

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day 10:00 Morning Exercise FR 10:45 January Trivia FR 11:00 Hymn Singing FR 2:00 Bingo DR 3:00 Scenic Drive BT Nail Spa Time– All Day	2 10:00 Morning Exercise FR 10:45 January Words FR 3:00 Winter Adult Coloring Page DR 3:00 Beach Ball Toss DR 6:30 Worship Service w/ Duane	3 10:00 Morning Exercise FR 10:45 New Year's Trivia FR DR 2:00 Yoga & Chair Exercises w/ Denise FR 3:00 Snacktivity DR DR	4 10:00 Morning Exercise FR 10:45 New Year's Crossword FR 2:00 Let it Snow Craft DR 3:00 Beach Ball Toss FR 7:00 Wheel of Fortune FR	5 10:00 Morning Exercise FR 10:30 Scenic Drive BT 2:00 Bingo DR 3:30 Noodle Ball FR 4:00 Movie Night FR	6 10:00 Morning Exercise FR 10:30 Morning Surf FR 2:00 Saturday Matinee FR 3:00 Balloon Volleyball DR 4:00 Relaxing Music Hour FR
7 10:00 Morning Exercise FR 10:45 Brain Fitness FR 3:00 Balloon Volleyball FR 6:45 Speak Life Comm. Church FR	8 10:00 Morning Exercise FR 10:45 Auld Lang Syne Fill in the Blank FR 11:00 Hymn Singing FR 2:00 Bingo DR 3:00 Scenic Drive BT Nail Spa Time– All Day	9 10:00 Morning Exercise FR 10:45 Words of Winter FR 2:00 Winter Centerpiece Craft DR FR 3:00 Beach Ball Toss DR 6:30 Worship Service w/ Duane	10 10:00 Morning Exercise FR 10:45 Winter Pictionary FR 11:00 Ladies Lunch Out BT 2:00 Yoga & Chair Exercise w/ Denise FR 3:00 Snacktivity DR DR	11 10:00 Morning Exercise FR 10:45 Brainteasers FR 2:00 Beaded Snowflake Craft DR 3:00 Beach Ball Toss FR 7:00 Wheel of Fortune FR	12 10:00 Morning Exercise FR 2:00 Allegro Music Therapy FR 3:00 Monthly Birthday Party DR 4:00 Movie Night FR	13 10:00 Morning Exercise FR 10:30 Morning Surf FR 2:00 Saturday Matinee FR 5:00 Dining Setup DR
14 10:00 Morning Exercise FR 10:45 Brain Fitness FR 3:00 Table Ball FR 6:30 Gaither Video	15 Martin Luther King Jr. Day 10:00 Morning Exercise FR 10:45 MLK Trivia FR 11:00 Hymn Singing FR 2:00 Bingo DR 3:00 Beach Ball Toss FR Nail Spa Time– All Day	16 10:00 Morning Exercise FR 10:45 Royal Quiz FR 2:00 Armchair Travel: England FR 3:00 Puzzles DR 6:30 Worship Service w/ Duane	17 10:00 Morning Exercise FR 10:45 Common Sayings FR 2:00 Yoga & Chair Exercises w/ Denise FR 3:00 Snacktivity 3:30 Walking Club H 7:00 Chicken soup for the soul	18 10:00 Morning Exercise FR 10:45 Sing-A-Long FR 2:00 Snowflake Garden Craft DR 3:00 Beach Ball Toss FR 7:00 Wheel of Fortune FR	19 10:00 Morning Exercise FR 10:30 Scenic Drive BT 2:00 Bingo DR 3:00 Resident Council 4:00 Movie Night FR	20 10:00 Morning Exercise FR 10:30 Morning Surf 2:00 Saturday Matinee FR 3:00 Beach Ball Toss DR 4:00 Relaxing Music Hour
21 10:00 Morning Exercise FR 10:45 Brain Fitness FR 3:00 Worship 6:30 Gaither Video	22 10:00 Morning Exercise FR 10:45 Brain Fitness 11:00 Hymn Singing FR 2:00 Bingo DR 3:00 Scenic Drive BT Nail Spa Time– All Day	23 10:00 Morning Exercise FR 10:30 Salvation Army 3:00 Noodle Ball DR 6:30 Worship Service w/ Duane	24 10:00 Morning Exercise FR 2:00 Yoga & Chair Exercises w/ Denise FR 3:00 Snacktivity DR 3:30 Walking Club H 7:00 Chicken soup for the soul	25 10:00 Morning Exercise FR 10:45 State Trivia FR 2:00 Winter Sponge Painting DR 3:00 Beach Ball Toss FR 7:00 Wheel of Fortune FR	26 10:00 Morning Exercise FR 10:45 Music Trivia FR 3:30 Bingo DR 4:00 Movie Night FR	27 10:00 Morning Exercise FR 10:30 Morning Surf FR 2:00 Saturday Matinee FR 3:00 Noodle Ball DR 4:00 Relaxing Music Hour FR
28 10:00 Morning Exercise FR 10:45 Brain Fitness FR 3:30 Noodle Ball FR 6:30 Gaither Video	29 10:00 Morning Exercise FR 10:45 Trivia FR 11:00 Hymn Singing FR 2:00 Bingo DR Nail Spa Time– All Day	30 10:00 Morning Exercise FR 10:45 Brain Teasers 2:00 Tea Party FR 3:00 Winter Adult Coloring Page DR 6:30 Worship Service w/ Duane	31 10:00 Morning Exercise FR 1:30pm Men's Outing to WNC Air Museum BT 2:00 Yoga & Chair Exercises w/ Denise FR 3:00 Snacktivity 3:30 Walking Club H	<u>Location Key</u> FR– Family Room DR– Dining Room DD– Dogwood Dining Room BT–Bus Trip (All outings are in red) O–Outside	**All Activities are Subject to Change**	