

January 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**ACTIVITIES SUBJECT
TO CHANGE**

No Activities Today 1

Happy New Year!



10:00am Core & Balance (GR) 2
10:45am Hymn Singing (GR)

2:00pm Men's Club (PR)



2:00pm Brain Teaser: True or False Quiz (GR)



10:00am Chair Cardio (GR) 3
10:45am Hymn Singing (GR)

2:00pm Entertainment: Memory Lane (GR)



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9:30am Catholic Communion & Devotion (GR) 5



10:00am Core & Balance (GR) 6
10:45am Hymn Singing (GR)

2:00pm Tea Social (GR)



2:30pm Bingo (GR)



No Activities Today 7

Christmas Clean Up



10:00am Chair Cardio (GR) 8
10:45am Hymn Singing (GR)

1:30pm Rosary with Jane (GR)



1:30pm Baking with Wanda (H5)



3:15pm Sing Along with AI (GR)



10:00am Strength Straining (GR) 9
10:45am Hymn Singing (GR)

2:00pm Cultural Day: Ukraine (GR)



10:00am Chair Dancing: Contemporary (GR) 10
10:45am Hymn Singing (GR)

2:00pm Entertainment: The Pied Piper (GR)



3:30pm Communion with Father Peter (GR)



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3:00pm **12**
Bible Fellowship
(GR)



10:00am Chair **13**
Cardio (GR)
10:45am Hymn
Singing (GR)

2:00pm Hot
Chocolate Social
(GR)



2:30pm Bingo (GR)



10:00am Chair **14**
Yoga & Guided
Meditation (GR)

2:00pm Brain
Teaser: What's that
Drink? (GR)



10:00am Core & **15**
Balance (GR)
10:45am Hymn
Singing (GR)

2:00pm Reading
Corner (H2)



2:00pm Resident
Council Meeting
(GR)



10:00am Chair **16**
Dancing: Salsa
(GR)
10:45am Hymn
Singing (GR)

2:00pm Men's Club
(PR)



2:00pm Coffee &
Sewing with Marlene
(GR)



10:00am Strength **17**
Straining (GR)
10:45am Hymn
Singing (GR)

2:00pm Hungry,
Hungry Hippo (GR)



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9:30am Catholic **19**
Communion &
Devotion (GR)
3:00pm Diamond
House Fellowship
(GR)



10:00am Chair **20**
Dancing: Hip Hop
(GR)
10:45am Hymn
Singing (GR)

2:00pm Shirley
Temple Social (GR)



2:30pm Bingo (GR)



10:00am Core & **21**
Balance (GR)
10:45am Hymn
Singing (GR)

2:00pm International
Flower Day: Creating
Floral Arrangements
(GR)



10:00am Strength **22**
Straining (GR)
10:45am Hymn
Singing (GR)

1:30pm Rosary with
Jane (GR)



1:30pm Baking with
Wanda (H1)



2:00pm Men's Club
(PR)



10:00am Chair **23**
Cardio (GR)
10:45am Hymn
Singing (GR)

2:00pm
Conversation Hearts
Game



10:00am Chair **24**
Yoga & Guided
Meditation (GR)

2:00pm
Entertainment: Norm
& The Golden Aces
(GR)



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10:00am Strength 27
Straining (GR)
10:45am Hymn
Singing (GR)

2:00pm Happy Hour
Social (GR)



2:30pm Bingo (GR)



10:00am Chair 28
Cardio (GR)
10:45am Hymn
Singing (GR)

2:00pm Did You
Know? All About
Birds (GR)



10:00am Chair 29
Yoga & Guided
Meditation (GR)

2:00pm Men's Club
(PR)



2:00pm Alligator
Snap (GR)



10:00am Chair 30
Dancing: Jive
(GR)
10:45am Hymn
Singing (GR)

2:00pm Resident
Birthday Party &
Bingo (GR)



10:00am Core & 31
Balance (GR)
10:45am Hymn
Singing (GR)

2:00pm
Entertainment:
DonLin Country (GR)



GR- Great Room

H1- House 1

H2- House 2

H3- House 3

H4- House 4

H5- House 5

H6- House 6

PR- Poker Room-
House 4