

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																													
ALC Assistant Living Common Area ALD Assisted Living Dining Room AR Activities Room DR Dining Room K Kitchen LR Living Room OD Outdoors USL Upstairs Library			<b>Happy New Year!</b> 9:00 Sing-A-Long (LR) 10:15 Holy Catholic Communion with St. Irenaeus Church (AR) 10:30 Go4Life® Walking Club (OD) 3:00 Flower Arrangement Club (DR) 6:30 Hand Massages (DR)	1 9:30 Exercise Essentials: Morning Stretches (LR) 10:30 Go4Life® Walking Club (OD) 2:30 Bowling League (LR) 3:00 Birthday Celebration with George Rossi (ALD) 4:00 Wine Tasting & Conversation Social (DR) 6:30 Soothing Sounds Social (LR)	2 10:30 Sweethearts Club (OD) 10:30 Go4Life® Walking Club (OD) 1:30 Gardening Club (LR) 2:30 Triva & Talk (LR) 3:30 Chair Yoga (LR) 4:00 Happy Hour for the Brain: Catagories (DR) 6:30 Friday Evening Viewing (LR)	3 10:00 Arts & Crafts (AR) 10:30 Go4Life® Walking Club (OD) 11:00 Hand Massages (LR) 1:15 Fresh Out the Oven (DR) 2:30 Name Three (LR) 3:00 Bingo (LR) 6:30 Hand Massages (OD)	4 9:15 La Palma Christian Church Service 9:30 Manicure Hour (LR) 10:30 Go4Life® Walking Club (OD) 1:00 Hand Exercises (LR) 1:15 Fresh Out the Oven (DR) 2:30 Brain Games (LR) 6:30 Soothing Sounds Social (LR)	5 9:00 Sing A Long (LR) 10:00 Fresh Out the Oven (AR) 10:30 Go4Life® Walking Club (OD) 1:30 Outing (OD) 2:30 Riddle Me Tea! (DR) 3:30 Exercise Essentials: Balloon Volleyball (LR) 6:30 Hand Massages (OD)	6 9:30 Music Arts with Lee (AR) 10:30 Go4Life® Walking Club (OD) 1:00 Exercise Essentials: Afternoon Stretches (LR) 2:30 Short Stories & Wine (LR) 3:00 Color Me Calm (LR) 6:30 Soothing Sounds Social (LR)	7 9:00 Sing-A-Long (LR) 10:15 Holy Catholic Communion with St. Irenaeus Church (AR) 10:30 Go4Life® Walking Club (OD) 3:00 Flower Arrangement Club (DR) 3:30 Sit and Be Fit (OD) 6:30 Hand Massages (DR)	8 9:00 Exercise Essentials: Morning Stretches (LR) 10:30 Go4Life® Walking Club (OD) 2:30 Bowling League (LR) 3:00 Entertainment with Roy (OD) 4:00 Wine Tasting & Conversation Social (DR) 6:30 Soothing Sounds Social (LR)	9 10:30 Sweethearts Club (OD) 10:30 Go4Life® Walking Club (OD) 1:30 Gardening Club (LR) 2:30 Triva & Talk (LR) 3:30 Chair Yoga (LR) 4:00 Happy Hour for the Brain: Catagories (DR) 6:30 Friday Evening Viewing (LR)	10 <b>Happy Birthday, Bob!</b> 10:00 Arts & Crafts (AR) 10:30 Go4Life® Walking Club (OD) 11:00 Hand Massages (LR) 1:15 Fresh Out the Oven (DR) 2:30 Name Three (LR) 3:00 Bingo (LR) 6:30 Hand Massages (OD)	11 9:15 La Palma Christian Church Service 9:30 Manicure Hour (LR) 10:30 Go4Life® Walking Club (OD) 1:00 Hand Exercises (LR) 1:15 Fresh Out the Oven (DR) 2:30 Brain Games (LR) 6:30 Soothing Sounds Social (LR)	12 9:00 Sing A Long (LR) 10:00 Fresh Out the Oven (AR) 10:30 HULA Exercise (OD) 1:30 Matinee Movie (OD) 2:30 Riddle Me Tea! (DR) 3:30 Exercise Essentials: Balloon Volleyball (LR) 6:30 Hand Massages (OD)	13 9:30 Music Arts with Lee (AR) 10:30 Go4Life® Walking Club (OD) 1:00 Exercise Essentials: Afternoon Stretches (LR) 2:30 Short Stories & Wine (LR) 3:00 Color Me Calm (LR) 6:30 Soothing Sounds Social (LR)	14 9:00 Sing-A-Long (LR) 10:15 Holy Catholic Communion with St. Irenaeus Church (AR) 10:30 Go4Life® Walking Club (OD) 11:15 Lunch Outing (OD) 3:00 Flower Arrangement Club (DR) 3:30 Sit and Be Fit (OD) 6:30 Hand Massages (DR)	15 9:00 Exercise Essentials: Morning Stretches (LR) 9:30 Daily Chronicle (LR) 10:00 Entertainment with Paul (ALD) 1:30 Bowling League (LR) 2:30 Hand Massages (LR) 3:00 Wine Tasting & Conversation Social (DR) 6:30 Soothing Sounds Social (LR)	16 9:00 Morning Hand Massages (DR) 10:00 Walking Club (OD) 10:30 Tea Club (OD) 1:30 Silver Sneakers (LR) 2:30 Triva & Talk (LR) 3:30 Chair Yoga (LR) 6:30 Friday Evening Viewing (LR)	17 9:00 Exercise Essentials: Morning Stretches (LR) 9:30 Daily Chronicle (LR) 10:00 Entertainment with Paul (ALD) 1:30 Bowling League (LR) 2:30 Hand Massages (LR) 3:00 Wine Tasting & Conversation Social (DR) 6:30 Soothing Sounds Social (LR)	18 9:30 Walking Club (OD) 10:00 Arts & Crafts (AR) 1:15 Fresh Out the Oven (DR) 2:30 Name Three (LR) 3:00 Bingo (LR) 6:30 Hand Massages (OD)	19 9:15 La Palma Christian Church Service 9:30 Manicure Hour (LR) 10:00 Hand Exercises (LR) 1:15 Fresh Out the Oven (DR) 2:30 Brain Games (LR) 3:00 Music & Munchies (LR) 6:30 Soothing Sounds Social (LR)	<b>Martin Luther King Jr. Day</b> 9:00 Sing A Long (LR) 10:00 Fresh Out the Oven (AR) 10:30 Martin Luther King Jr. Reflection (OD) 1:30 Outing (OD) 2:30 Riddle Me Tea! (DR) 3:30 Exercise Essentials: Balloon Volleyball (LR) 6:30 Hand Massages (OD)	20 9:30 Music Arts with Lee (AR) 1:00 Exercise Essentials: Afternoon Stretches (LR) 2:30 Short Stories & Wine (LR) 3:00 Color Me Calm (LR) 6:30 Soothing Sounds Social (LR)	21 9:00 Hula Exercise (ALD) 10:15 Holy Catholic Communion with St. Irenaeus Church (AR) 1:30 Exercise Essentials: Balloon (DR) 3:00 Flower Arrangement Club (DR) 3:30 Puzzle Club (LR) 6:30 Hand Massages (DR)	22 9:00 Exercise Essentials: Morning Stretches (LR) 9:30 Daily Chronicle (LR) 9:30 Walking Club (OD) 10:00 Bingo (DR) 1:30 Bowling League (LR) 2:30 Hand Massages (LR) 3:00 Entertainment with Mark Stephens (ALD) 3:00 Wine Tasting & Conversation Social (DR) 6:30 Soothing Sounds Social (LR)	23 9:00 Morning Hand Massages (DR) 10:00 Walking Club (OD) 10:30 Tea Club (OD) 1:30 Silver Sneakers (LR) 2:30 Triva & Talk (LR) 3:30 Chair Yoga (LR) 6:30 Friday Evening Viewing (LR)	24 <b>Happy Birthday, Carol! Chinese New Year</b> 9:00 Exercise Essentials: Morning Stretches (LR) 9:30 Walking Club (OD) 10:00 Arts & Crafts (AR) 1:15 Fresh Out the Oven (DR) 2:30 Name Three (LR) 3:00 Chinese New Year! (LR) 6:30 Hand Massages (OD)	25 9:15 La Palma Christian Church Service 9:30 Manicure Hour (LR) 10:00 Hand Exercises (LR) 1:15 Fresh Out the Oven (DR) 2:30 Brain Games (LR) 3:00 Music & Munchies (LR) 6:30 Soothing Sounds Social (LR)	26 9:30 Hula Exercise (OD) 10:00 Fresh Out the Oven (AR) 10:30 Sing A Long (LR) 1:30 Outing (OD) 2:30 Riddle Me Tea! (DR) 3:30 Exercise Essentials: Balloon Volleyball (LR) 6:30 Hand Massages (OD)	27 <b>Happy Birthday, Georgie!</b> 9:30 Music Arts with Lee (AR) 1:00 Exercise Essentials: Afternoon Stretches (LR) 2:30 Short Stories & Wine (LR) 3:00 Color Me Calm (LR) 6:30 Soothing Sounds Social (LR)	28 9:00 Sing-A-Long (LR) 9:30 Exercise Essentials: Morning Stretches (LR) 10:15 Holy Catholic Communion with St. Irenaeus Church (AR) 1:30 Afternoon Walking Club (OD) 2:30 Daily Chronicle (LR) 3:00 Flower Arrangement Club (DR) 6:30 Hand Massages (DR)	29 9:00 Exercise Essentials: Morning Stretches (LR) 9:30 Daily Chronicle (LR) 10:30 Walking Club (OD) 1:30 Bowling League (LR) 2:30 Hand Massages (LR) 3:00 Wine Tasting & Conversation Social (DR) 6:30 Soothing Sounds Social (LR)	30 9:00 Morning Hand Massages (DR) 10:00 Walking Club (OD) 10:30 Tea Club (OD) 1:30 Silver Sneakers (LR) 2:30 Triva & Talk (LR) 3:30 Chair Yoga (LR) 6:30 Friday Evening Viewing (LR)	31 9:00 Morning Hand Massages (DR) 10:00 Walking Club (OD)