

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Happy Birthday Claudia Lane! 1/20</p>	<p>1</p> <p>Chair Warm Ups Kickball Bean bag Toss Balloon Volleyball Game of Categorizing Plaza Walking Club Music w/ Bob Phillips Pop Movie</p>	<p>2</p> <p>Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p) Bowling Black & White Movie</p>	<p>3</p> <p>Balance & Movement Instrumental Vowels Soccer Ball Kick Cooking Inspiration Happy Hour w/ Stefani Novel Reading Club</p>	<p>4</p> <p>Rise the Rate Plaza Walking Club Historical Events Art Appreciation Hairstyling w/ Staff Bingo</p>	<p>5</p> <p>Daily Chronicle Cooking Inspiration Snack Shack Balloon Volleyball Gather!</p>	<p>6</p> <p>Coffee & Chat Saturday Newspaper World Trivia Society Bingo Puzzles & Pondering Classic Movie</p>
<p>7</p> <p>Coffee & Chat Weekly Inspirations Watercolor Painting Easy Sunday Matinee Plaza Walking Club (2p) Scenic Drive One-on-One</p>	<p>8</p> <p>Chair Warm Ups Kickball Bean bag Toss Balloon Volleyball Game of Categorizing Plaza Walking Club Music w/ Bob Phillips Pop Movie</p>	<p>9</p> <p>Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p) Bowling Black & White Movie</p>	<p>10</p> <p>Balance & Movement (11:30) Scenic Drive Soccer Ball Kick Cooking Inspiration Happy Hour w/ Lee Durley Novel Reading Club</p>	<p>11</p> <p>Rise the Rate Plaza Walking Club Historical Events Art Appreciation Hairstyling w/ Staff Bingo</p>	<p>12</p> <p>Daily Chronicle Cooking Inspiration Snack Shack Balloon Volleyball Gather! Plaza Walking Club</p>	<p>13</p> <p>Coffee & Chat Saturday Newspaper World Trivia Bingo Puzzles & Pondering Classic Movie</p>
<p>13</p> <p>Coffee & Chat Weekly Inspirations Watercolor Painting Easy Sunday Matinee Plaza Walking Club (2p) Scenic Drive Gentle Stretching</p>	<p>14</p> <p>Chair Warm Ups Kickball Bean bag Toss Balloon Volleyball Game of Categorizing Plaza Walking Club Music w/ Bob Phillips Pop Movie</p>	<p>15</p> <p>Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p) Bowling Black & White Movie</p>	<p>16</p> <p>Balance & Movement (11:30) Scenic Drive Soccer Ball Kick Cooking Inspiration Happy Hour w/ Stefani Novel Reading Club</p>	<p>17</p> <p>Rise the Rate Plaza Walking Club Historical Events Art Appreciation Hairstyling w/ Staff Bingo</p>	<p>18</p> <p>Daily Chronicle Cooking Inspiration Snack Shack Balloon Volleyball Gather! Plaza Walking Club</p>	<p>19</p> <p>Coffee & Chat Saturday Newspaper World Trivia Bingo Puzzles & Pondering Classic Movie</p>
<p>20</p> <p>Coffee & Chat Weekly Inspirations Watercolor Painting Easy Sunday Matinee Plaza Walking Club No Scenic Drive Gentle Stretching</p>	<p>21</p> <p>Chair Warm Ups Kickball Bean bag Toss Balloon Volleyball Game of Categorizing Plaza Walking Club Music w/ Bob Phillips Pop Movie</p>	<p>22</p> <p>Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p) Bowling Black & White Movie</p>	<p>23</p> <p>Balance & Movement (11:30) Scenic Drive Soccer Ball Kick Cooking Inspiration Happy Hour w/ Lee Durley Novel Reading Club</p>	<p>24</p> <p>Rise the Rate Plaza Walking Club Historical Events Art Appreciation Hairstyling w/ Staff Bingo</p>	<p>25</p> <p>Daily Chronicle Cooking Inspiration Snack Shack Balloon Volleyball Plaza Walking Club</p>	<p>26</p> <p>Coffee & Chat Saturday Newspaper World Trivia Bingo Puzzles & Pondering Classic Movie</p>
<p>27</p> <p>Coffee & Chat Weekly Inspirations Watercolor Painting Easy Sunday Matinee Plaza Walking Club (2p) Scenic Drive Gentle Stretching</p>	<p>28</p> <p>Chair Warm Ups Kickball Bean bag Toss Balloon Volleyball Game of Categorizing Plaza Walking Club Music w/ Bob Phillips Pop Movie</p>	<p>29</p> <p>Sit & Be Fit Arts & Crafts Hand Massages <i>No-Bake Cookies</i> Snack Shack Bowling Black & White Movie</p>	<p>30</p> <p>Balance & Movement (11:30) Lunch Box Outing Soccer Ball Kick Cooking Inspiration Social Happy Hour Novel Reading Club</p>	<p>31</p> <p>Rise the Rate Plaza Walking Club Historical Events Art Appreciation Hairstyling w/ Staff Bingo</p>	<p>5 Reasons to Enjoy January</p> <ol style="list-style-type: none"> 1. Hot Chocolate 2. Cozy Sweaters 3. Football Season 4. Snow-capped mountains 5. The beginning of a brand New Year!  	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:15 Fitness w/ Wendy 10:00 Shop Serendipity 11:00 <u>Veteran's Coffee & Chat</u> 12:30 New Beginnings w/ Mick 2:00 Music w/ Bob Phillips 7:00 Evening Movie	2 9:45 Morning Exercise 10:30 Documentary Movie 11:00 Tai Chi 1:00 Shop Pacific Grove 2:00 What's Cooking 4:00 Social Happy Hour	3 9:15 Fitness w/ Wendy 10:00 Catholic Service 11:00 Lunch Box Outing 1:00 Bridge 2:30 Yoga w/ Mae 3:00 Mini Manicures 4:00 Happy Hour w/ Mike Noonan	4 9:45 Morning Exercise 10:00 Shop Serendipity 11:00 Dominoes 1:00 Bookmobile 3:00 Curtain Call 4:00 Happy Hour w/ Ben Herod	5 9:15 Fitness w/ Wendy 11:00 Line Dancing 3:00 Build-A-Sandwich 3:15 Popcorn & Chat 4:00 Music w/ Jackson & Georgette 7:00 Evening Movie	6 9:30 Mental Gym 9:45 Chair Exercise 10:00 <i>Shop Carmel</i> 1:00 <i>Shop Monterey</i> 2:00 Knitting w/ Mrs. Torres 3:00 Bingo 7:00 Evening Movie
	7 7:30a-1:00 <i>Church Transportation</i> 12:30 Matinee Movie	8 9:15 Fitness w/ Wendy 10:00 Shop Serendipity 12:30 New Beginnings w/ Mick 2:00 Music w/ Bob Phillips 7:00 Evening Movie	9 9:45 Morning Exercise 10:30 Documentary Movie 11:00 Tai Chi 1:00 Shop Carmel 2:00 What's Cooking 3:00 <u>History Talks w/ Pat</u> 4:00 Social Happy Hour	10 9:15 Fitness w/ Wendy 10:00 Catholic Service 2:30 Yoga w/ Mae 3:00 Mini Manicures 4:00 Happy Hour w/ Lee Durley	11 9:00 B/P & Hearing check 10:00 Shop Serendipity 1:00 Bookmobile 3:00 Curtain Call 4:00 Happy Hour w/ Jack-Banjo 7pm-9pm Caligraphy Guild	12 9:15 Fitness w/ Wendy 11:00 Line Dancing 3:00 Build-A-Sandwich 3:15 Popcorn & Chat 4:00 Music w/ Jackson & Georgette 7:00 Evening Movie
14 7:30a-1:00 <i>Church Transportation</i> 12:30 Matinee Movie 1:15 Music w/ Christian Hymns	15 9:15 Fitness w/ Wendy 10:00 Shop Serendipity 12:30 New Beginnings w/ Mick 2:00 Music w/ Bob Phillips 7:00 Evening Movie	16 9:45 Morning Exercise 11:00 Documentary Movie 11:00 Tai Chi 1:00 Shop Marina/Sand City 2:00 What's Cooking 4:00 <u>New Resident Meet & Greet</u>	17 9:15 Fitness w/ Wendy 10:00 Catholic Service 1:00 Bridge 2:30 Yoga w/ Mae 3:00 Mini Manicures 4:00 Happy Hour w/ Ben Herod	18 9:45 Morning Exercise 10:00 Shop Serendipity 11:00 <i>Tour KSBW</i> 1:00 Bookmobile 2:00 <u>Chef Chat</u> 3:00 Curtain Call 4:00 Happy Hour w/ Mike Noonan	19 9:15 Fitness w/ Wendy 11:00 Line Dancing 3:00 Build-A-Sandwich 3:30 Popcorn & Chat 4:00 Music w/ Jackson & Georgette 7:00 Evening Movie	20 9:30 Mental Gym 9:45 Chair Exercise 10:00 <i>Shop Carmel</i> 1:00 <i>Shop Monterey</i> 2:00 Knitting w/ Mrs. Torres 3:00 Bingo 7:00 Evening Movie
21 7:30a-1:00 <i>Church Transportation</i> 12:30 Matinee Movie	22 9:15 Fitness w/ Wendy 10:00 Shop Serendipity 12:30 New Beginnings w/ Mick 2:00 Music w/ Bob Phillips 3:00 <u>Program Chat</u> 7:00 Evening Movie	23 9:45 Morning Exercise 11:00 Documentary Movie 11:00 Tai Chi 1:00 Shop Monterey 2:00 <u>Health & Vitality Lecture Series</u> 4:00 Social Happy Hour	24 9:15 Fitness w/ Wendy 10:00 Catholic Service 1:00 Bridge 2:30 Yoga 3:00 Community Town Hall 4:00 Happy Hour w/ Lee Durley	25 9:00 B/P & Hearing check 10:00 Shop Serendipity 1:00 Bookmobile 2:00 AL Town Hall 3:00 Curtain Call 4:00 Happy Hour w/ Nick Williams	26 9:15 Fitness w/ Wendy 11:00 Line Dancing 11:30 <u>Restaurant Outing</u> 3:00 Build-A-Sandwich 3:30 Popcorn & Chat 4:00 Music w/ Jackson & Georgette 7:00 Evening Movie	27 9:30 Mental Gym 9:45 Chair Exercise 10:00 <i>Shop Carmel</i> 1:00 <i>Shop Monterey</i> 2:00 Hot Chocolate Social 3:00 Bingo 7:00 Evening Movie
28 7:30a-1:00 <i>Church Transportation</i> 12:30 Matinee Movie 4:00 Musical Tunes	29 9:15 Fitness w/ Wendy 10:00 Shop Serendipity 12:30 New Beginnings w/ Mick 2:00 Music w/ Bob Phillips 7:00 Evening Movie	30 9:00 <i>MST Travel Training to Del Monte Shopping Center</i> 9:45 Morning Exercise 11:00 Documentary Movie 11:00 Tai Chi 2:00 What's Cooking 4:00 Social Happy Hour	31 9:15 Fitness w/ Wendy 10:00 Catholic Service 1:00 Bridge 2:30 Yoga 3:00 Mini Manicures 4:00 Happy Hour w/ Horse Heaven	<div>  </div>		For recaps of our activities and events