January 2021

Solden Pond Retirement Community (MC) ANY CHANGES TO THE CALENDAR WILL BE POSTED ON THE DAILY WHAT'S HAPPENING (Located on the Dining Room door) Please check daily.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A	NEW 2	YEAR 0	HAS 2	COME 1	1	2
3	4	5	6	7	8	9
8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Snacks, MC-AC 11:00 Spa Day, SR 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC 6:30 Evening Snack, MC-DR	 § 8:00 Breakfast Time, MC-DR § 9:40 Group Movement, MC-AC § 10:00 Spa Day, SR § 11:30 Lunch, MC-DR § 1:00 Creativity Art, MC-GR § 3:00 Spa Day, SR § 4:30 Group Sensory, SR § 4:30 Dinner, MC-DR § 5:50 Group Movement & Games, MC-AC § 6:30 Evening Snack, MC-DR 	 8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Snacks, MC-AC 11:30 Lunch, MC-DR 1:30 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC 6:30 Evening Snack, MC-DR 	8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Snacks, MC-AC 11:00 Spa Day, SR 11:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:3:00 Group Sensory, SR 4:30 Dinner, MC-DR 5:5:0 Group Movement & Games, MC-AC 6:30 Evening Snack, MC-DR	 8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Spa Day, SR 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC 6:30 Evening Snack, MC-DR 	 § 8:00 Breakfast Time, MC-DR § 9:40 Group Movement, MC-AC § 10:00 Spa Day, SR § 11:30 Lunch, MC-DR § 1:00 Creativity Art, MC-GR § 3:00 Spa Day, SR § 4:30 Group Sensory, SR § 4:30 Dinner, MC-DR § 5:50 Group Movement & Games, MC-AC § 6:30 Evening Snack, MC-DR 	 8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Spa Day, SR 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC 6:30 Evening Snack, MC-DR
10	11	12	13	14	15	16
8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Snacks, MC-AC 11:00 Spa Day, SR 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 6:30 Group Movement & Games, MC-AC Evening Snack, MC-DR	8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC \$ 10:00 Spa Day, SR \$ 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 6:30 Evening Snack, MC-DR	8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Spa Day, SR 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC Evening Snack, MC-DR	8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Snacks, MC-AC 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:330 Group Sensory, SR 4:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC 6:30 Evening Snack, MC-DR	8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC \$ 10:00 Spa Day, SR 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC Evening Snack, MC-DR	 § 8:00 Breakfast Time, MC-DR § 9:40 Group Movement, MC-AC § 10:00 Spa Day, SR § 11:30 Lunch, MC-DR § 1:00 Creativity Art, MC-GR § 3:00 Spa Day, SR § 4:30 Dinner, MC-DR § 5:50 Group Movement & Games, MC-AC § 5:50 Evening Snack, MC-DR § 6:30 Evening Snack, MC-DR § 5:50 Group Movement & Games, MC-AC § 5:50 Evening Snack, MC-DR § 5:50 Evening Snack, MC-DR § 5:50 Group Movement & Games, MC-AC § 6:30 Evening Snack, MC-DR § 5:50 Group Movement & Games, MC-AC § 6:30 Evening Snack, MC-DR § 5:50 Group Movement & Games, MC-AC § 6:30 Evening Snack, MC-DR § 5:50 Group Movement & Games, MC-AC § 6:30 Evening Snack, MC-DR § 6:30 Evening Sn	8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Spa Day, SR 11:30 Lunch, MC-DR 11:30 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC 6:30 Evening Snack, MC-DR
17	18	19	20	21	22	23
8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Snacks, MC-AC 11:30 Lunch, MC-DR 1:30 Creativity Art, MC-GR 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 6:30 Group Movement & Games, MC-AC Evening Snack, MC-DR	**8:00 Breakfast Time, MC-DR **9:40 Group Movement, MC-AC **10:00 Spa Day, SR **11:30 Lunch, MC-DR **1:00 Creativity Art, MC-GR **3:00 Snacks, MC-AC **3:30 Group Sensory, SR **4:30 Dinner, MC-DR **5:50 Group Movement & Games, MC-AC Evening Snack, MC-DR	 8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Spa Day, SR 11:30 Lunch, MC-DR 3:00 Spa Day, SR 1:30 Creativity Art, MC-GR 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC 6:30 Evening Snack, MC-DR 	8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Snacks, MC-AC 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:330 Group Sensory, SR 4:30 Dinner, MC-DR 1:00 Group Movement & Games, MC-AC 6:30 Evening Snack, MC-DR	**************************************	 ■ 8:00 Breakfast Time, MC-DR № 9:40 Group Movement, MC-AC № 11:00 Spa Day, SR № 1:00 Creativity Art, MC-GR № 3:00 Group Sensory, SR № 4:30 Dinner, MC-DR № 5:50 Group Movement & Games, MC-AC № 6:30 Evening Snack, MC-DR 	 ▼ 8:00 Breakfast Time, MC-DR ▼ 9:40 Group Movement, MC-AC ▼ 11:00 Spa Day, SR ▼ 11:30 Lunch, MC-DR ▼ 1:00 Creativity Art, MC-GR ▼ 3:00 Snacks, MC-AC ▼ 3:30 Group Sensory, SR ▼ 4:30 Dinner, MC-DR ▼ 5:50 Group Movement & Games, MC-AC ► 5:50 Evening Snack, MC-DR
24	25	26	27	28	29	30
8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Snacks, MC-AC 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 6:30 Evening Snack, MC-DR	8:00 Breakfast Time, MC-DR Group Movement, MC-AC Snacks, MC-AC Spa Day, SR Lunch, MC-DR Sinou Screativity Art, MC-GR Sinou Snacks, MC-AC Group Sensory, SR Jinou Screativity Art, MC-GR Group Sensory, SR Group Sensory, SR Sinou Se	8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Snacks, MC-AC 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:330 Group Sensory, SR 4:30 Dinner, MC-DR Forum MC-DR Group Movement & Games, MC-AC Evening Snack, MC-DR	8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Snacks, MC-AC 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-AC 2:00 Elvis is in the House, MC-AC 3:00 Snacks, MC-AC 3:00 Group Sensory, SR 4:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC Evening Snack. MC-DR	8:00 Breakfast Time, MC-DR Group Movement, MC-AC Snacks, MC-AC 11:30 Spa Day, SR Lunch, MC-DR Snacks, MC-AC Snacks, MC-AC Group Sensory, SR Snacks, MC-AC Group Sensory, SR Group Sensory, SR Fig. 4:30 Spacks, MC-DR Street Street Space	8:00 Breakfast Time, MC-DR Group Movement, MC-AC Snacks, MC-AC Spa Day, SR Lunch, MC-DR Si:00 Creativity Art, MC-GR Snacks, MC-AC Group Sensory, SR Dinner, MC-DR Group Movement & Games, MC-AC Evening Snack, MC-DR	8:00 Breakfast Time, MC-DR Group Movement, MC-AC Snacks, MC-AC 11:30 Spa Day, SR 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 4:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC Evening Snack, MC-DR
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8:00 Breakfast Time, MC-DR 9:40 Group Movement, MC-AC 10:00 Snacks, MC-AC 11:00 Spa Day, SR 11:30 Lunch, MC-DR 1:00 Creativity Art, MC-GR 3:00 Snacks, MC-AC 3:30 Group Sensory, SR 1:30 Dinner, MC-DR 5:50 Group Movement & Games, MC-AC 6:30 Evening Snack, MC-DR					MC-DR - MC Dining Room MC-AC - MC Activity Room SR - Sensory Room MC-GR - MC Green Room	Physical Emotional Spiritual Environmenta Vocational Social Intellectual Health Service Nutritional Purposeful