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 Events10:00 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Bingo & Mont2:30 Snack & Hydrate2:45 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 Events10:00 Music Hour 10:30 Creative Movement 11:00 Daily Chronicle 1:30 Expressive Art2:30 Snack & Hydrate2:45 Doc. & Mont.3:00 Ballet Viewing4:00 Documentary **6:30 Evening Film**  |
| **3**9:00 Walk N Roll 1 on 1 9:30 Current Events10:00 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Bingo & Mont2:30 Snack & Hydrate2:45 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 Fit11:00 Daily Chronicle 1:30 Floor Game2:00 Coloring Hour2:30 Snack & Hydrate2:45 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 Events10:00 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Collective Cooking2:30 Snack & Hydrate2:45 Funny Doc. & Mont.3:15 Walk N Roll 1 on 14:00 Trivia with Michelle**6:30 Evening Film** | **6**9:00 Walk N Roll 1 on 1 9:30 Current Events10:00 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Expressive Art2:30 Snack & Hydrate2:45 Animal Doc & Mont.3:15 Spa Day with Erika3:15 1 on 1 & Mont.4:00 Music Hour**6:30 Evening Film** | **7** 9:00 Walk N Roll 1 on 1 9:30 Current Events10:00 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Mani & TV Series2:30 Snack & Hydrate2:45 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 Events10:00 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Bingo & Mont2:30 Snack & Hydrate2:45 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 Events10:00 Music Hour 10:30 Creative Movement 11:00 Daily Chronicle 1:30 Expressive Art2:30 Snack & Hydrate2:45 Doc. & Mont.3:00 Ballet Viewing4:00 Documentary **6:30 Evening Film**  |
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| **17** 9:00 Walk N Roll 1 on 1 9:30 Current Events10:00 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Bingo & Mont2:30 Snack & Hydrate2:45 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 Events10:15 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Floor Game2:00 Coloring Hour2:30 Snack & Hydrate2:45 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 Events10:00 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Collective Cooking2:30 Snack & Hydrate2:45 Funny Doc. & Mont.3:15 Walk N Roll 1 on 14:00 Trivia with Michelle**6:30 Evening Film** | **20**9:00 Walk N Roll 1 on 1 9:30 Current Events10:00 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Expressive Art2:30 Snack & Hydrate2:45 Animal Doc & Mont.3:15 Spa Day with Erika3:15 1 on 1 & Mont.4:00 Music Hour**6:30 Evening Film** | **21** 9:00 Walk N Roll 1 on 1 9:30 Current Events10:00 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Mani & TV Series2:30 Snack & Hydrate2:45 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 Events10:00 Music Hour 10:30 Sit & Be Fit11:00 Daily Chronicle 1:30 Bingo & Mont2:30 Snack & Hydrate2:45 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 Events10:00 Music Hour 10:30 Creative Movement 11:00 Daily Chronicle 1:30 Expressive Art2:30 Snack & Hydrate2:45 Doc. & Mont.3:00 Ballet Viewing4:00 Documentary **6:30 Evening Film**  |
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