


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>295 Lafayette Rd. Rye, NH 03870 (603) 379-1898</p>	<p>AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support</p>		New Year's Day 1 9:30 PE Move to the Music 10:00 CE Word Play 11:00 PE Bean Bag Toss 1:30 PE Stretch and Tone 3:00 CE Who Am I? 4:00 LL Name That Tune 6:00 CC Classic TV	2 9:30 PE Let's Move and Groove 10:00 CE Word Detective 11:00 AE Oodles of Doodles 1:30 PE Afternoon Stretch 3:00 AE Art Therapy 6:00 LL Hallmark TV	3 9:30 PE Friday Fab Fitness 10:00 CE Build a Word Tree 11:00 CE Toss Me a Letter 1:30 PE Stretching with Ashley 3:00 CC New Year's Resolution? 6:00 LL Friday Night Movie	4 9:30 PE Morning Stretch 10:00 CE Word Mining 11:00 PE Ball Toss and Answer 1:30 PE Afternoon Stretch 3:00 CE What is Cho Han? 6:00 LL Classic TV
5 9:30 PE Moving and Grooving 10:00 CC Sunday Readings 11:00 SS Church Service 1:30 PE Afternoon Stretching 3:00 CC Puzzles and Table Games 6:00 LL Movie Time	6 9:30 PE Move to the Music 10:00 CE Wacky Wordies 11:00 PE Flying Frisbee 1:30 PE Stretching Time 2:00 AE Art in Motion 3:00 AE Finish My Line 6:00 LL Musical Monday	7 9:30 PE Light and Lively 10:00 CE All Scrambled Up 11:00 PE Corn Hole 1:30 PE Tai Chi 2:00 CE Techie Tuesday 3:00 CC Tuesday Tea Time 6:00 LL Hallmark TV	8 9:30 PE Workout Wednesday 10:00 CE It's Trivial 11:00 CE Name That Tune 1:30 PE Strength Training with Kayla 3:00 LL Put Your Bid In 6:00 LL Laughter is the Best Medicine	9 9:30 PE Morning Stretch 10:00 CE We're Going on a ... 1:30 PE Chair Dancing 2:00 AE Art Therapy 3:30 AE Entertainment Josef Nocera 6:00 LL TV Time	10 9:30 PE Fab and Fit Friday 10:00 CE Scattegories 11:00 PE Use Your Noodle 1:30 PE Strengthen and Tone with Ashley 3:00 LL Bingo! 6:00 LL Friday Night at the Movies	11 9:30 PE Morning Wake Up Stretch 10:00 CE Build a Word Tree 11:00 PE Give Me a Letter 1:30 PE Chair Yoga 2:00 LL Pampering Time 3:00 CC Project Linus 6:00 LL Classic TV Time
12 9:30 PE Making the Morning Moves 10:00 LL Sunday Funny Papers 11:00 SS Church Service 1:30 PE Tai Chi 3:00 LL Table Games 6:00 LL Hallmark Movie	13 9:30 PE Movin' and Groovin' 10:00 CE What's the Missing Number? 11:00 PE Bean Bag Basket 1:30 PE Afternoon Slow Stretch 2:00 AE Finish the Lyrics 6:00 LL Classic TV Time	14 9:30 PE Tone Up Tuesday 10:00 CE Mixing it Up 11:00 PE Bean Bag Toss 1:30 Slow Stretching 3:30 LL Entertainment John and Linda 6:00 LL TV Time	15 9:30 PE Morning Stretch 10:00 CE Wacky Wordies 11:00 PE Volley Ball Toss 1:30 PE Weight Training 3:30 SS Entertainment Journey Song 6:00 LL Hallmark Movie	16 9:30 PE We Are Light and Lively 10:00 CE What Am I? 11:00 AE Oodles of Doodles 1:30 PE Chair Waltzing 2:00 AE Art in the Afternoon 6:00 LL Classic T.V	17 9:30 PE Fab and Fit 10:00 CE What Do You See? 11:00 PE Scattegories 1:30 PE Strengthen and Stretch with Ashley 3:00 LL Bowling Bash 6:00 LL Hand Massages	18 9:30 PE Moving and Grooving 10:00 CE All Scrambled Up 11:00 PE ABC Ball Toss 1:30 PE Afternoon Stretches 2:00 CC Gems and Jewelry and Pretty Things 6:00 LL Saturday Musical
19 9:30 PE Stretching for the Morning 10:00 AE Music Therapy with Jordan 11:00 SS Sunday Devotions 1:30 PE Tai Chi 2:00 CE Name That Tune 3:00 LL Table Games 6:00 LL Evening Movie	Martin Luther King, Jr. Day 20 9:30 PE Moving on Monday 10:00 CE Who Am I? 11:00 PE Give Me a Letter 1:30 PE Afternoon Stretch 3:30 AE Entertainment Gary S 6:00 LL Musical Monday	21 9:30 PE Stretching for the Morning 10:00 CE What's that Smell? 11:00 PE Corn Hole 1:30 PE Afternoon Slow Stretch 3:00 LL Tea Talk Tuesday 6:00 LL Hallmark TV	22 9:30 PE Wake Up Wednesdays 10:00 CE Word Play 11:00 PE What's in the Bag? 1:30 PE Strength Build Up with Kayla 3:30 LL Entertainment Joyful Noise 6:00 LL Laughter is the Best Medicine	23 9:30 PE Moving to the Beat 10:00 CE We're Going on a ... 11:00 SS Church Service 1:30 PE Tapping to the Beat 3:00 LL January Birthday Party 6:00 LL Classic TV Time	24 9:30 PE Moves and Grooves 10:00 CE What's the Missing Number? 11:00 PE Use Your Noodle 1:30 PE Fitness Friday with Ashley 3:00 CC Bingo! 6:00 LL Friday Night at the Movies	25 9:30 PE Saturday Stretching 10:00 CC Winter Wonderland Snow Man Making 11:00 PE Snowball Toss 1:30 PE Igloo Build 2:00 CC Pampering Time 6:00 LL TV Time
26 9:30 PE Sunday Stretches 10:00 SS Sunday Funny Papers 11:00 SS Church Service 1:30 PE Tai Chi 3:00 AE Armchair Traveler 6:00 LL Sunday Movie	27 9:30 PE Light and Lively 10:00 CE Word Play 11:00 PE Category Ball Toss 1:30 PE Stretching Time 3:30 AE Entertainment Sunshine Singers 6:00 LL Laughter is the Best Medicine	28 9:30 PE Tuesday Tone Up 10:00 CE Word Detective 11:00 PE Going to the Beat 1:30 PE Stretching Time 3:00 LL Discussion: Winter 6:00 LL Classic TV Time	29 9:30 PE Wake Up Wednesdays 10:00 CE Mining Our Words 11:00 PE Musical Bells 1:30 PE Strengthen Training 3:30 LL Entertainment Duke Snyder 6:00 LL Hallmark TV	30 9:30 PE Let's Get Moving 10:00 CE Build a Word Tree 11:00 AE What Can You Do? 1:30 PE Slow Chair Dancing 3:00 AE Art Therapy 6:00 LL Classic T.V	31 9:30 PE Fit and Fab on Friday 10:00 CE Word Building 11:00 PE We're Going on a ... 1:30 PE Tone Up Time with Ashley 3:00 AE A Picture is Worth a Thousand Words 6:00 LL Friday Night at the Movies	Healthy Snacks & Hydration offered throughout each day!