


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9:00 New Year Walk 10:00 Hydration cart and snacks 10:00 New Years Parade on TV 11:00 Balloon Tennis 1:30 Word Searches 2:30 Set your appointments 3:00 Hydration cart and snacks 3:00 Smooth Meditational Music 4:00 Movie New Years Day Alzheimer Awareness Month	9:00 Chair Yoga 10:00 Hydration cart and snacks 10:00 Color with me 11:00 Afternoon walk 1:30 BINGO 2:30 Nail Day 3:00 Hydration cart and snacks 3:00 The Price is Right 4:00 Music	9:00 Morning Stroll 10:00 Melodies w/ Paula 10:00 Hydration cart and snacks 10:00 Smooth Music 11:00 Western Wednesdays 1:30 Afternoon Craft 2:30 Virtual Guided Meditation 3:00 Hydration cart and snacks 3:00 Jazz Music 4:00 Movie	9:00 Leg Warm ups 10:00 Hydration cart and snacks 10:00 Room visits 11:00 The Game of Trivia 1:30 BINGO 2:30 Sudoku 3:00 Hydration cart and snacks 3:00 <i>I Love Lucy</i> Show 4:00 Music Trivia Day	9:00 Let's go bird watching 10:00 Hydration cart and snacks 11:00 Let's Play Balloon Drums 1:30 Sensory Time 2:30 Hand and Arm Messages 3:00 Hydration cart and snacks 3:00 Music from the 40's 4:00 Movie Nat'l Bird Day Happy Birthday Rene	9:00 Hand Therapy 10:00 Hydration cart and snacks 11:00 Sit and Pedal Exercise 1:30 BINGO 2:30 Chair Yoga 3:00 Hydration cart and snacks 3:00 <i>Wheel of Fortune</i> Game Show 4:00 Music	
	9:00 Praise & Worship 10:00 Hydration cart and snacks 11:00 Puzzle time 1:30 BINGO 2:30 indoor Bowling 3:00 Hydration cart and snacks 3:00 Music from the 60's 4:00 Movie	9:00 Morning Walk 10:00 Hydration cart and snacks 10:00 Room visits 11:00 Word Cross Puzzles 1:30 Sensory Time 2:30 Set your appointments 3:00 Hydration cart and snacks 3:00 <i>Gilgan's Island</i> Show 4:00 Music Earths Rotation Day	9:00 Hand Therapy 10:00 Hydration cart and snacks 12:30 Get Groovin' w/ Jimmi Lee 1:30 BINGO 2:30 Nail Day 3:00 Hydration cart and snacks 3:00 Music from the 50's 4:00 Movie Happy Birthday Ralph	9:00 Let's get our feet moving 10:00 Melodies w/ Paula 10:00 Hydration cart and snacks 11:00 Western Wednesdays 1:30 Workout to the Beats 2:30 Hand and Arm Massages 3:00 Hydration cart and snacks 3:00 Show of your picking 4:00 Music Happy Birthday Rea	9:00 Chair Yoga 10:00 Hydration cart and snacks 10:00 Room Visits 11:00 Let's go Fishing 1:30 BINGO 2:30 Let's Play Balloon Drums 3:00 Hydration cart and snacks 3:00 Jazz Music 4:00 Movie	9:00 Morning Strolls 10:00 Hydration cart and snacks 11:00 Indoor Bowling 1:30 Paint n sip Hosted by Mission Hospice 2:30 Sudoku 3:00 Hydration cart and snacks 3:00 <i>Jeopardy!</i> Can you answer the ?? 4:00 Music	9:00 Leg Warm ups 10:00 Hydration cart and snacks 11:00 Chair Yoga 1:30 BINGO 2:30 Balloon Tennis 3:00 Hydration cart and snacks 3:00 Music from the 80's 4:00 Movie Make Your Dreams Come True Day
	9:00 Praise & Worship 10:00 Hydration cart and snacks 11:00 Later morning walk 1:30 BINGO 2:30 Sit and Pedal Exercise 3:00 Hydration cart and snacks 3:00 Virgin River Series 4:00 Music	9:00 Let's get our feet moving 10:00 Hydration cart and snacks 10:00 Room Visits 11:00 Friendship Bracelets 1:30 Sudoku 2:30 Set your appointments 3:00 Hydration cart and snacks 3:00 Country Music 4:00 Movie Martin Luther King Day	9:00 Leg Warm ups 10:00 Hydration cart and snacks 11:00 Puzzle Time 1:30 BINGO 2:30 Nail Day 3:00 Hydration cart and snacks 3:00 <i>Bewitched</i> Show 4:00 Music Popeye Day	9:00 Morning Walk 10:00 Melodies w/ Paula 10:00 Hydration cart and snacks 10:00 Social Hour 11:00 Western Wednesdays 1:30 Karaoke 2:30 Chair Yoga 3:00 Hydration cart and snacks 3:00 Meditational Music 4:00 Movie	9:00 Hand Therapy 10:00 Hydration cart and snacks 10:00 Room Visit 11:00 Morning Stroll 1:30 BINGO 2:30 Hand & Arm Messages 3:00 Hydration cart and snacks 3:00 <i>I Love Lucy</i> Show 4:00 Music Popcorn Day/ Chef Demo Happy Birthday Carrie	9:00 Morning Stroll 10:00 Hydration cart and snacks 11:00 Word Cross Puzzles 1:30 Popcorn Party/Chef Demo 2:30 Balloon Tennis 3:00 Hydration cart and snacks 3:00 Classical Music 4:00 Movie Nat'l Cheese Lover's Day	
	9:00 Praise & Worship 10:00 Hydration cart and snacks 11:00 Hug all the Grandmas 1:30 BINGO 2:30 Balloon Tennis 3:00 Hydration cart and snacks 3:00 Music from the 70's 4:00 Movie Grandma Day	9:00 Morning Walk 10:00 Hydration cart and snacks 10:00 Room Visits 11:00 Hug all the grandpas 1:30 Let's go Fishing 2:30 Set your appointments 3:00 Hydration cart and snacks 3:00 Virgin River Series 4:00 Music Grandpa Day	9:00 Chair Yoga 10:00 Hydration cart and snacks 10:00 Let's Dance 11:00 Puzzle Time 1:30 BINGO 2:30 Nail Day 3:00 Hydration cart and snacks 3:00 Music from the 90's 4:00 Movie	9:00 Morning Stroll 10:00 Melodies w/ Paula 10:00 Hydration cart and snacks 11:00 Western Wednesdays 1:30 Give someone a compliment 2:30 Hand and Arm Messages 3:00 Hydration cart and snacks 3:00 <i>Jeopardy!</i> Can you answer the ?? 4:00 Music National Compliment Day	9:00 Leg Warm ups 10:00 Hydration cart and snacks 10:00 Room Visit 12:00 Residents Birthday Celebration 1:30 BINGO 2:00 Residents Council Meeting 3:00 Hydration cart and snacks 3:00 Music of your choice 4:00 Movie Spouses Day	9:00 Let's get our feet moving 10:00 Hydration cart and snacks 11:00 Word Cross Puzzles 1:30 Tattoo Convention 2:30 Sit and Pedal Exercise 3:00 Hydration cart and snacks 3:00 <i>Gilligan's Island</i> 4:00 Music	9:00 Hand Therapy 10:00 Hydration cart and snacks 10:00 Walk with me 11:00 Sudoku 1:30 BINGO 2:30 Chair Yoga 3:00 Hydration cart and snacks 3:00 Music from the 30's 4:00 Movie
	9:00 Praise & Worship 10:00 Hydration cart and snacks 11:00 Craft Hour 1:30 BINGO 2:30 Let's go Fishing 3:00 Hydration cart and snacks 3:00 <i>Bewitched</i> Show 4:00 Music	9:00 Morning Stroll 10:00 Hydration cart and snacks 10:00 Roon Visits 11:00 Balloon Tennis 1:30 Puzzle Time 2:30 Set your appointments 3:00 Hydration cart and snacks 3:00 Music from the 00's 4:00 Movie Puzzle Day	9:00 Hand Therapy 10:00 Hydration cart and snacks 11:00 Word Cross Puzzles 1:30 BINGO 2:30 Nail Day 3:00 Hydration cart and snacks 3:00 <i>Wheel of Fortune</i> Game Show 4:00 Music	9:00 Let's get our feet moving 10:00 Melodies w/ Paula 10:00 Hydration cart and snacks 10:00 Mediation hour 11:00 Western Wednesdays 1:30 Sudoku 2:30 Let's Play Balloon Drums 3:00 Hydration cart and snacks 3:00 Music from the 20's 4:00 Movie	