January 2021

Golden 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
					1	2
A	NEW 2	YEAR 0	HAS 2	COME 1	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 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***
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 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 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 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 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 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***
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*** 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*** 11:30 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 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 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 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 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 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***
17	18	19	20	21	22	23
8:00 Breakfast Time, ***MC-DR*** 9:40 Group Movement, ***MC-AC*** 10:00 Snacks, ***MC-AC*** 11:00 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***	~~~~~~~~~~MLK DAY~~~~~~~~~~ 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 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 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***	~~~~~~~~National Hugging Day~~~~~~~~~~ 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 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 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***
24	25	26	27	28	29	30
8:00 Breakfast Time, ***MC-DR*** 9:40 Group Movement, ***MC-AC*** 10:00 Snacks, ***MC-AC*** 11:00 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 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 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 Snacks, ***MC-AC*** 11:00 Spa Day, ***SR*** 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*** 3:30 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*** 11:30 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 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 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***
31					**MEETING PLACES**	**DIMENSIONS OF WELLNESS**
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***					***MC-DR*** - MC Dining Room ***MC-AC*** - MC Activity Room ***SR*** - Sensory Room ***MC-GR*** - MC Green Room	Physical Emotional Spiritual Environmental Vocational Social Intellectual Health Services Nutritional Purposeful