Heritage Springs

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day 1 9:30 KW Scenic Bus Ride 9:30 Healthy Fitness/ Move to the Beat 10:00 Daily Chronicles **10:30 Story Time w/ Cathie** 1:30 Active Stations w/ popcorn **3:00 Parachute Trivia** 6:00 Evening Matinee & Snacks	2 9:30 Moving and Grooving/ exercise 10:00 Daily Chronicles **10:30 Story Time w/ Cathie** **3:00 Karaoke/ Happy Hour** **6:00 Evening Matinee & Popcorn**	**National Chocolate Covered Cherry Day** 3 9:30 Healthy Fitness/ Move to the Beat 10:00 Daily Chronicles **1:00 Enjoy Chocolate covered Cherries** 1:30 Armchair Travel & popcorn **3:30 Parachute & Sing - Along** 6:30 Thursday Night Matinee	4 9:30 Moving and Grooving Exercise/ Current Events 10:00 Daily Chronicle **10:30 Creative Crafts w/ Cathie** **1:30 Parachute ... What State Are We In? & popcorn** 2:30 Active Stations 6:30 Friday Night Musical & popcorn	**National Whipped Cream Day!** 5 9:30 Stretch and Flex 10:00 Daily Chronicles 10:30 Crafters' Corner **1:00 Healthy Nails: Nail Care** **1:30 Make homemade Whipped Cream** 3:00 Sing - Along **6:00 Comedy Hour & popcorn**
6 **9:15 VB Fellowship Service** **10:00 Catholic Service** **1:00 '40s/'50s trivia & popcorn** 3:00 Evening Stretch 6:00 Sunday Night Matinee/ Football & popcorn	7 **9:30 Healthy Stretch/ move to the Beat** **10:00 Morning Bingo** 10:30 Story Time w/ Cathy 1:30 Popcorn & GSN **3:00 Sensory Activity** **6:00 Monday Night Bowling & popcorn**	8 9:30 Healthy Fitness/ Move to the Beat 9:30 KW Scenic Bus Ride 10:00 Daily Chronicles **10:30 Story Time w/ Cathie** 1:30 Active Stations w/ popcorn **3:00 Parachute Trivia** 6:00 Evening Matinee & Snacks	9 9:30 Moving and Grooving/ exercise 10:00 Daily Chronicles **10:30 Story Time w/ Cathie** **3:00 Karaoke/ Happy Hour** **6:00 Evening Matinee & Popcorn**	10 9:30 Healthy Fitness/ Move to the Beat 10:00 Daily Chronicles **10:30 Drums in Motion** 1:30 Armchair Travel & popcorn **3:30 Parachute & Sing - Along** 6:30 Thursday Night Matinee	**National Milk Day!** 11 9:30 Moving and Grooving Exercise/ Current Events 10:00 Daily Chronicle **10:30 Creative Crafts w/ Cathie** **1:00 Enjoy Flavored milk!** **1:30 Parachute ... What State Are We In? & popcorn** 2:30 Active Stations 6:30 Friday Night Musical & popcorn	12 9:30 Stretch and Flex 10:00 Daily Chronicles 10:30 Crafters' Corner **1:00 Healthy Nails: Nail Care** 3:00 Sing - Along **6:00 Comedy Hour & popcorn**
National Sticker Day! 13 **9:15 VB Fellowship Service** **10:00 Catholic Service** **1:00 '40s/'50s trivia & popcorn** **1:00 Make a Sticker Collage & have popcorn** 3:00 Evening Stretch 6:00 Sunday Night Matinee/ Football & popcorn	14 **9:30 Healthy Stretch/ move to the Beat** **10:00 Morning Bingo** 10:30 Story Time w/ Cathy 1:30 Popcorn & GSN **3:00 Sensory Activity** **6:00 Monday Night Bowling & popcorn**	**National Hat Day! (Wear Your Favorite Hat)** 15 9:30 Healthy Fitness/ Move to the Beat 9:30 KW Scenic Bus Ride 10:00 Daily Chronicles **10:30 Story Time w/ Cathie** 1:30 Active Stations w/ popcorn **3:00 Parachute Trivia** 6:00 Evening Matinee & Snacks	16 9:30 Moving and Grooving/ exercise 10:00 Daily Chronicles **10:30 Story Time w/ Cathie** **3:00 Karaoke/ Happy Hour** **6:00 Evening Matinee & Popcorn**	17 9:30 Healthy Fitness/ Move to the Beat 10:00 Daily Chronicles 1:30 Armchair Travel & popcorn **3:30 Parachute & Sing - Along** 6:30 Thursday Night Matinee	18 9:30 Moving and Grooving Exercise/ Current Events 10:00 Daily Chronicle **10:30 Creative Crafts w/ Cathie** **1:30 Parachute ... What State Are We In? & popcorn** 2:30 Active Stations 6:30 Friday Night Musical & popcorn	19 9:30 Stretch and Flex 10:00 Daily Chronicles 10:30 Crafters' Corner **1:00 Healthy Nails: Nail Care** 3:00 Sing - Along **6:00 Comedy Hour & popcorn**
Lillian's Birthday 20 **9:15 VB Fellowship Service** **10:00 Catholic Service** **1:00 '40s/'50s trivia & popcorn** 3:00 Evening Stretch 6:00 Sunday Night Matinee/ Football & popcorn	**Martin Luther King Jr. Day** 21 **9:30 Healthy Stretch/ move to the Beat** **10:00 Morning Bingo** 10:30 Story Time w/ Cathy **1:00 Martin Luther King Word Search and Color!** 1:30 Popcorn & GSN **3:00 Sensory Activity** **6:00 Monday Night Bowling & popcorn**	22 9:30 Healthy Fitness/ Move to the Beat 9:30 KW Scenic Bus Ride 10:00 Daily Chronicles **10:30 Story Time w/ Cathie** 1:30 Active Stations w/ popcorn **3:00 Parachute Trivia** 6:00 Evening Matinee & Snacks	**National Pie Day!/ National Handwriting Day!** 23 9:30 Moving and Grooving/ exercise 10:00 Daily Chronicles **10:30 Story Time w/ Cathie** **1:00 Enjoy Pie and Write our Names!!!** **3:00 Karaoke/ Happy Hour** **6:00 Evening Matinee & Popcorn**	24 9:30 Healthy Fitness/ Move to the Beat 10:00 Daily Chronicles **10:30 Drums in Motion** 1:30 Armchair Travel & popcorn **3:30 Parachute & Sing - Along** 6:30 Thursday Night Matinee	25 9:30 Moving and Grooving Exercise/ Current Events 10:00 Daily Chronicle **10:30 Creative Crafts w/ Cathie** **1:30 Parachute ... What State Are We In? & popcorn** 2:30 Active Stations 6:30 Friday Night Musical & popcorn	26 9:30 Stretch and Flex 10:00 Daily Chronicles 10:30 Crafters' Corner **1:00 Healthy Nails: Nail Care** 3:00 Sing - Along **6:00 Comedy Hour & popcorn**
27 **9:15 VB Fellowship Service** **10:00 Catholic Service** **1:00 '40s/'50s trivia & popcorn** 3:00 Evening Stretch 6:00 Sunday Night Matinee/ Football & popcorn	28 **9:30 Healthy Stretch/ move to the Beat** **10:00 Morning Bingo** 10:30 Story Time w/ Cathy 1:30 Popcorn & GSN **3:00 Sensory Activity** **6:00 Monday Night Bowling & popcorn**	**National Puzzle Day!** 29 9:30 KW Scenic Bus Ride 9:30 Healthy Fitness/ Move to the Beat 10:00 Daily Chronicles **10:30 Story Time w/ Cathie** 1:30 Active Stations w/ popcorn **3:00 Parachute Trivia** 6:00 Evening Matinee & Snacks	30 9:30 Moving and Grooving/ exercise 10:00 Daily Chronicles **10:30 Story Time w/ Cathie** **3:00 Karaoke/ Happy Hour** **6:00 Evening Matinee & Popcorn**	**Inspire Your Heart With Art Day!** 31 9:30 Healthy Fitness/ Move to the Beat 10:00 Daily Chronicles 1:30 Armchair Travel & popcorn **3:30 Parachute & Sing - Along** 6:30 Thursday Night Matinee		

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