

January 2021

Assisted Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
January cont'd 31 9:00 CE Morning News and Coffee 10:00 PE Sit And Be Fit/ Hydration Cart 11:00 SS TV Sunday Service 12:00 Sunday NFL & Snacks/Drinks 2:00 Hydration station, snack cart and brain teaser, word search 7:00 PE Walk and stretch/Hydration station and snack cart		AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support			New Year's Day 1 9:00 CE Morning News and Coffee 10:00 PE Sit And Be Fit/ Hydration Cart 1:00 LL Store Day 2:00 Hydration station, snack cart and brain teaser, word search 7:00 PE Walk and stretch/Hydration station and snack cart	2 9:00 CE Morning News and Coffee 10:00 PE Sit And Be Fit/ Hydration Cart 2:00 Hydration station, snack cart and brain teaser, word search 2:30 College Football and Popcorn 6:00 evening movie/popcorn 7:00 PE Walk and stretch/Hydration station and snack cart	
9:00 CE Morning News and Coffee 10:00 PE Sit And Be Fit/ Hydration Cart 11:00 SS TV Sunday Service 12:00 Sunday NFL & Snacks/Drinks 2:00 Hydration station, snack cart and brain teaser, word search 7:00 PE Walk and stretch/Hydration station and snack cart	3 9:00 CE Morning News and Coffee 10:00 PE Sit And Be Fit/ Hydration Cart 11:00 AB One-on-one Activity Cart 11am-1:00pm 2:00 AB Board Games 2:00 Hydration station, snack cart and brain teaser, word search 7:00 PE Walk and stretch/Hydration station and snack cart	4 8:00 Appointment day 9:00 CE Morning News and Coffee 10:00 PE Sit And Be Fit/ Hydration Cart 11:00 CE Color Me Calm/ Word Search/Sudoku 2:00 Hydration station, snack cart and brain teaser, word search 7:00 PE Walk and stretch/Hydration station and snack cart	5 9:00 CE Morning News and Coffee 10:00 PE Sit And Be Fit/ Hydration Cart 11:00 CE Color Me Calm/ Word Search/Sudoku 2:00 Hydration station, snack cart and brain teaser, word search 7:00 PE Walk and stretch/Hydration station and snack cart	6 9:00 Hair Day 9:00 CE Morning News and Coffee 10:00 PE Sit And Be Fit/ Hydration Cart 2:00 Hydration station, snack cart and brain teaser, word search 2:00 LL Wine Wednesday and snacks 7:00 PE Walk and stretch/Hydration station and snack cart	7 8:00 Appointment Day 9:00 CE Morning News and Coffee 10:00 PE Sit And Be Fit/ Hydration Cart 11:00 Nail Day! 2:00 Hydration station, snack cart and brain teaser, word search 7:00 PE Walk and stretch/Hydration station and snack cart	8 9:00 CE Morning News and Coffee 10:00 PE Sit And Be Fit/ Hydration Cart 1:00 LL Store Day 2:00 Hydration station, snack cart and brain teaser, word search 7:00 PE Walk and stretch/Hydration station and snack cart	9 9:00 CE Morning News and Coffee 10:00 PE Sit And Be Fit/ Hydration Cart 2:00 Hydration station, snack cart and brain teaser, word search 2:30 College Football and Popcorn 6:00 evening movie/popcorn 7:00 PE Walk and stretch/Hydration station and snack cart
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