




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Every Day</b></p> <p><b>9 AM</b></p> <p><b>Good Morning!</b></p> <p><b>3 PM</b></p> <p><b>Refreshments &amp; Snack Time</b></p>	<p><b>Special Days in January</b></p> <p><b>January 1st</b> New Year's Day</p> <p><b>January 17th</b> Ben Franklin's Birthday</p> <p><b>January 21st</b> Martin Luther King Jr. Day</p>	<p><b>1</b> <b>New Year's Day</b></p> <p>9:30 Sit and Be Fit 10:00 Tennis Game <b>10:30 Reading Club</b> 11:00 Toss Game 1:30 Mental Fitness <b>2:30 Music Exploration W/Lior</b> 3:30 Chat Room/Stroll Outdoors <b>4:00 Exercise</b> 6:00 Movie</p>	<p><b>2</b></p> <p>9:30 Chair Fitness 10:00 Trivia <b>1:30 Joy Ride/Booster Club</b> 2:30 Sing-A-Long <b>3:00 Happy Hour</b> 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p><b>3</b></p> <p>9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades <b>11:00 YouTube Concert</b> 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p><b>4</b></p> <p>9:30 Chair Fitness <b>10:00 Ball Game</b> 10:30 Bowling 11:00 Trivia <b>1:30 Math Game</b> 2:00 Sing a Long 3:30 <b>Linda Lenke - Sing A Long</b> 4:00 Sit and Be Fit <b>6:00 Film-Musical</b></p>	<p><b>5</b></p> <p>9:30 Sit &amp; Be Fit <b>10:00 Ball Game</b> 10:30 Table Talk 11:00 Bean Bag 1:30 Bingo <b>2:30 Arm Chair Travel</b> 3:30 Trivia/Outdoor Stroll 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>
<p><b>6</b></p> <p>9:30 Chair Fitness 10:00 Ring Toss <b>10:30 Pet Talk</b> <b>11:00 Spiritual Sing-Along</b> 1:30 Art Class 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>	<p><b>7</b></p> <p>9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers <b>11:00 Drumming</b> 1:30 Acting Class 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light &amp; Lively Workout 6:00 Film-Comedy</p>	<p><b>8</b></p> <p>9:30 Sit and Be Fit 10:00 Tennis Game 11:00 Toss Game <b>1:30 Laughing Yoga W/Martin-</b> <b>2:30 Music Exploration W/Lior</b> 3:30 Chat Room/Stroll Outdoors <b>4:00 Exercise</b> 6:00 Movie</p>	<p><b>9</b></p> <p>9:30 Chair Fitness 10:00 Trivia 11:00 Spelling Bee <b>1:30 Joy Ride/Booster Club</b> 2:30 Sing-A-Long <b>3:00 Happy Hour</b> 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p><b>10</b></p> <p>9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades <b>11:00 YouTube Concert</b> 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p><b>11</b></p> <p>9:30 Chair Fitness <b>10:00 Ball Game</b> 10:30 Bowling 11:00 Trivia <b>1:30 Math Game</b> 2:00 Sing a Long 3:30 <b>Linda Lenke - Sing A Long</b> 4:00 Sit and Be Fit <b>6:00 Film-Musical</b></p>	<p><b>12</b></p> <p>9:30 Sit &amp; Be Fit <b>10:00 Ball Game</b> 10:30 Table Talk 11:00 Bean Bag 1:30 Bingo <b>2:30 Arm Chair Travel</b> <b>3:00 Sing a Long W/Kim</b> 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>
<p><b>13</b></p> <p>9:30 Chair Fitness 10:00 Ring Toss <b>10:30 Pet Talk</b> <b>11:00 Spiritual Sing-Along</b> 1:30 Art Class 2:30 Black Jack <b>3:30 Trivia Time/Stroll Outdoors</b> 4:00 Exercise 6:00 Film-Western</p>	<p><b>14</b></p> <p>9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers <b>11:00 Music Time</b> <b>1:30 Joy Ride/Acting Class</b> 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light &amp; Lively Workout 6:00 Film-Comedy</p>	<p><b>15</b></p> <p>9:30 Sit and Be Fit 10:00 Tennis Game <b>10:30 Reading Club</b> 11:00 Toss Game <b>1:30 Laughing Yoga W/Martin</b> <b>2:30 Music Exploration W/Lior</b> 3:30 Chat Room/Stroll Outdoors <b>4:00 Exercise</b> 6:00 Movie</p>	<p><b>16</b></p> <p>9:30 Chair Fitness 10:00 Trivia 11:00 Spelling Bee <b>1:30 Booster Club</b> <b>3:00 Happy Hour</b> 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p><b>17 Ben Franklin's Birthday</b></p> <p>9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades <b>11:00 YouTube Concert</b> 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p><b>18</b></p> <p>9:30 Chair Fitness <b>10:00 Ball Game</b> 10:30 Bowling <b>11:00 Drum Circle W/Kathy</b> <b>1:30 Math Game</b> 2:00 Sing a Long 3:30 <b>Linda Lenke - Sing A Long</b> 4:00 Sit and Be Fit <b>6:00 Film-Musical</b></p>	<p><b>19</b></p> <p>9:30 Sit &amp; Be Fit <b>10:00 Ball Game</b> 10:30 Table Talk 11:00 Bean Bag <b>1:00 Barber for the Men</b> 1:30 Piano W/ Kim <b>2:30 Arm Chair Travel</b> 3:30 Trivia/Outdoor Stroll 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>
<p><b>20</b></p> <p>9:30 Chair Fitness 10:00 Ring Toss <b>10:30 Pet Talk</b> <b>11:00 Spiritual Sing-Along</b> 1:30 Art Class 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>	<p><b>21 Martin Luther King Jr. Day</b></p> <p>9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers <b>11:00 Music Time</b> 1:30 Acting Class 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light &amp; Lively Workout 6:00 Film-Comedy</p>	<p><b>22</b></p> <p>9:30 Sit and Be Fit 10:00 Tennis 11:00 Toss Game <b>1:30 Laughing Yoga W/Martin</b> <b>2:30 Music Exploration W/Lior</b> 3:30 Chat Room/Stroll Outdoors <b>4:00 Exercise</b> 6:00 Movie</p>	<p><b>23</b></p> <p>9:30 Chair Fitness 10:00 Trivia 11:00 Spelling Bee <b>1:30 Joy Ride/ Booster Club</b> <b>3:00 Happy Hour</b> 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p><b>24</b></p> <p>9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades <b>11:00 YouTube Concert</b> 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p><b>25</b></p> <p>9:30 Chair Fitness <b>10:00 Ball Game</b> 10:30 Bowling 11:00 Trivia <b>1:30 Math Game</b> 2:00 Sing a Long 3:30 <b>Linda Lenke - Sing A Long</b> 4:00 Sit and Be Fit <b>6:00 Film-Musical</b></p>	<p><b>26</b></p> <p>9:30 Get Fit 10:00 Ball Game 10:30 Table Talk <b>11:00 Bean Bag</b> 1:30 Bingo <b>2:30 Arm Chair Travel</b> 3:30 Trivia/Outdoor Stroll 4:00 Light &amp; Lively Workout 6:00 Film-Comedy</p>
<p><b>27</b></p> <p>9:30 Chair Fitness 10:00 Ring Toss <b>10:30 Pet Talk</b> <b>11:00 Spiritual Sing-Along</b> 1:30 Art Class 2:30 Black Jack <b>3:30 Trivia Time/Stroll Outdoors</b> 4:00 Exercise 6:00 Film-Western</p>	<p><b>28</b></p> <p>9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers <b>11:00 Music Time</b> <b>1:30 Joy Ride/Acting Class</b> 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light &amp; Lively Workout 6:00 Film-Comedy</p>	<p><b>29</b></p> <p>9:30 Sit and Be Fit 10:00 Art <b>10:30 Reading Club</b> 11:00 Toss Game <b>1:30 Laughing Yoga W/Martin</b> <b>2:30 Music Exploration W/Lior</b> 3:30 Chat Room/Stroll Outdoors <b>4:00 Exercise</b> 6:00 Movie</p>	<p><b>30</b></p> <p>9:30 Chair Fitness 10:00 Trivia 11:00 Spelling Bee <b>1:30 Joy Ride/ Booster Club</b> <b>3:00 Happy Hour</b> 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p><b>31</b></p> <p>9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades <b>11:00 YouTube Concert</b> 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	 <p><b>Legacies Daily 7</b></p> <p><b>C: Cognitive, Visual, Language</b> <b>E: Exercise</b> <b>L: Life Enrichment</b> <b>M: Music</b> <b>O: Outdoors</b> <b>R: Reminiscent</b> <b>S: Social and Spiritual</b></p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Special Days in January</b>  <u>January 1st</u>  <b>New Year's Day</b>  <u>January 17th</u>  <b>Ben Franklin's Birthday</b>  <u>January 21st</u>  <b>Martin Luther King Jr. Day</b>  <i>*Activities Subject to Change, Announcement Will Be Made</i></p>	<p><b>Medical Transportation:</b>  <b>Tuesdays &amp; Thursdays</b>  <b>9am-3pm</b>  <b>W/48 hours in advance reservation at the front desk</b></p> 	<p><b>1</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:15 Biography/This Day In History-CL            11:00 News &amp; Views-CL  <b>1:00 Music Exploration W/Loir-C</b>            2:15 Snack &amp; Chat-B            3:30 Book Club-L            6:00 Movie-T</p>	<p><b>2</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-CL            10:00 Tai Chi-LR            11:00 News &amp; Views-CL  <b>11:15 Lunch Out-Sign Up</b>            1:30 Movie &amp; Popcorn-T            3:30 Hangman-AS            3:30 Chapel Service-C            6:00 Bingo-AS</p>	<p><b>3</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:00 Trivia-CL            10:30 Who Am I?-CL            11:00 News &amp; Views-CL            1:00 Scarp-Happy-AS            1:00 Movie in the Afternoon-T            2:00 You Be the Judge-AS            2:45 Brain Games-C            3:30 Religions of the World-C            6:00 Movie-T</p>	<p><b>4</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:00 Jewelry Class-AS            10:30 Music &amp; Meditation W/Yael-C            11:00 News &amp; Views-CL            1:00 "Dear Abby"-AS            1:45 Pen Pals-AS            3:00 Happy Hour-B            6:00 Movie-T</p>	<p><b>5</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:00 Brain Stumpers-CL            10:00 Morning Movie-T            11:00 News &amp; Views-CL            1:00 Movie &amp; Popcorn-T            3:15 Checkers-AS            6:00 Bingo-AS</p>
<p><b>6</b>            9:00 Sit &amp; Be Fit-C            9:00 Morning Music-T            10:00 Mind Joggers-L            10:30 Rejoice Ministries-C            11:00 News &amp; Views-L  <b>1:00 Sit &amp; Be Fit-T</b>            1:45 Sunday Matinee-T            3:30 Crosswords-C  <b>6:00 Movie-T</b></p>	<p><b>7</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:15 Trivia-CL            11:00 News &amp; Views-CL            1:00 Manicures-AS  <b>1:00 Men's Group-L</b>  <b>2:00 Joy Ride W/Jason-Sign Up</b>  <b>2:00 American History-CL</b>            3:30 Brain Games-C            6:00 Movie-T</p>	<p><b>8</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:15 Biography/This Day In History-CL            11:00 News &amp; Views-CL  <b>1:00 Music Exploration W/Loir-C</b>            2:15 Snack &amp; Chat-B            3:30 Book Club-L            6:00 Movie-T</p>	<p><b>9</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-CL            10:00 Tai Chi-LR            11:00 News &amp; Views-CL  <b>11:15 Lunch Out-Sign Up</b>            1:30 Movie &amp; Popcorn-T            3:30 Hangman-AS            3:30 Chapel Service-C            6:00 Bingo-AS</p>	<p><b>10</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:00 Trivia-CL            10:30 Who Am I?-CL            11:00 News &amp; Views-CL            1:00 Scarp-Happy-AS            1:00 Movie in the Afternoon-T            2:00 You Be the Judge-AS            2:45 Brain Games-C            3:30 Religions of the World-C            6:00 Movie-T</p>	<p><b>11</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:00 Jewelry Class-AS            10:30 Music &amp; Meditation W/Yael-C            11:00 News &amp; Views-CL            1:00 "Dear Abby"-AS            1:45 Pen Pals-AS            3:00 Birthday Bash-B            6:00 Movie-T</p>	<p><b>12</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:00 Brain Stumpers-CL            10:00 Morning Movie-T            11:00 News &amp; Views-CL            1:00 Movie &amp; Popcorn-T  <b>1:30 Laughing Yoga W/Martin-C</b>            3:15 Checkers-AS            6:00 Bingo-AS</p>
<p><b>13</b>            9:00 Sit &amp; Be Fit-C            9:00 Morning Music-T            10:00 Mind Joggers-L            10:30 Rejoice Ministries-C            11:00 News &amp; Views-L  <b>1:00 Sit &amp; Be Fit-T</b>            1:45 Sunday Matinee-T            3:30 Crosswords-C  <b>6:00 Movie-T</b></p>	<p><b>14</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:15 Trivia-CL            11:00 News &amp; Views-CL            1:00 Manicures-AS  <b>1:00 Men's Group-L</b>  <b>2:00 Joy Ride W/Jason-Sign Up</b>  <b>2:00 American History-CL</b>            3:30 Brain Games-C            6:00 Movie-T</p>	<p><b>15</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:15 Biography/This Day In History-CL            11:00 News &amp; Views-CL  <b>1:00 Music Exploration W/Loir-C</b>            2:15 Snack &amp; Chat-B            3:30 Book Club-L            6:00 Movie-T</p>	<p><b>16</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-CL            10:00 Tai Chi-LR            11:00 News &amp; Views-CL  <b>11:15 Lunch Out-Sign Up</b>            1:30 Movie &amp; Popcorn-T            3:30 Hangman-AS            3:30 Chapel Service-C            6:00 Bingo-AS</p>	<p><b>17</b>  <b>Ben Franklin's Birthday</b>            9:30 Sit &amp; Be Fit-C            10:00 Trivia-CL            10:30 Who Am I?-CL            11:00 News &amp; Views-CL            1:00 Scarp-Happy-AS            1:00 Movie in the Afternoon-T            2:00 You Be the Judge-AS            2:45 Brain Games-C            3:30 Religions of the World-C            6:00 Movie-T</p>	<p><b>18</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:00 Jewelry Class-AS            10:30 Music &amp; Meditation W/Yael-C            11:00 News &amp; Views-CL            1:00 "Dear Abby"-AS            1:45 Pen Pals-AS            3:00 Happy Hour-B            6:00 Movie-T</p>	<p><b>19</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:00 Brain Stumpers-CL            10:00 Morning Movie-T            11:00 News &amp; Views-CL            1:00 Movie &amp; Popcorn-T  <b>1:00 Barber-Beauty Shop</b>            3:00 Piano W/ Kim-C            6:00 Bingo-AS</p>
<p><b>20</b>            9:00 Sit &amp; Be Fit-C            9:00 Morning Music-T            10:00 Mind Joggers-L            10:30 Rejoice Ministries-C            11:00 News &amp; Views-L  <b>1:00 Sit &amp; Be Fit-T</b>            1:45 Sunday Matinee-T            3:30 Crosswords-C  <b>6:00 Movie-T</b></p>	<p><b>21</b>  <b>Martin Luther King Jr. Day</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:15 Trivia-CL            11:00 News &amp; Views-CL            1:00 Manicures-AS  <b>1:00 Men's Group-L</b>  <b>2:00 Joy Ride W/Jason-Sign Up</b>  <b>2:00 American History-L</b>            3:30 Brain Games-C</p>	<p><b>22</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:15 Biography/This Day In History-CL            11:00 News &amp; Views-CL  <b>1:00 Music Exploration W/Loir-C</b>            2:15 Snack &amp; Chat-B            3:30 Book Club-L            6:00 Movie-T</p>	<p><b>23</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-CL            10:00 Tai Chi-LR            11:00 News &amp; Views-CL  <b>11:15 Lunch Out-Sign Up</b>            1:30 Movie &amp; Popcorn-T            3:30 Hangman-AS            3:30 Chapel Service-C            6:00 Bingo-AS</p>	<p><b>24</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:00 Trivia-CL            10:30 Who Am I?-CL            11:00 News &amp; Views-CL            1:00 Scarp-Happy-AS            1:00 Movie in the Afternoon-T            2:00 You Be the Judge-AS            2:45 Brain Games-C            3:30 Religions of the World-C            6:00 Movie-T</p>	<p><b>25</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:00 Jewelry Class-AS            10:30 Music &amp; Meditation W/Yael-C            11:00 News &amp; Views-CL            1:00 "Dear Abby"-AS            1:45 Pen Pals-AS            3:00 Happy Hour-B            6:00 Movie-T</p>	<p><b>26</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:00 Brain Stumpers-CL            10:00 Morning Movie-T            11:00 News &amp; Views-CL            1:00 Movie &amp; Popcorn-T  <b>1:30 Laughing Yoga W/Martin-C</b>            3:15 Checkers-AS            6:00 Bingo-AS</p>
<p><b>27</b>            9:00 Sit &amp; Be Fit-C            9:00 Morning Music-T            10:00 Mind Joggers-L            10:30 Rejoice Ministries-C            11:00 News &amp; Views-L  <b>1:00 Sit &amp; Be Fit-T</b>            1:45 Sunday Matinee-T            3:30 Crosswords-C  <b>6:00 Movie-T</b></p>	<p><b>28</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:15 Trivia-CL            11:00 News &amp; Views-CL            1:00 Manicures-AS  <b>1:00 Men's Group-L</b>  <b>2:00 Joy Ride W/Jason-Sign Up</b>  <b>2:00 American History-L</b>            3:30 Brain Games-C            6:00 Movie-T</p>	<p><b>29</b>            * 9:00 Morning Music-T            9:30 Sit &amp; Be Fit-C            10:15 Biography/This Day In History-CL            11:00 News &amp; Views-CL  <b>1:00 Music Exploration W/Loir-C</b>            2:15 Snack &amp; Chat-B            3:30 Book Club-L            6:00 Movie-T</p>	<p><b>30</b>            9:00 Morning Music-T            9:30 Sit &amp; Be Fit-CL            10:00 Tai Chi-LR            11:00 News &amp; Views-CL  <b>11:15 Lunch Out-Sign Up</b>            1:30 Movie &amp; Popcorn-T            3:30 Hangman-AS            3:30 Chapel Service-C            6:00 Bingo-AS</p>		<p><b>Locations of Activities</b>  <b>AR = Activity Room 2nd Floor</b>  <b>AS = Art Studio 2nd Floor</b>  <b>C = Chapel</b>  <b>L = Library</b>  <b>B = Bistro</b>  <b>T = Theatre</b>  <b>P = Patio Near Front Office</b></p>	<p><b>Morning Sit &amp; Be Fit</b>  <b>Every Day 9am - Chapel</b>  <b>Mondays &amp; Wednesdays</b>  <b>9am</b>  <b>Alameda South Shore</b>  <b>Shopping Trip</b>  <b>1st &amp; 3rd Fridays-Noon</b>  <b>Quick Rides</b>  <b>Sign Up Please at the Front Desk</b></p>