

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AR Activity Room Bis Bistro FR Front Room PDR Private Dining Room PH Pitzer house PP Pitzer Porch REM Reminiscence			9:00 Rose Parade Viewing 10:15 Exercise Essentials (AR) 11:00 Bingo 2:30 Dropline 3:00 New Year's Day Social 4:00 Go4Life Walking Club (Bis) 4:00 Sing Fit (AR) 6:45 Aromatherapy Hand Massage (FR)	1 10:15 Go4Life Exercise (AR) 11:00 Bingo 11:30 Lunch at Roady's Restaurant 2:30 3 Things In Common 3:00 Blackjack Social 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)	2 9:15 Bible Study (AR) 10:15 Exercise Essentials (AR) 11:00 Bingo 2:30 Person, Place, or Thing? 3:00 Happy Hour Social (PH) 4:00 Go4Life Walking Club (Bis) 6:45 Evening Reading (FR)	3 9:45 Manicures (Bis) 10:15 Flexibility Exercise (AR) 11:00 Bingo 3:00 Watercolors Social 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)	4 9:45 Manicures (Bis) 10:15 Flexibility Exercise (AR) 11:00 Bingo 3:00 Meet Me at MOMA 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)
10:15 Exercise Essentials (AR) 10:30 Church & Communion (PH) 11:00 Name 5 3:00 Bingo Social 4:00 Go4Life Walking Club (Bis) 6:45 Evening Reading (FR)	5 10:15 Exercise Essentials 11:00 Bingo 2:30 Guess That Letter 3:00 Game Social 4:00 Go4Life Walking Club (Bis) 6:45 Aromatherapy Hand Massage (FR)	6 10:15 Go4Life Exercise (AR) 11:00 Bingo 2:30 Trivia Facts 3:00 Flower/ Garden Social 4:00 Go4Life Walking Club (Bis) 4:00 Live with Generosity Club 6:45 Live with Reflection/Meditation (AR)	7 10:15 Exercise Essentials (AR) 11:00 Bingo 2:30 Dropline 3:00 January Craft Social 3:30 Entertainer: Sean Martin 4:00 Go4Life Walking Club (Bis) 4:00 Sing Fit (AR) 6:45 Aromatherapy Hand Massage (FR)	8 10:15 Go4Life Exercise (AR) 11:00 Bingo 11:30 Lunch at Lucille's Restaurant 2:30 3 Things In Common 3:00 Blackjack Social 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)	9 9:15 Bible Study (AR) 10:15 Exercise Essentials (AR) 11:00 Bingo 2:30 Person, Place, or Thing? 3:00 Happy Hour Social (PH) 4:00 Go4Life Walking Club (Bis) 6:45 Evening Reading (FR)	10 9:45 Manicures (Bis) 10:15 Flexibility Exercise (AR) 11:00 Bingo 3:00 Meet Me at MOMA 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)	11 9:45 Manicures (Bis) 10:15 Flexibility Exercise (AR) 11:00 Bingo 3:00 Watercolors Social 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)
10:15 Exercise Essentials (AR) 10:30 Church & Communion (PH) 11:00 Name 5 3:00 Bingo Social with Briana 4:00 Go4Life Walking Club (Bis) 6:45 Evening Reading (FR)	12 9:30 Getting Fit with Rose (REM) 11:00 Bingo 2:30 Guess That Letter 3:00 Game Social 3:30 Entertainer: Steve Lawless 3:30 Webb School Volunteers 4:00 Go4Life Walking Club (Bis) 6:45 Aromatherapy Hand Massage (FR)	13 10:15 Go4Life Exercise (AR) 11:00 Bingo 2:30 Trivia Facts 3:00 Flower/ Garden Social 4:00 Go4Life Walking Club (Bis) 4:00 Live with Generosity Club 6:45 Live with Reflection/Meditation (AR)	14 10:15 Exercise Essentials (AR) 11:00 Bingo 2:30 Target Shopping Outing 2:30 Dropline 3:00 January Craft Social 4:00 Go4Life Walking Club (Bis) 4:00 Sing Fit (AR) 6:45 Aromatherapy Hand Massage (FR)	15 10:15 Go4Life Exercise (AR) 11:00 Lunch at Red Robin 11:00 Bingo 2:30 3 Things In Common 3:00 Blackjack Social 4:00 ALZ Family Support Group (PDR) 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)	16 9:15 Bible Study (AR) 10:15 Exercise Essentials (AR) 11:00 Bingo 2:30 Person, Place, or Thing? 3:00 Happy Hour Social (PH) 4:00 Go4Life Walking Club (Bis) 6:45 Evening Reading (FR)	17 9:45 Manicures (Bis) 10:15 Flexibility Exercise (AR) 11:00 Bingo 3:00 Watercolors Social 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)	18 9:45 Manicures (Bis) 10:15 Flexibility Exercise (AR) 11:00 Bingo 3:00 Watercolors Social 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)
10:15 Exercise Essentials (AR) 10:30 Church & Communion (PH) 11:00 Name 5 1:30 Resident Council & Food Chat 3:00 Bingo Auction 4:00 Go4Life Walking Club (Bis) 6:45 Evening Reading (FR)	19 10:15 Exercise Essentials 11:00 Bingo 2:30 Guess That Letter 3:00 MLK Day Social 3:30 Webb School Volunteers 4:00 Go4Life Walking Club (Bis) 6:45 Aromatherapy Hand Massage (FR)	20 10:15 Go4Life Exercise (AR) 11:00 Bingo 2:30 Trivia Facts 3:00 Flower/ Garden Social 4:00 Go4Life Walking Club (Bis) 4:00 Live with Generosity Club 6:45 Live with Reflection/Meditation (AR)	21 10:15 Exercise Essentials (AR) 11:00 Bingo 11:30 Lunch at Mt. Baldy Lodge 2:30 Dropline 3:00 January Craft Social 4:00 Go4Life Walking Club (Bis) 4:00 Sing Fit (AR) 6:45 Aromatherapy Hand Massage (FR)	22 7:30 Breakfast at Coco's 10:15 Go4Life Exercise (AR) 11:00 Bingo 1:30 AL Resident Support Group (AR) 2:30 3 Things In Common 3:00 Blackjack Social 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)	23 9:15 Bible Study (AR) 10:15 Exercise Essentials (AR) 11:00 Bingo 2:30 Entertainer: Greg Gartska 2:30 Person, Place, or Thing? 3:00 Happy Hour Social (PH) 4:00 Go4Life Walking Club (Bis) 6:45 Evening Reading (FR)	24 9:45 Manicures (Bis) 10:15 Flexibility Exercise (AR) 11:00 Bingo 3:00 Meet Me at MOMA 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)	25 9:45 Manicures (Bis) 10:15 Flexibility Exercise (AR) 11:00 Bingo 3:00 Meet Me at MOMA 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)
10:15 Exercise Essentials (AR) 10:30 Church & Communion (PH) 11:00 Name 5 3:00 Bingo Social with Briana 4:00 Go4Life Walking Club (Bis) 6:45 Evening Reading (FR)	26 9:30 Getting Fit with Rose (REM) 11:00 Bingo 2:30 Guess That Letter 3:00 Game Social 3:30 Webb School Volunteers 4:00 Go4Life Walking Club (Bis) 6:45 Aromatherapy Hand Massage (FR)	27 10:15 Go4Life Exercise (AR) 11:00 Bingo 2:30 Trivia Facts 3:00 Flower/ Garden Social 4:00 Go4Life Walking Club (Bis) 4:00 Live with Generosity Club 6:45 Live with Reflection/Meditation (AR)	28 10:15 Exercise Essentials (AR) 11:00 Bingo 2:30 Scenic Drive and Hot Chocolate 2:30 Dropline 3:00 January Craft Social 4:00 Go4Life Walking Club (Bis) 4:00 Sing Fit (AR) 6:45 Aromatherapy Hand Massage (FR)	29 10:00 Scenic Drive to Mt. Baldy 10:15 Go4Life Exercise (AR) 11:00 Bingo 2:30 3 Things In Common 3:00 Blackjack Social 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)	30 9:15 Bible Study (AR) 10:15 Exercise Essentials (AR) 11:00 Bingo 2:30 Person, Place, or Thing? 3:00 Happy Hour Social (PH) 4:00 Go4Life Walking Club (Bis) 6:45 Evening Reading (FR)	31 9:45 Manicures (Bis) 10:15 Flexibility Exercise (AR) 11:00 Bingo 3:00 Meet Me at MOMA 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)	32 9:45 Manicures (Bis) 10:15 Flexibility Exercise (AR) 11:00 Bingo 3:00 Meet Me at MOMA 4:00 Go4Life Walking Club (Bis) 6:45 Live with Reflection/Meditation (AR)