

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DR Dining Room LR Living Room RG Reminiscence Garden RP Reminiscence Patio			9:00 Rose Parade Viewing 9:30 Exercise Essentials (LR) 10:00 Would You Rather? 10:30 Meet Me at Moma with Rachel 2:00 Baking club (DR) 3:00 January Craft Social 3:30 Mental Aerobics 4:00 Go4Life@ Walking Club 6:30 Aromatherapy Hand Massage	9:30 Chair Volleyball 10:00 Fascinating Facts 10:30 SingFit® 11:30 Lunch at Roadys Restaurant 2:00 Cooking Club 3:00 Game Social 3:30 Complete the Phrase 4:00 Go4Life@ Walking Club with Rachel 6:30 Live with Reflection/Meditation (DR)	9:15 Bible Study 9:30 Exercise Essentials (LR) 10:00 Leapfrog 10:30 Bowling 2:00 Baking club (DR) 3:00 Happy Hour 3:30 Bingo 6:30 Evening Reading	9:30 Bean Bag Toss 10:00 Fascinating Facts 10:30 Manicures/Women's Club (DR) 2:00 Baking club (DR) 3:00 Watercolors Social 3:30 What Comes To Mind? 4:00 Go4Life@ Walking Club 6:30 Live with Reflection/Meditation (DR)
9:30 Exercise Essentials (LR) 10:00 Newspaper Happenings (DR) 10:30 Church & Communion with Michelle 10:30 SingFit® with Rachel 2:00 Cooking Club 2:30 Bingo (DR) 3:00 Wine and Cheese Social 4:00 Go4Life@ Walking Club 6:30 Movie & Popcorn Night (LR)	9:30 Go4Life Exercise 10:00 Would You Rather? 10:30 Live with Anticipation Club with Rachel 2:00 Baking Club 3:00 Puzzle and Hot Chocolate Social 3:30 Mental Aerobics 4:00 Go4Life@ Walking Club 6:30 Aromatherapy Hand Massage	9:30 Go4life walking club (LR) 10:00 News current (LR) 10:30 Live with Generosity 10:30 SingFit with Michelle and Sophie 2:00 Cooking Club 3:00 Flower/Garden Social (DR) 3:30 Complete the Phrase 4:00 Go4Life@ Walking Club 6:30 Live with Reflection/Meditation (DR)	9:30 Exercise Essentials (LR) 10:00 Would You Rather? 10:30 Russian Village District 10:30 Memories in the Making (DR) 2:00 Baking club (DR) 3:00 January Craft Social 3:30 Entertainer: Sean Martin 3:30 Mental Aerobics 4:00 Go4Life@ Walking Club 6:30 Aromatherapy Hand Massage	9:30 Chair Volleyball 10:00 Fascinating Facts 10:30 SingFit® 2:00 Cooking Club 2:30 Scenic Drive and Hot Chocolate 3:00 Game Social 3:30 Complete the Phrase 4:00 Go4Life@ Walking Club with Rachel 6:30 Live with Reflection/Meditation (DR)	9:15 Bible Study 9:30 Exercise Essentials (LR) 10:00 Leapfrog 10:30 Bowling 2:00 Baking club (DR) 3:00 Happy Hour 3:30 Bingo 6:30 Evening Reading	9:30 Bean Bag Toss 10:00 Fascinating Facts 10:30 Manicures/Women's Club (DR) 2:00 Baking club (DR) 3:00 Watercolors Social 3:30 What Comes To Mind? 4:00 Go4Life@ Walking Club 6:30 Live with Reflection/Meditation (DR)
9:30 Exercise Essentials (LR) 10:00 Newspaper Happenings (DR) 10:30 Church & Communion with Michelle 10:30 SingFit® with Rachel 2:00 Cooking Club 2:30 Bingo (DR) 3:00 Wine and Cheese Social 4:00 Go4Life@ Walking Club 6:30 Movie & Popcorn Night (LR)	9:30 Getting Fit with Rose 10:00 Would You Rather? 10:30 Live with Anticipation Club with Rachel 2:00 Baking Club 3:00 Puzzle and Hot Chocolate Social 3:30 Entertainer: Steve Lawless 3:30 Mental Aerobics 4:00 Go4Life@ Walking Club 6:30 Aromatherapy Hand Massage	9:30 Go4life walking club (LR) 10:00 News current (LR) 10:30 Live with Generosity 10:30 SingFit with Michelle and Sophie 2:00 Cooking Club 3:00 Flower/Garden Social (DR) 3:30 Complete the Phrase 4:00 Go4Life@ Walking Club 6:30 Live with Reflection/Meditation (DR)	9:30 Exercise Essentials (LR) 10:00 Would You Rather? 10:30 Meet Me at Moma with Rachel 11:30 Lunch at the Broken Yolk Cafe 2:00 Baking club (DR) 3:00 January Craft Social 3:30 Mental Aerobics 4:00 Go4Life@ Walking Club 6:30 Aromatherapy Hand Massage	9:30 Chair Volleyball 10:00 Fascinating Facts 10:30 SingFit® 11:00 Lunch at Red Robin 2:00 Cooking Club 3:00 Game Social 3:30 Complete the Phrase 4:00 ALZ Support Group 4:00 Go4Life@ Walking Club with Rachel 6:30 Live with Reflection/Meditation (DR)	9:15 Bible Study 9:30 Exercise Essentials (LR) 10:00 Leapfrog 10:30 Bowling 2:00 Baking club (DR) 3:00 Happy Hour 3:30 Bingo 6:30 Evening Reading	9:30 Bean Bag Toss 10:00 Fascinating Facts 10:30 Manicures/Women's Club (DR) 2:00 Baking club (DR) 3:00 Watercolors Social 3:30 What Comes To Mind? 4:00 Go4Life@ Walking Club 6:30 Live with Reflection/Meditation (DR)
9:30 Exercise Essentials (LR) 10:00 Newspaper Happenings (DR) 10:30 Church & Communion with Michelle 10:30 SingFit® with Rachel 2:00 Cooking Club 2:30 Bingo (DR) 3:00 Wine and Cheese Social 4:00 Go4Life@ Walking Club 6:30 Movie & Popcorn Night (LR)	9:30 Go4Life Exercise 10:00 Would You Rather? 10:30 Live with Anticipation Club with Rachel 1:30 Resident Council & Food Chat 2:00 Baking Club 3:00 MLK Day Social 3:00 Puzzle and Hot Chocolate Social 3:30 Mental Aerobics 4:00 Go4Life@ Walking Club 6:30 Aromatherapy Hand Massage	9:30 Go4life walking club (LR) 10:00 News current (LR) 10:30 Live with Generosity 10:30 SingFit with Michelle and Sophie 2:00 Cooking Club 3:00 Flower/Garden Social (DR) 3:30 Complete the Phrase 4:00 Go4Life@ Walking Club 6:30 Live with Reflection/Meditation (DR)	9:30 Exercise Essentials (LR) 10:00 Would You Rather? 10:30 Memories in the Making (DR) 2:00 Baking club (DR) 2:30 PVAA Art Gallery 3:00 January Craft Social 3:30 Mental Aerobics 4:00 Go4Life@ Walking Club 6:30 Aromatherapy Hand Massage	7:30 Breakfast at Coco's 9:30 Chair Volleyball 10:00 Fascinating Facts 10:30 SingFit® 2:00 Cooking Club 3:00 Game Social 3:30 Complete the Phrase 4:00 Go4Life@ Walking Club with Rachel 6:30 Live with Reflection/Meditation (DR)	9:15 Bible Study 9:30 Exercise Essentials (LR) 10:00 Leapfrog 10:30 Bowling 2:00 Baking club (DR) 2:30 Entertainer: Greg Gartska 3:00 Happy Hour 3:30 Bingo 6:30 Evening Reading	9:30 Bean Bag Toss 10:00 Fascinating Facts 10:30 Manicures/Women's Club (DR) 2:00 Baking club (DR) 3:00 Watercolors Social 3:30 What Comes To Mind? 4:00 Go4Life@ Walking Club 6:30 Live with Reflection/Meditation (DR)
9:30 Exercise Essentials (LR) 10:00 Newspaper Happenings (DR) 10:30 Church & Communion with Michelle 10:30 SingFit® with Rachel 2:00 Cooking Club 2:30 Bingo (DR) 3:00 Wine and Cheese Social 4:00 Go4Life@ Walking Club 6:30 Movie & Popcorn Night (LR)	9:30 Getting Fit with Rose 10:00 Would You Rather? 10:30 Live with Anticipation Club with Rachel 2:00 Baking Club 3:00 Puzzle and Hot Chocolate Social 3:30 Mental Aerobics 4:00 Go4Life@ Walking Club 6:30 Aromatherapy Hand Massage	9:30 Go4life walking club (LR) 10:00 News current (LR) 10:30 Live with Generosity 10:30 SingFit with Michelle and Sophie 2:00 Cooking Club 3:00 Flower/Garden Social (DR) 3:30 Complete the Phrase 4:00 Go4Life@ Walking Club 6:30 Live with Reflection/Meditation (DR)	9:30 Exercise Essentials (LR) 10:00 Would You Rather? 10:30 Meet Me at Moma with Rachel 11:30 Lunch at El Rancho 2:00 Baking club (DR) 3:00 January Craft Social 3:30 Mental Aerobics 4:00 Go4Life@ Walking Club 6:30 Aromatherapy Hand Massage	9:30 Chair Volleyball 10:00 Scenic Drive to Mt. Baldy 10:00 Fascinating Facts 10:30 SingFit® 2:00 Cooking Club 3:00 Game Social 3:30 Complete the Phrase 4:00 Go4Life@ Walking Club with Rachel 6:30 Live with Reflection/Meditation (DR)	9:15 Bible Study 9:30 Exercise Essentials (LR) 10:00 Leapfrog 10:30 Bowling 2:00 Baking club (DR) 3:00 Happy Hour 3:30 Bingo 6:30 Evening Reading	