no

| **SUN** | **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Happy Birthday**  **Deborah W. 1/1**  **Gillian R. 1/18**  **Joan B. 1/31**  **Please note**  **Activities are subject to change without notice** | **Spiritual Support**  ***=violet typeface***  **Creative Expression**  ***= green typeface***  **Physical Fitness:**  ***= red typeface***  **Brain Fitness:**  ***= blue typeface***  **Entertainers**  **= *BOLD typeface*** |  |  | **1 NEW YEAR’S DAY**  **Happy Birthday Deborah**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Bingo & Mont  2:30 Snack & Hydrate  2:45 Doc. & Mont.  3:15 1 on 1 & Mont.  4:00 Coloring Hour  **6:30 Evening Film** | **2**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Creative Movement  11:00 Daily Chronicle  1:30 Expressive Art  2:30 Snack & Hydrate  2:45 Doc. & Mont.  3:00 Ballet Viewing  4:00 Documentary  **6:30 Evening Film** |
| **3**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Bingo & Mont  2:30 Snack & Hydrate  2:45 Dance Doc & Mont.  3:15 Walk N Roll  4:00 I Love Lucy  **6:30 Evening Film** | **4**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Floor Game  2:00 Coloring Hour  2:30 Snack & Hydrate  2:45 Music Doc & Mont.  3:15 1 on 1 & Mont.  4:00 Music Meditation  **6:30 Evening Film** | **5**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Collective Cooking  2:30 Snack & Hydrate  2:45 Funny Doc. & Mont.  3:15 Walk N Roll 1 on 1  4:00 Trivia with Michelle  **6:30 Evening Film** | **6**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Expressive Art  2:30 Snack & Hydrate  2:45 Animal Doc & Mont.  3:15 Spa Day with Erika  3:15 1 on 1 & Mont.  4:00 Music Hour  **6:30 Evening Film** | **7**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Mani & TV Series  2:30 Snack & Hydrate  2:45 Travel Doc. & Mont.  3:15 1 on 1 & Mont.  4:00 Live Music  **6:30 Evening Film** | **8**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Bingo & Mont  2:30 Snack & Hydrate  2:45 Doc. & Mont.  3:15 1 on 1 & Mont.  4:00 Coloring Hour  **6:30 Evening Film** | **9**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Creative Movement  11:00 Daily Chronicle  1:30 Expressive Art  2:30 Snack & Hydrate  2:45 Doc. & Mont.  3:00 Ballet Viewing  4:00 Documentary  **6:30 Evening Film** |
| **10**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Bingo & Mont  2:30 Snack & Hydrate  2:45 Dance Doc & Mont.  3:15 Walk N Roll  4:00 I Love Lucy  **6:30 Evening Film** | **11 Travel to Iceland**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  10:00 Daily Chronicle  1:30 Floor Game  2:00 Expressive Art  2:30 Snack & Hydrate  2:45 Music Doc & Mont.  3:15 1 on 1 & Mont.  4:00 Music Meditation  **6:30 Evening Film** | **12**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Collective Cooking  2:30 Snack & Hydrate  2:45 Funny Doc. & Mont.  3:15 Walk N Roll 1 on 1  4:00 Poetry with Michelle  **6:30 Evening Film** | **13**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Expressive Art  2:30 Snack & Hydrate  2:45 Animal Doc & Mont.  3:15 Spa Day with Erika  3:15 1 on 1 & Mont.  4:00 Music Hour  **6:30 Evening Film** | **14**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Mani & TV Series  2:30 Snack & Hydrate  2:45 Travel Doc. & Mont.  3:15 1 on 1 & Mont.  4:00 Live Music  **6:30 Evening Film** | **15**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Bingo & Mont  2:30 Snack & Hydrate  2:45 Doc. & Mont.  3:15 1 on 1 & Mont.  4:00 Coloring Hour  **6:30 Evening Film** | **16**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Creative Movement  11:00 Daily Chronicle  1:30 Expressive Art  2:30 Snack & Hydrate  2:45 Doc. & Mont.  3:00 Ballet Viewing  4:00 Documentary  **6:30 Evening Film** |
| **17**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Bingo & Mont  2:30 Snack & Hydrate  2:45 Dance Doc & Mont.  3:15 Walk N Roll  4:00 I Love Lucy  **6:30 Evening Film** | **18 MLK Jr. DAY**  **Travel to Alaska**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:15 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Floor Game  2:00 Coloring Hour  2:30 Snack & Hydrate  2:45 Music Doc & Mont.  3:15 1 on 1 & Mont.  4:00 Coloring Hour  **6:30 Evening Film** | **19**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Collective Cooking  2:30 Snack & Hydrate  2:45 Funny Doc. & Mont.  3:15 Walk N Roll 1 on 1  4:00 Trivia with Michelle  **6:30 Evening Film** | **20**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Expressive Art  2:30 Snack & Hydrate  2:45 Animal Doc & Mont.  3:15 Spa Day with Erika  3:15 1 on 1 & Mont.  4:00 Music Hour  **6:30 Evening Film** | **21**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Mani & TV Series  2:30 Snack & Hydrate  2:45 Travel Doc. & Mont.  3:15 1 on 1 & Mont.  4:00 Live Music  **6:30 Evening Film** | **22**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Bingo & Mont  2:30 Snack & Hydrate  2:45 Doc. & Mont.  3:15 1 on 1 & Mont.  4:00 Coloring Hour  **6:30 Evening Film** | **23**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Creative Movement  11:00 Daily Chronicle  1:30 Expressive Art  2:30 Snack & Hydrate  2:45 Doc. & Mont.  3:00 Ballet Viewing  4:00 Documentary  **6:30 Evening Film** |
| **24**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Bingo & Mont  2:30 Snack & Hydrate  2:45 Dance Doc & Mont.  3:15 Walk N Roll  4:00 I Love Lucy  **6:30 Evening Film** | **25**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:15 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Floor Game  2:00 Expressive Art  2:30 Snack & Hydrate  2:45 Music Doc & Mont.  3:15 1 on 1 & Mont.  4:00 Coloring Hour  **6:30 Evening Film** | **26**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Collective Cooking  2:30 Snack & Hydrate  2:45 Funny Doc. & Mont.  3:15 Walk N Roll 1 on 1  4:00 Poetry with Michelle  **6:30 Evening Film** | **27**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Expressive Art  2:30 Snack & Hydrate  2:45 Animal Doc & Mont.  3:15 Spa Day with Erika  3:15 1 on 1 & Mont.  4:00 Music Hour  **6:30 Evening Film** | **28**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Mani & TV Series  2:30 Snack & Hydrate  2:45 Travel Doc. & Mont.  3:15 1 on 1 & Mont.  4:00 Live Music  **6:30 Evening Film** | **29**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Bingo & Mont  2:30 Snack & Hydrate  2:45 Doc. & Mont.  3:15 1 on 1 & Mont.  4:00 Coloring Hour  **6:30 Evening Film** | **30**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Creative Movement  11:00 Daily Chronicle  1:30 Expressive Art  2:30 Snack & Hydrate  2:45 Doc. & Mont.  3:00 Ballet Viewing  4:00 Documentary  **6:30 Evening Film** |
| **31**  9:00 Walk N Roll 1 on 1  9:30 Current Events  10:00 Music Hour  10:30 Sit & Be Fit  11:00 Daily Chronicle  1:30 Bingo & Mont  2:30 Snack & Hydrate  2:45 Dance Doc & Mont.  3:15 Walk N Roll  4:00 I Love Lucy  **6:30 Evening Film** |