

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|---|---|---|---|---|--|--|
| A Activity Room AT Art Table B Bistro KT Kitchen Table LR Living Room O Outside the Community OP Outside Patio PDR Private Dining Room SR Sitting Room | | | HAPPY NEW YEAR! 10:30 Manicures and Hand Spa 11:00 Newscurrents (A) 1:30 Daily Chronicle Reading (SR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 4:00 BINGO with Care Managers (KT) 7:30 Jeopardy! (LR) | 1 10:00 Exercise Essentials (LR) 11:00 Meditative Coloring with Care Managers (KT) 1:30 Winter Craft Corner (KT) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Sing A Long Social with Jo & Nicole 6:30 Evening Relaxation Circle (LR) | 2 10:00 Daily Chronicle Reading (LR) 10:45 Flower Club with Nisaa (KT) 1:30 Gentle Yoga with Rosemarie 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Funky Fridays Dance Social (SR) 7:30 Jeopardy! (LR) | 3 10:30 Daily Chronicle Reading (LR) 1:00 Exercise Essentials (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Tea Time Social with Nicole 4:00 Retro TV shows with Care Managers (LR) 6:30 Evening Relaxation Circle (LR) | 4 10:30 Daily Chronicle Reading (LR) 1:00 Exercise Essentials (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Tea Time Social with Nicole 4:00 Retro TV shows with Care Managers (LR) 6:30 Evening Relaxation Circle (LR) |
| 10:30 Exercise Essentials 11:00 Lap baskets with Care Managers 1:30 Puzzles with Thomas 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Sunday Social 6:30 Evening Relaxation Circle (SR) | 5 10:30 Exercise Essentials 10:45 Classical Piano with Bonnie 11:30 Visit with St. K's Kids 2:00 Sarlyn's Movie Matinee (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 7:30 Jeopardy! (LR) | 6 10:30 Exercise Essentials 10:45 Classical Piano with Bonnie 11:30 Visit with St. K's Kids 2:00 Sarlyn's Movie Matinee (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 7:30 Jeopardy! (LR) | 7 9:30 Hair Salon 10:30 Catholic Service (A) 11:15 Daily Chronicle (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:00 Exercise Essentials 3:30 Trivia Social (LR) 7:00 Evening Relaxation Circle (LR) | 8 10:30 Manicures and Hand Spa 10:30 Exercise Essentials 11:00 Newscurrents (A) 1:30 Daily Chronicle Reading (SR) 1:30 Haverford Choir! 1:45 Sing Fit with Jamie 2:30 Go4Life® Walking Club with Sunrise Team (O) 4:00 BINGO with Care Managers (KT) 7:30 Jeopardy! (LR) | 9 10:00 Exercise Essentials (LR) 10:45 Word Game with Gabby 11:00 Meditative Coloring with Care Managers (KT) 1:30 Winter Craft Corner (KT) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Sing A Long Social with Jo & Nicole 6:30 Evening Relaxation Circle (LR) | 10 10:00 Daily Chronicle Reading (LR) 10:45 Flower Club with Nisaa (KT) 11:00 Baking Club with Stacy 1:30 Gentle Yoga with Rosemarie 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Funky Fridays Dance Social (SR) 7:30 Jeopardy! (LR) | 11 10:30 Daily Chronicle Reading (LR) 1:00 Exercise Essentials (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Tea Time Social with Nicole 4:00 Retro TV shows with Care Managers (LR) 6:30 Evening Relaxation Circle (LR) |
| 10:30 Exercise Essentials 11:00 Lap baskets with Care Managers 1:30 Puzzles with Thomas 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Sunday Social 6:30 Evening Relaxation Circle (SR) | 12 10:30 Exercise Essentials 10:45 Classical Piano with Bonnie 11:30 Visit with St. K's Kids 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Sunday Social 6:30 Evening Relaxation Circle (SR) | 13 10:30 Exercise Essentials 10:45 Classical Piano with Bonnie 11:30 Visit with St. K's Kids 1:30 Remembering MLK 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Sing A Long With Joe 7:30 Jeopardy! (LR) | 14 9:30 Hair Salon 10:30 Catholic Service (A) 11:00 Table Talk Tuesday (AT) 11:15 Daily Chronicle (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:00 Exercise Essentials 3:30 Trivia Social (LR) 7:00 Evening Relaxation Circle (LR) | 15 10:30 Manicures and Hand Spa 10:30 Exercise Essentials 11:00 Newscurrents (A) 1:30 Daily Chronicle Reading (SR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 4:00 BINGO with Care Managers (KT) 7:30 Jeopardy! (LR) | 16 10:00 Exercise Essentials (LR) 11:00 Minella's Diner Trip Lunch 11:00 Meditative Coloring with Care Managers (KT) 1:30 Winter Craft Corner (KT) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Sing A Long Social with Jo & Nicole 6:30 Evening Relaxation Circle (LR) | 17 10:00 Daily Chronicle Reading (LR) 10:45 Flower Club with Nisaa (KT) 1:30 Gentle Yoga with Rosemarie 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Funky Fridays Dance Social (SR) 7:30 Jeopardy! (LR) | 18 10:30 Daily Chronicle Reading (LR) 1:00 Exercise Essentials (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Tea Time Social with Nicole 4:00 Retro TV shows with Care Managers (LR) 6:30 Evening Relaxation Circle (LR) |
| 10:30 Exercise Essentials 11:00 Lap baskets with Care Managers 1:30 Puzzles with Thomas 2:30 Go4Life® Walking Club with Sunrise Team (O) 2:45 Cards For Troops (KT) 3:30 Sunday Social 6:30 Evening Relaxation Circle (SR) | 19 10:30 Exercise Essentials 10:45 Classical Piano with Bonnie 11:30 Visit with St. K's Kids 2:00 Sarlyn's Movie Matinee (LR) 2:30 Celebrating MLK 2:30 Go4Life® Walking Club with Sunrise Team (O) 7:30 Jeopardy! (LR) | 20 10:30 Exercise Essentials 10:45 Classical Piano with Bonnie 11:30 Visit with St. K's Kids 2:00 Sarlyn's Movie Matinee (LR) 2:30 Celebrating MLK 2:30 Go4Life® Walking Club with Sunrise Team (O) 7:30 Jeopardy! (LR) | 21 9:30 Hair Salon 10:30 Catholic Service (A) 11:00 Table Talk Tuesday (AT) 11:15 Daily Chronicle (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:00 Exercise Essentials 3:30 Trivia Social (LR) 7:00 Evening Relaxation Circle (LR) | 22 10:30 Manicures and Hand Spa 10:30 Exercise Essentials 11:00 Newscurrents (A) 1:30 Daily Chronicle Reading (SR) 1:30 Haverford Choir! 2:30 Go4Life® Walking Club with Sunrise Team (O) 4:00 BINGO with Care Managers (KT) 7:30 Jeopardy! (LR) | 23 10:00 Exercise Essentials (LR) 11:00 Meditative Coloring with Care Managers (KT) 1:30 Pottery Painting Trip 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Sing A Long Social with Jo & Nicole 6:30 Evening Relaxation Circle (LR) | 24 10:00 Daily Chronicle Reading (LR) 10:45 Flower Club with Nisaa (KT) 1:30 Gentle Yoga with Rosemarie 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Funky Fridays Dance Social (SR) 7:30 Jeopardy! (LR) | 25 10:30 Daily Chronicle Reading (LR) 1:00 Exercise Essentials (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Tea Time Social with Nicole 4:00 Retro TV shows with Care Managers (LR) 6:30 Evening Relaxation Circle (LR) |
| 10:30 Exercise Essentials 11:00 Lap baskets with Care Managers 1:30 Puzzles with Thomas 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Sunday Social 6:30 Evening Relaxation Circle (SR) | 26 10:30 Exercise Essentials 10:45 Classical Piano with Bonnie 11:30 Visit with St. K's Kids 2:00 Sarlyn's Movie Matinee (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 7:30 Jeopardy! (LR) | 27 10:30 Exercise Essentials 10:45 Classical Piano with Bonnie 11:30 Visit with St. K's Kids 2:00 Sarlyn's Movie Matinee (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 7:30 Jeopardy! (LR) | 28 9:30 Hair Salon 10:30 Catholic Service (A) 11:00 Table Talk Tuesday (AT) 11:15 Daily Chronicle (LR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:00 Exercise Essentials 3:30 Trivia Social (LR) 7:00 Evening Relaxation Circle (LR) | 29 10:30 Manicures and Hand Spa 10:30 Exercise Essentials 11:00 Arts and Crafts with Home Helpers 1:30 Daily Chronicle Reading (SR) 2:30 Go4Life® Walking Club with Sunrise Team (O) 4:00 BINGO with Care Managers (KT) 6:30 Casino Night! | 30 10:00 Exercise Essentials (LR) 11:00 Gen Morgan Lunch Trip 11:00 Meditative Coloring with Care Managers (KT) 1:30 Winter Craft Corner (KT) 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Sing A Long Social with Jo & Nicole 6:30 Evening Relaxation Circle (LR) | 31 10:00 Daily Chronicle Reading (LR) 10:45 Flower Club with Nisaa (KT) 1:30 Gentle Yoga with Rosemarie 2:30 Go4Life® Walking Club with Sunrise Team (O) 3:30 Funky Fridays Dance Social (SR) 7:30 Jeopardy! (LR) | |