

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CY Courtyard MA Mall OUT Outing PA Piano Area TV TV Room			9:30 Exercise Essentials <b>1</b> 10:15 Rose Parade & Baking Club 11:00 Sensory Hand Washing 1:00 Walking club (TV) 1:30 Bingo 2:30 SingFit® 3:00 New Year's Social 6:00 Midweek Movie	9:30 Exercise Essentials <b>2</b> 10:15 Baking Club 11:00 Trivia 12:00 <b>Alzheimer's &amp; Dementia Support Group</b> 12:15 <b>Lunch time Serenade w/ Lloyd Eubanks</b> 1:15 Go4Life Walking Club 1:30 Live w/ Anticipation Club 2:15 Chair Dancing 3:00 National Cream puffs Day Social 6:00 Sensory Hand Washing (TV)	9:30 Exercise Essentials <b>3</b> 10:15 Baking Club 11:00 Chicken Soup for the Soul (MA) 1:15 Go4Life Walking Club 1:30 Taking christmas tree decorations down 3:00 Keep Winter Blue's at Bay Day Social 6:00 Bingo	9:30 Exercise Essentials <b>4</b> 10:15 SingFit Music Therapy (TV) 11:00 News Currents SR. 1:00 Go4Life Walking Club 1:15 Baking Club 2:15 Meet Me at MoMA 3:00 Trivia Social 6:00 Evening Meditation
9:30 <b>Love &amp; Faith Community Church (PA)</b> <b>5</b> 10:15 Hymn Time 11:00 Go4Life Education & Exercise (TV) 12:45 Baking Club 1:15 Bingo 2:15 Balloon Volleyball 3:00 National Bird Social 6:00 Trivia Time	<b>Happy Birthday Carolyn!</b> <b>6</b> 9:30 Exercise Essentials 10:15 Life Stories 11:00 Kick the ball 1:00 Go4Life Walking Club 2:15 SingFit® 3:00 Carolyn G. Birthday Social 4:00 Tai Chi w/ Robert (TV) 6:00 Baking Club	9:30 Exercise w/ Legacy <b>7</b> 10:15 Baking Club (PA) 11:00 Trivia 1:15 <b>Bible Study Outreach (MA)</b> 1:30 Go4Life Walking Club 2:00 <b>Hand Bells w/ Jorie</b> 3:00 Guess the Year Social (TV) 6:00 Evening Meditation	9:30 Exercise Essentials <b>8</b> 10:15 Bingo & Baking Club 11:00 Trivia 11:30 Lunch w lem 1:15 Go4Life Walking Club 1:45 Clean nursery area 2:15 SingFit® 3:00 Happy Birthday Elvis Social 6:00 Mid week movie	9:30 Exercise Essentials <b>9</b> 10:15 Baking Club 11:00 Trivia 1:15 Go4Life Walking Club 1:30 Live w/ Anticipation Club 2:15 <b>Friend-Pal Club</b> 3:00 Appreciation Day Social 6:00 Sensory Hand Washing	9:30 Exercise Essentials <b>10</b> 10:15 Baking Club 11:00 Chicken Soup for the Soul (MA) 1:15 Go4Life Walking Club 1:45 American Heroes (TV) 3:00 <b>Music Social w/ Corey</b> 4:00 Tai Chi w/ Master Robert 6:00 Bingo	9:00 I-Connection (TV) <b>11</b> 11:00 Reminiscing with residents 12:30 <b>Generosity Club</b> 1:00 Go4Life Walking Club 1:15 Baking Club 2:00 History of American Classic songs 3:00 Learn your Name in Morse Code Social 6:00 Evening Meditation
<b>Happy Birthday Earl!</b> <b>12</b> 9:30 <b>Love &amp; Faith Community Church (PA)</b> 10:15 Hymn Time 11:00 Go4Life Education & Exercise (TV) 12:45 Baking Club 1:15 Nature time 2:15 Name that tune 3:00 Music w/ Ronnie social 6:00 Trivia Time	<b>Happy Birthday Mary W.!</b> <b>13</b> 9:30 Exercise Essentials 10:15 Life Stories 11:00 Opposites trivia 11:30 Lunch w lem 1:00 Go4Life Walking Club 1:15 Bingo 2:15 SingFit® 3:00 Mary Winfield Birthday Social 4:00 Tai Chi w/ Robert (TV) 6:00 Baking Club	<b>Happy Birthday Margaret A!</b> <b>14</b> 9:30 Exercise Essentials 10:15 Baking Club 11:30 Lunch w/ LEM 1:15 <b>Bible Study Outreach (MA)</b> 2:00 Reading Roundtable 3:00 Margaret A. Birthday Social 6:00 Evening Meditation	<b>Happy Birthday Kathleen S.!</b> <b>15</b> 9:30 Exercise Essentials 10:15 Bingo & Baking Club 11:00 Sensory Hand Washing 1:15 Go4Life Walking Club 1:30 <b>Ball and tube fun (OUT)</b> 2:15 SingFit® 3:00 Kathleen S. Birthday Social 4:00 Tai Chi w/Master Robert 6:00 Midweek movie	9:30 Exercise Essentials <b>16</b> 10:15 Baking Club 10:45 Rise up club 1:15 Go4Life Walking Club 1:30 Live w/ Anticipation Club 2:15 Friendpal club 3:00 Anniversary of the Gulf War Social 6:00 Sensory Hand Washing (TV)	9:30 Exercise Essentials <b>17</b> 10:00 <b>Life Community Church (PA)</b> 11:00 Chicken Soup for the Soul (MA) 1:30 Walking club 2:00 Baking club (TV) 2:30 Sing some songs 3:00 Decorate your cupcake social 6:00 Bingo	9:30 Exercise Essentials <b>18</b> 10:15 SingFit Music Therapy (TV) 11:00 News Currents SR. 1:00 Go4Life Walking Club 1:15 Baking Club 2:15 Meet Me at MoMA 3:00 Nationa Bald Eagle Day Social 6:00 Evening Meditation
9:30 <b>Love &amp; Faith Community Church (PA)</b> <b>19</b> 10:15 Hymn Time 11:00 Go4Life Education & Exercise (TV) 12:45 Baking Club 1:15 Bingo 2:30 <b>Singing w/ Josh</b> 3:00 Activity Professional's Appreciation Day Social 6:00 Trivia Time	10:00 <b>Adl with residents</b> <b>20</b> 10:15 Prepare dining area for lunch 11:00 Lawrence Welk 11:30 Lunch w lem 1:00 Go4Life Walking Club 1:30 Bingo 2:15 SingFit® 3:00 Martin Luther King Jr. Day Social 4:00 Tai Chi w/ Robert (TV) 6:00 Baking Club	9:30 Exercise w/ Legacy <b>21</b> 10:15 Baking Club 11:30 Lunch w/ LEM 1:15 Trivia time (MA) 1:30 Go4Life Walking Club 2:00 Reading Roundtable 2:30 Kick ball 3:00 <b>National Blonde Brownie Day Social</b> 6:00 Evening Meditation	9:30 Exercise Essentials <b>22</b> 10:15 Baking club 11:00 Trivia time 11:30 <b>Resident Birthday Luncheon</b> 1:15 Go4Life Walking Club 2:15 SingFit® 3:00 National Hug Day Social 4:00 Tai Chi w/Master Robert 6:00 Midweek Movie	9:30 Exercise Essentials <b>23</b> 10:15 Baking Club 10:30 Church song sing a long (PA) 1:15 Go4Life Walking Club 1:30 Live w/ Anticipation Club 2:15 Friend-Pal Club 3:00 <b>Manager Ice Cream Social Social</b> 6:00 Sensory Hand Washing (TV)	9:30 Exercise Essentials <b>24</b> 10:15 Baking Club 11:00 Chicken Soup for the Soul (MA) 1:15 Go4Life Walking Club 1:30 Balloon Badminton 3:00 Chilli Cook Off Social 4:00 Tai Chi w/ Master Robert 6:00 Bingo	9:00 I-Connection (TV) <b>25</b> 11:00 Sensory handwashing 1:00 Go4Life Walking Club 1:15 Baking Club 2:00 <b>Wishful Thinking</b> 3:00 The Great Fruit Cake Toss Social 6:00 Evening Meditation
9:30 <b>Love &amp; Faith Community Church (PA)</b> <b>26</b> 9:30 Exercise Essentials 10:15 Hymn Time 11:00 Go4Life Education & Exercise (TV) 12:45 Baking Club 1:15 Bingo 2:15 Balloon Volleyball 3:00 Australia Day Social 6:00 Trivia Time	9:30 Exercise Essentials <b>27</b> 10:15 Life Stories 10:45 Balloon time 11:00 Trivia time 1:00 Go4Life Walking Club 1:30 <b>Bingo (OUT)</b> 2:15 SingFit® 3:00 Read a Book Day Social 4:00 Tai Chi w/ Robert (TV) 6:00 Baking Club	9:30 Exercise Essentials <b>28</b> 10:15 Baking Club 11:30 Men's Club Luncheon 1:15 <b>Bible Study Outreach (MA)</b> 1:30 Fun w Art (MA) 2:00 <b>Music Therapy (TV)</b> 3:00 National Chocolate Cake Day Social 6:00 Evening Meditation	9:30 Exercise Essentials <b>29</b> 10:15 Bingo & Baking Club 11:00 Sensory Hand Washing 1:15 Painting Club 2:15 SingFit® 3:00 Anniversary of Robert Frost Social 4:00 Tai Chi w/Master Robert 6:00 Midweek Movie	9:30 Exercise Essentials <b>30</b> 10:15 Baking Club 1:15 Go4Life Walking Club 1:30 Live w/ Anticipation Club 2:00 Chair Dancing 2:30 Trivia 3:00 National Snow Sculpting Competition Social 6:00 Sensory Handwashing	9:30 Exercise Essentials <b>31</b> 10:15 Baking Club 11:00 Chicken Soup for the Soul (MA) 1:30 Manicures 3:00 International Zebra Day Social 4:00 Tai Chi w/ Master Robert 6:00 Bingo	

## JANUARY 2020 Reminiscence

Brighton Gardens of Greensboro  
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LIVE WITH PURPOSE

