) 10:30 Crafting with Volunteers Kathy & Miranda (K) 11:00 Musical Expressions 12:00 Men's Luncheon 1:30 Silver Sneakers (RA) 2:00 Donation Trip to Animal Friends (OT) 2:30 Manicures & Music (RA) 3:15 Tell Me a Joke Social Hour (K) 4:00 Truth or Dare (RA) 6:30 Cookie Prep (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 15 10:00 Men's Group (RA) 11:00 Let's Get Cooking! (RA) 1:00 Color & Conversation (K) 1:30 Silver Sneakers (RA) 2:00 Tony Barge Performs! (RA) 2:30 Travelers Club (RA) 3:15 Noodle Ball Social (RA) 6:30 Big Band Sounds (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Live with Anticipation Club (RA) 16 10:00 Go4Life Walking Club (RA) 10:15 Cookie Decorating (K) 10:30 Lynn DeFalco Entertains! (TC) 10:30 Licks of Love w/therapy dog Baby Ruth (RA) 11:00 News Currents, Sr. (RA) 1:30 Silver Sneakers (RA) 2:00 Artful Hands (RA) 3:15 Music Making Social (P) 4:00 Describe to Me (RA) 6:30 Holiday Sing-Along (K) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 17 10:00 Beauty Day (RA) 10:30 Cookie Baking Crew (K) 11:00 Book Club (RA) 1:30 Silver Sneakers (RA) 2:00 Manicures & Music (RA) 3:15 You Be the Artist Social with Kathy (P) 4:00 North Park Ice Skating (OT) 4:00 Sing Fit (P) 6:30 No Gutter Bowling (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 18 10:00 Posey Pushers Club (RA) 10:30 Hymnal Choir and Prayer Service (RA) 11:00 Baker's Bunch (K) 1:30 Exercise Essentials 2:00 Bingo (RA) 2:30 Aroma Therapy and Hand Massages (RA) 3:15 Name that Tune Social (K) 4:00 A to Z Trivia (P) 6:30 Finish Lines (RA) 7:15 Evening Reflection & Prayer (RA)
9:00 Worship Service with Reverend Spence (RA) 19 9:45 Go4Life Walking Club (RA) 10:00 Sing Fit (RA) 11:00 Rosary Club (RA) 11:00 Matching Pairs (RA) 1:30 Exercise Essentials 2:00 Mind Wrestlers (RA) 3:15 Cookie Baking Social (RA) 4:00 Sing Fit (RA) 6:30 Catch (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 20 10:00 Karaoke with Kevin (RA) 11:00 Puzzle Club (RA) 1:30 Silver Sneakers (RA) 2:00 Catholic Mass (AR) 2:00 Bingo with Kevin (RA) 3:15 Ice Cream Social (K) 4:00 Name that Tune (RA) 6:30 Trivia with Care Managers (RA) 7:15 Evening Reflection & Prayer (RA)	10:00 Go4Life Walking Club (RA) 21 10:30 Crafting with Volunteers Kathy & Miranda (K) 11:00 Musical Expressions 1:00 Out to the Movies (OT) 1:30 Silver Sneakers (RA) 2:30 Manicures & Music (RA) 3:15 Tell Me a Joke Social Hour (K) 4:00 Truth or Dare (RA) 6:30 Cookie Prep (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 22 10:00 Meet Me at MoMa (RA) 11:00 Let's Get Cooking! (RA) 1:30 Silver Sneakers (RA) 2:00 Sunrise Choir Practice (RA) 2:30 Travelers Club (RA) 3:15 Noodle Ball Social (RA) 6:30 Big Band Sounds (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Live with Anticipation Club (RA) 23 10:00 Go4Life Walking Club (RA) 10:15 Cookie Decorating (K) 10:30 Licks of Love w/therapy dog Baby Ruth (RA) 11:00 News Currents, Sr. (RA) 1:30 Silver Sneakers (RA) 2:00 Artful Hands (RA) 3:15 Music Making Social (P) 4:00 Describe to Me (RA) 6:30 Holiday Sing-Along (K) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 24 10:00 Beauty Day (RA) 10:30 Cookie Baking Crew (K) 11:00 Book Club (RA) 1:30 Silver Sneakers (RA) 2:00 Donation Trip to Animal Friends (OT) 2:00 Manicures & Music (RA) 3:15 You Be the Artist Social with Kathy (P) 4:00 Sing Fit (P) 6:30 No Gutter Bowling (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 25 10:00 Posey Pushers Club (RA) 10:30 Hymnal Choir and Prayer Service (RA) 11:00 Baker's Bunch (K) 1:30 Exercise Essentials 2:00 Art Gala (RA) 2:30 Aroma Therapy and Hand Massages (RA) 3:00 Social Hour: Bruce Puckett Performs (K) 4:00 A to Z Trivia (P) 6:30 Finish Lines (RA) 7:15 Evening Reflection & Prayer (RA)
9:45 Go4Life Walking Club (RA) 26 10:00 Sing Fit (RA) 10:30 Catholic Mass at St. Alexis (OT) 11:00 Rosary Club (RA) 11:00 Matching Pairs (RA) 1:30 Exercise Essentials 2:00 Mind Wrestlers (RA) 3:15 Cookie Baking Social (RA) 4:00 Sing Fit (RA) 6:30 Catch (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 27 10:00 Karaoke with Kevin (RA) 11:00 Puzzle Club (RA) 1:30 Silver Sneakers (RA) 2:00 Bingo with Kevin (RA) 3:15 Ice Cream Social (K) 4:00 Name that Tune (RA) 6:30 Trivia with Care Managers (RA) 7:15 Evening Reflection & Prayer (RA)	10:00 Go4Life Walking Club (RA) 28 10:30 Carnegie Museum of Art (OT) 10:30 Crafting with Volunteers Kathy & Miranda (K) 11:00 Musical Expressions 1:30 Silver Sneakers (RA) 2:00 Tom Lamb Entertains! (TC) 2:30 Manicures & Music (RA) 3:15 Tell Me a Joke Social Hour (K) 4:00 Truth or Dare (RA) 6:30 Cookie Prep (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 29 10:00 Parachute Fun! (RA) 11:00 Let's Get Cooking! (RA) 1:00 Color & Conversation (K) 1:30 Silver Sneakers (RA) 2:00 Sunrise Choir Practice (RA) 2:00 Karaoke with Kevin (RA) 2:30 Travelers Club (RA) 3:15 Noodle Ball Social (RA) 6:30 Big Band Sounds (RA) 7:15 Evening Reflection & Prayer (RA)	9:30 Live with Anticipation Club (RA) 30 10:00 Go4Life Walking Club (RA) 10:15 Cookie Decorating (K) 10:30 Licks of Love w/therapy dog Baby Ruth (RA) 11:00 News Currents, Sr. (RA) 1:30 Silver Sneakers (RA) 2:00 Artful Hands (RA) 3:15 Music Making Social (P) 4:00 Describe to Me (RA) 6:30 Holiday Sing-Along (K) 7:15 Evening Reflection & Prayer (RA)	9:30 Go4Life Walking Club (RA) 31 10:00 Beauty Day (RA) 10:30 Cookie Baking Crew (K) 11:00 Book Club (RA) 1:30 Silver Sneakers (RA) 2:00 Donation Trip to Animal Friends (OT) 2:00 Manicures & Music (RA) 3:15 You Be the Artist Social with Kathy (P) 4:00 Sing Fit (P) 6:30 No Gutter Bowling (RA) 7:15 Evening Reflection & Prayer (RA)	All outings are weather dependent. Activities subject to change.