



# Heritage Pointe



## Monday, January 3rd


8:00 Breakfast	1:00 Music & Meditation
9:30 Daily Chronicle	1:30 Table Talk
10:00 Stretch & Bend Exercise	2:00 Snack
10:30 Refreshments	3:00 Balloon Volleyball
10:45 Animal Talk: Polar Bear	4:00 Word Game
11:00 What Am I?	5:00 Dinner
11:30 Reading Club	6:00 Playing Card BINGO
12:00 Lunch	

## Friday, January 7th

8:00 Breakfast	1:00 Relaxation Music
9:30 Daily Chronicle	2:00 Baking Club: Muffins
10:00 Exercise	3:00 Balloon Volleyball
10:30 Refreshments	4:00 Word Game
11:00 Shake Loose a Memory	5:00 Dinner
12:00 Lunch	6:30 Popcorn & Movie
	<b>NETFLIX</b>

## Tuesday, January 4th

**National Trivia Day**

8:00 Breakfast	1:00 Hymn Sing
9:30 Daily Chronicle	2:00 Manicures
10:00 Exercise	2:30 Snack
10:30 Refreshments	3:00 Balloon Volleyball
10:40: Geography Talk: Ohio	4:00 Word Game
11:00 January Jeopardy	5:00 Dinner
12:00 Lunch	6:30 

## Saturday, January 8th

8:00 Breakfast	1:00 Music and Meditation
9:30 Daily Chronicle	2:00 BINGO
10:00 Exercise	2:30 Snack
10:30 Refreshments	3:00 Balloon Volleyball
11:00 Reading Club	4:00 Word Game
12:00 Lunch	5:00 Dinner
	6:30 Puzzling

## Wednesday, January 5th


8:00 Breakfast	1:00 Music & Aroma Therapy
9:30 Daily Chronicle	1:30 Crafting with Vicki
10:00 Fit 4 Life Exercise	3:00 ONE-on-ONE Activities
10:30 Refreshments	3:15 Balloon Volleyball
11:00 Dominos	4:00 Word Game
12:00 Lunch	5:00 Dinner
	6:30 Faces and Places



## Sunday, January 9th

8:00 Breakfast	1:00 Relaxation and Music
9:30 Daily Chronicle	2:00 Manicures
10:00 Exercise Class	2:30 Snack
10:30 Mass on TV	3:00 Balloon Volleyball
11:00 Hymn Sing-A-Long	4:00 Word Game
12:00 Lunch	5:00 Dinner
	6:30 Parachute Games

## Thursday, January 6th

8:00 Breakfast	1:00 Hand Massage and Music
9:00 Daily Chronicle	2:00 Snack
9:30 Exercise Class	2:30 Exercise BINGO
10:00 Scenic Drive	3:00 Balloon Volleyball
	4:00 Word Game
	5:00 Dinner
	6:30 



12:00 Lunch

