

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AR Activity Room CK2 Country Kitchen CY Courtyard DR Dining Room FP Front Porch OT Outing PA Piano Area PDR Private Dining Room SP Sun Porch TR3 Theater Room TV1 TV1			9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:15 Reading w/Etta Lou (PA) 10:45 Family Feud 12:30 Sewing Circle Club 1:30 Bingo (DR) 2:30 Chair Dancing 3:00 New Year's Social (PA) 6:00 Movie Night (TV1)	1 Happy Birthday Don M. ! 9:30 Go4Life® Walking Club 9:45 Exercise Essentials 10:15 Short Stories w/ LEM 10:45 Baking Club 12:00 Alzheimer's & Dementia Support Group (CK2) 12:15 Lunch Time Serenade with Lloyd Eubanks (PA) 1:00 Adult Coloring Club 1:30 Craft Corner (PA) 2:30 Tai Chi Meditation w/Master Robert (PA) 3:00 National Cream Puffs Day Social (PA) 6:00 Movie Night (TV1)	2 9:30 Go4Life® Walking Club 9:45 Go4Life Education & Exercise 10:15 Reading w/ Etta Lou 10:45 News Currents Sr 12:30 Book Club w/ Caroline (CK2) 1:30 Bingo (DR) 2:30 Resident Spotlight 3:00 Keep Winter Blue's at Bay Social (PA) 6:00 Movie Night (TV1)	3 9:30 Go4Life® Walking Club 9:45 Go4Life Education & Exercise 10:15 Reading w/ Etta Lou 10:45 News Currents Sr 12:30 Book Club w/ Caroline (CK2) 1:30 Bingo (DR) 2:30 Resident Spotlight 3:00 Keep Winter Blue's at Bay Social (PA) 6:00 Movie Night (TV1)	4 9:30 Go4Life® Walking Club 9:45 Exercise Essentials 10:15 Short Stories w/ LEM 10:45 Family Feud 1:30 SingFit® 2:15 Chair Dancing 3:00 Trivia Day Social (PA) 6:00 Movie Night (TV1)
9:30 Love & Faith Church Service (PA) 10:00 Exercise Essentials 10:30 Poetry w/ Etta Lou (PA) 10:45 Brain Games 1:30 Bingo (PA) 2:30 Humor Half Hour 3:00 National Bird Day Social (PA) 4:00 Go4Life® Walking Club 6:00 Movie Night (TV1)	5 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:15 Reading w/ Etta Lou 10:45 Current Events 12:45 Writing Club w/ Caroline (PDR) 1:30 Live w/ Anticipation Club 3:00 National Hat Day Social (PA) 3:45 Baking Muffins for Community Tours 6:00 Movie Night	6 9:30 Go4Life® Walking Club 9:45 Exercise w/ Legacy (PA) 10:15 Short Stories with LEM (PA) 10:45 News Currents (AR) 12:30 Resident Support Group (AR) 12:45 Baking Club 1:00 Hand Bells w/ Jorie (PA) 2:15 Tai Chi w/Master Robert (PA) 3:00 Guess the Year Social (PA) 3:30 Bible Study w/ Patrick (PA) 6:00 Movie Night	7 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:15 Activities Interest Meeting (PA) 10:45 Family Feud 12:30 Sewing Circle Club 1:30 Bingo (DR) 2:30 Exercise w/ Cristina 3:00 Happy Birthday Elvis Social (PA) 6:00 Holiday Movie Mania (TV1) 6:00 Movie Night	8 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:15 Activities Interest Meeting (PA) 10:45 Family Feud 12:30 Sewing Circle Club 1:30 Bingo (DR) 2:30 Exercise w/ Cristina 3:00 Happy Birthday Elvis Social (PA) 6:00 Holiday Movie Mania (TV1) 6:00 Movie Night	9 Happy Birthday Zada S. ! 9:30 Go4Life® Walking Club 9:45 Exercise Essentials 10:15 Reading w/ Etta Lou (PA) 10:45 Baking Club 1:00 Adult Coloring Club 1:30 Craft Corner (PA) 2:30 Tai Chi Meditation w/Master Robert (PA) 3:00 Meet the Coordinator Social (PA) 6:00 Movie Night	10 9:30 Go4Life® Walking Club 9:45 Go4Life Education & Exercise 10:15 Reading w/ Etta Lou (PA) 10:45 News Currents Sr. 1:30 Bingo (DR) 2:30 Resident Spotlight 3:00 Music Social w/ Corey (PA) 6:00 Movie Night	11 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:15 Hot Chocolate Wake up 10:45 Family Feud 12:45 Generosity Club 1:30 SingFit® 2:15 Dancing Feet 3:00 Learn your name in Morse Code Social (PA) 6:00 Movie Night
9:30 Love & Faith Church Service (PA) 10:00 Hymn and Fellowship 10:45 Brain Games 1:30 Bingo (PA) 2:30 Music w/ Ronnie (PA) 3:00 Penguin Awareness Day Social (PA) 4:00 Go4Life® Walking Club 6:00 Movie Night	12 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:00 Walmart Shopping Shuttle (OT) 10:15 Reading w/ Etta Lou (PA) 10:45 Current Events 12:45 Reading Round Table 1:30 Bingo (DR) 2:30 Live w/ Anticipation Club 3:00 Football Championship Social (PA) 3:45 Baking Muffins for Community Tours 6:00 Movie Night	13 9:30 Go4Life® Walking Club 9:45 Exercise w/ Legacy (PA) 10:15 Reading w/ LEM (PA) 10:45 Baking Club (AR) 11:30 New Resident Lunch (PDR) 1:30 Music Therapy (PA) 2:15 Yoga (PA) 3:00 National Peach Day Social (PA) 3:30 Bible Study w/ Patrick 6:00 Movie Night	14 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:15 Reading w/ LEM (PA) 10:45 Family Feud 12:30 Sewing Circle Club 1:30 Weatherspoon Art Museum (OT) 1:30 Bingo (DR) 2:30 Chair Dancing 3:00 Happy Birthday Martin Luther King Jr. Social (PA) 6:00 Movie Night	15 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:15 Resident Council 10:45 Family Feud 12:30 Sewing Circle Club 1:30 Weatherspoon Art Museum (OT) 1:30 Bingo (DR) 2:30 Chair Dancing 3:00 Happy Birthday Martin Luther King Jr. Social (PA) 6:00 Movie Night	16 9:30 Go4Life® Walking Club 9:45 Exercise Essentials 10:15 Reading w/ LEM (PA) 10:45 Baking Club 12:15 Lunch Time Serenade with Lloyd Eubanks (PA) 1:00 Adult Coloring Club 1:30 Craft Corner (PA) 2:30 Tai Chi Meditation w/Master Robert (PA) 3:00 Anniversary of the Gulf War Social (PA) 6:00 Candlelight Memorial Service (SP)	17 9:30 Go4Life® Walking Club 9:45 Go4Life Education & Exercise 10:00 Hot Cocoa Ride (OT) 10:15 Reading w/ Etta Lou 10:45 News Currents Sr. 1:30 Bingo (DR) 2:30 Resident Spotlight 3:00 Popeye the Sailor's Birthday Social (PA) 6:00 Movie Night	18 Happy Birthday Fred G. ! 9:30 Go4Life® Walking Club 9:45 Exercise Essentials 10:15 Hot Chocolate Wake up 10:45 Name 5 (PA) 1:30 SingFit® 1:30 Bingo (DR) 2:30 News Current Sr. 3:00 National Bald Eagle Day Social (PA) 6:00 Movie Night
9:30 Love & Faith Church Service (PA) 10:15 Poetry w/ Etta Lou (PA) 10:45 Brain Games 1:30 Bingo (PA) 2:30 Singing w/ Josh (PA) 3:00 Activity Professional's Appreciation Day Social (PA) 4:00 Go4Life® Walking Club 6:00 Movie Night	19 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:00 Ride to Old Salem and Lunch Outing (OT) 10:15 Poetry w/ Etta Lou 10:45 Current Events 1:30 Bingo (DR) 2:30 Live w/ Anticipation Club 3:00 Martin Luther King Day Social (PA) 3:45 Baking Muffins for Community Tours 6:00 Movie Night	20 9:30 Go4Life® Walking Club 9:45 Exercise w/ Legacy (PA) 10:15 Reading w/ LEM (PA) 10:45 Baking Club (AR) 1:30 SingFit® 2:15 Tai Chi w/Master Robert (PA) 3:00 Meet the Coordinators Social (PA) 3:30 Bible Study w/ Patrick 6:00 Movie Night	21 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:15 Reading w/ Etta Lou (PA) 10:45 Family Feud 11:30 Resident Birthday Luncheon (AR) 12:30 Sewing Circle Club 1:30 Coffee and Donut Ride (OT) (PA) 1:30 Bingo (DR) 2:30 Chair Dancing 3:00 National Hug Day Social (PA) 6:00 Movie Night	22 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:15 Reading w/ Etta Lou (PA) 10:45 Family Feud 11:30 Resident Birthday Luncheon (AR) 12:30 Sewing Circle Club 1:30 Coffee and Donut Ride (OT) (PA) 1:30 Bingo (DR) 2:30 Chair Dancing 3:00 National Hug Day Social (PA) 6:00 Movie Night	23 9:30 Go4Life® Walking Club 9:45 Exercise Essentials 10:15 Reading w/ LEM (PA) 10:30 Legacy Kids & Resident Playdate 10:45 Baking Club 1:00 Adult Coloring Club 1:30 Craft Corner (PA) 2:30 Tai Chi Meditation w/Master Robert (PA) 3:00 National Pie Day Social (PA) 6:00 Movie Night	24 9:30 Go4Life® Walking Club 9:45 Go4Life Education & Exercise 10:15 Reading w/ Etta Lou 10:45 News Currents Sr. 1:30 Bingo (DR) 2:30 Resident Spotlight 3:00 Chili Cook-off Social! 6:00 Movie Night	25 Happy Birthday Louise G. ! 9:30 Go4Life® Walking Club 9:45 Exercise Essentials 10:15 Hot Chocolate Wake up 10:45 Family Feud 1:30 SingFit® 2:00 Wishful Thinking Performance (PA) 2:15 Balloon Volleyball 2:30 News Current Sr. 3:00 The Great Fruitcake toss Social (PA) 6:00 Movie Night
9:30 Love & Faith Church Service (PA) 9:30 Go4Life® Walking Club 10:00 Fellowship, coffee, & tea 10:30 Poetry w/ Etta Lou (PA) 10:45 Brain Games 1:30 Bingo (PA) 2:30 Humor Half Hour 3:00 Australia Day Social (PA) 4:00 Go4Life® Walking Club 6:00 Movie Night	26 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:00 Walmart Shopping Shuttle (OT) 10:15 Poetry w/ Etta Lou 10:45 Current Events 1:30 Bingo (DR) 2:30 Live w/ Anticipation Club 3:00 Read a Book Day Social (PA) 3:45 Baking Muffins for Community Tours 4:00 Dinner Outing (OT) 6:00 Movie Night	27 9:30 Go4Life® Walking Club 9:45 Exercise w/ Legacy (PA) 10:15 Reading w/ LEM (PA) 11:30 Men's Club Lunch (CK2) 1:30 SingFit® 2:15 Tai Chi w/Master Robert (PA) 3:00 National Chocolate Day Social (PA) 6:00 Movie Night	28 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:15 Reading w/ Etta Lou (PA) 10:45 Family Feud 12:30 Sewing Circle Club 1:30 Harbor Inn Lunch Outing (OT) 1:30 Bingo (DR) 2:30 Chair Dancing 3:00 Anniversary of Robert Frost Social (PA) 6:00 Movie Night	29 9:30 Go4Life® Walking Club 9:45 Exercise Essentials (PA) 10:15 Reading w/ Etta Lou (PA) 10:45 Family Feud 12:30 Sewing Circle Club 1:30 Harbor Inn Lunch Outing (OT) 1:30 Bingo (DR) 2:30 Chair Dancing 3:00 Anniversary of Robert Frost Social (PA) 6:00 Movie Night	30 9:30 Go4Life® Walking Club 9:45 Exercise Essentials 10:15 Reading w/ LEM (PA) 10:45 Baking Club 12:30 Cello Music 1:30 Movie Matinee (PA) 2:30 Chair Dancing 3:00 National Snow Sculpting Competition Social (PA) 6:00 Movie Night	31 9:30 Go4Life® Walking Club 9:45 Go4Life Education & Exercise 10:15 Reading w/ Etta Lou 10:45 News Currents Sr. 12:30 Card Games w/ Caroline (CK2) 1:15 Splendid Coffee Ride (OT) 1:30 Bingo (DR) 2:30 Resident Spotlight 3:00 International Zebra Day Social (PA) 6:00 Movie Night	