Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AL Assisted Living P Parlor C Coutyard DR Dining Room O Outside P Parlor			**New Year's Day** 1 8:00 Coffee and the Daily Chronicle 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 1:00 Music & Moves (P) 1:00 Go4Life Walking Club/Hydration (P) 2:30 Creative Corner (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 2 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:00 Sort it Out w/Kara (P) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Reminisce (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 3 9:45 Sit & Be Fit Hydration (P) 10:00 Sing Along w/Alexa (AL) 10:15 Snacktivity (DR) 11:15 Table Talk (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Parachute Game (P) 3:00 Happy Hour Music Social (AL) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle 4 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:15 Table Talk (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Music & Moves (P) 3:00 Game Time/Hydration (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Hand Massages (P)
8:00 Coffee and The Daily Chronicle (DR) 5 9:45 Sit & Be Fit Hydration (P) 10:00 Reminisce 1:00 Go4Life Walking Club/Hydration (P) 1:30 Church Service (AL) 3:00 Word Games (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 6 9:45 Sit & Be Fit Hydration (P) 10:00 Friends & Neighbors (DR) 10:15 Snacktivity (DR) 1:00 Go4Life Walking Club/Hydration (P) 2:00 Music/Moves 3:00 Word Games (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and the Daily Chronicle (DR) 7 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:00 Music Appreciation Club (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Word Games (P) 2:30 Movie Matinee (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Hand Massages (P)	8:00 Coffee and the Daily Chronicle 8 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 1:00 Music & Moves (P) 1:00 Go4Life Walking Club/Hydration (P) 2:30 Creative Corner (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 9 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 10:30 Sing-A-Long w/Debbie (P) 11:00 Sort it Out w/Kara (P) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Reminisce (P) 2:00 Sing-A-Long with Linda (AL) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 10 9:45 Sit & Be Fit Hydration (P) 10:00 Scenic Drive (O) 10:15 Snacktivity (DR) 11:15 Table Talk (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Parachute Game (P) 3:00 Happy Hour Music Social (AL) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle 11 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:15 Table Talk (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Music & Moves (P) 3:00 Game Time/Hydration (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Hand Massages (P)
8:00 Coffee and The Daily Chronicle (DR) 12 9:45 Sit & Be Fit Hydration (P) 10:00 Reminisce 1:00 Go4Life Walking Club/Hydration (P) 1:30 Church Service (AL) 3:00 Word Games (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 13 9:45 Sit & Be Fit Hydration (P) 10:00 Friends & Neighbors (DR) 10:15 Snacktivity (DR) 1:00 Go4Life Walking Club/Hydration (P) 2:00 Music/Moves 3:00 Word Games (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and the Daily Chronicle (DR) 14 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:00 Music Appreciation Club (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Word Games (P) 2:30 Movie Matinee (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Hand Massages (P)	8:00 Coffee and the Daily Chronicle 15 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 1:00 Music & Moves (P) 1:00 Go4Life Walking Club/Hydration (P) 2:00 Pets on Wheels Visit (P) 2:30 Creative Corner (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 16 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:00 Sort it Out w/Kara (P) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Reminisce (P) 2:00 Sing-A-Long with Linda (AL) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 17 9:45 Sit & Be Fit Hydration (P) 10:00 Scenic Drive (O) 10:15 Snacktivity (DR) 11:15 Table Talk (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Parachute Game (P) 3:00 Happy Hour Music Social (AL) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle 18 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:15 Table Talk (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Music & Moves (P) 3:00 Game Time/Hydration (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Hand Massages (P)
8:00 Coffee and The Daily Chronicle (DR) 19 9:45 Sit & Be Fit Hydration (P) 10:00 Reminisce 1:00 Go4Life Walking Club/Hydration (P) 1:30 Church Service (AL) 3:00 Word Games (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	**Martin Luther King, Jr. Day** 20 8:00 Coffee and The Daily Chronicle (DR) 9:45 Sit & Be Fit Hydration (P) 10:00 Friends & Neighbors (DR) 10:15 Snacktivity (DR) 1:00 Go4Life Walking Club/Hydration (P) 2:00 Music/Moves 3:00 Word Games (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and the Daily Chronicle (DR) 21 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:00 Music Appreciation Club (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Word Games (P) 2:30 Movie Matinee (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Hand Massages (P)	8:00 Coffee and the Daily Chronicle 22 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 1:00 Music & Moves (P) 1:00 Sing-A-Long w/Debbie (AL) 1:00 Go4Life Walking Club/Hydration (P) 2:30 Creative Corner (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 23 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:00 Sort it Out w/Kara (P) 1:00 Cathy's Corner (P) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Reminisce (P) 2:00 Sing-A-Long with Linda (AL) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 24 9:45 Sit & Be Fit Hydration (P) 10:00 Scenic Drive (O) 10:15 Snacktivity (DR) 11:15 Table Talk (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Parachute Game (P) 3:00 Happy Hour Music Social (AL) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle 25 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:15 Table Talk (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Music & Moves (P) 3:00 Game Time/Hydration (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Hand Massages (P)
8:00 Coffee and The Daily Chronicle (DR) 26 9:45 Sit & Be Fit Hydration (P) 10:00 Reminisce 1:00 Go4Life Walking Club/Hydration (P) 1:30 Church Service (AL) 2:30 Sing Along w/Lynne (AL) 3:00 Word Games (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 27 9:45 Sit & Be Fit Hydration (P) 10:00 Friends & Neighbors (DR) 10:15 Snacktivity (DR) 1:00 Go4Life Walking Club/Hydration (P) 2:00 Music/Moves 3:00 Word Games (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and the Daily Chronicle (DR) 28 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:00 Music Appreciation Club (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Word Games (P) 2:30 Movie Matinee (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Hand Massages (P) 6:00 Family Night (P)	8:00 Coffee and the Daily Chronicle 29 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:00 Lunch Bunch Outing (O) 1:00 Music & Moves (P) 1:00 Go4Life Walking Club/Hydration (P) 2:30 Creative Corner (P) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 30 9:45 Sit & Be Fit Hydration (P) 10:15 Snacktivity (DR) 11:00 Sort it Out w/Kara (P) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Reminisce (P) 2:00 Sing Along with Linda (AL) 2:00 Sing-A-Long with Linda (AL) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	8:00 Coffee and The Daily Chronicle (DR) 31 9:45 Sit & Be Fit Hydration (P) 10:00 Scenic Drive (O) 10:15 Snacktivity (DR) 11:15 Table Talk (DR) 1:00 Go4Life Walking Club/Hydration (P) 1:30 Parachute Game (P) 3:00 Happy Hour Music Social (AL) 3:00 Afternoon Social (P) 4:15 Table Talk (DR) 6:00 Movie & Snacks (P)	

JANUARY 2020

Reminiscence

Sunrise of Carroll

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