

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

A - Artisans
CC - Community Connections
CC - Creative Cooking
GF - Gathering of Friends
GG - Group Games
I - Inspirations
K - Keeping it Sharp/Reminisce
L - Lifelong Learning

M - Music to My Ears
S - Signature Events
V - Vitality

Mail Delivery: Monday-Saturday

Location Code:
 AR-Activity Room
 TS-Town Square
 Channel 2.1-Between Channels 2
 and 3 on TV

*All activities are subject to change

1 New Year's Day

V 9:30 Trilogy Vitality-AR
 10:00 Good News Reading-AR
L 1:00 The Biggest Little Farm-Ch. 2.1
GF 1:30 Saturday Matinee-AR

2

I 10:00 Inspired Sundays-channel 2.1
I 10:30 Bible Reading-AR
 1:30 Hallway Root Beer Floats
GG 2:30 Bingo-AR

3

GF 9:30 Coffee & News-Hallway
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Chair Yoga-AR
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

4

I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
CC 10:30 Creative Cooking-AR
L 12:30 Lifelong Learning-Ch.2.1

5

K 9:30 Word Mining-Hallway
V 10:00 Healthy Lungs-Ch.2.1
I 10:00 Catholic Church-TS
V 10:30 Trilogy Fit-Ch.2.1
K 10:30 Recollecting Memories-AR

6

I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Vitality-AR
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

7

GF 9:30 Coffee & News-Hallway
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
M 10:30 Musical Jeopardy-AR
L 12:30 Lifelong Learning-Ch.2.1

8

V 9:30 Trilogy Vitality-AR
 10:00 Good News Reading-AR
L 1:00 Pick of the Litter-Ch. 2.1
GF 1:30 Saturday Matinee-AR

9

I 10:00 Inspired Sundays-channel 2.1
I 10:30 Bible Reading-AR
 1:30 Hallway Root Beer Floats
GG 2:30 Bingo-AR

10

GF 9:30 Coffee & News-Hallway
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Chair Yoga-AR
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

11

I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
CC 10:30 Creative Cooking-AR
L 12:30 Lifelong Learning-Ch.2.1

12

K 9:30 Word Mining-Hallway
V 10:00 Healthy Lungs-Ch.2.1
I 10:00 Catholic Church-TS
V 10:30 Trilogy Fit-Ch.2.1
K 10:30 Recollecting Memories-AR

13

I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Vitality-AR
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

14

GF 9:30 Coffee & News-Hallway
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
M 10:30 Musical Jeopardy-AR
L 12:30 Lifelong Learning-Ch.2.1

15

V 9:30 Trilogy Vitality-AR
 10:00 Good News Reading-AR
L 1:00 Amazing Grace: Aretha Franklin-Ch. 2.1
GF 1:30 Saturday Matinee-AR

16

I 10:00 Inspired Sundays-channel 2.1
I 10:30 Bible Reading-AR
 1:30 Hallway Root Beer Floats
GG 2:30 Bingo-AR

17

Martin Luther King Day

GF 9:30 Coffee & News-Hallway
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Chair Yoga-AR
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

18

I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
CC 10:30 Creative Cooking-AR
L 12:30 Lifelong Learning-Ch.2.1

19

K 9:30 Word Mining-Hallway
V 10:00 Healthy Lungs-Ch.2.1
I 10:00 Catholic Church-TS
V 10:30 Trilogy Fit-Ch.2.1
K 10:30 Recollecting Memories-AR

20

I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Vitality-AR
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

21

GF 9:30 Coffee & News-Hallway
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
M 10:30 Musical Jeopardy-AR
L 12:30 Lifelong Learning-Ch.2.1

22

V 9:30 Trilogy Vitality-AR
 10:00 Good News Reading-AR
L 1:00 Horses: The story of Equus-Ch. 2.1
GF 1:30 Saturday Matinee-AR

23

I 10:00 Inspired Sundays-channel 2.1
I 10:30 Bible Reading-AR
 1:30 Hallway Root Beer Floats
GG 2:30 Bingo-AR

24

GF 9:30 Coffee & News-Hallway
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Chair Yoga-AR
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

25

I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
CC 10:30 Creative Cooking-AR
L 12:30 Lifelong Learning-Ch.2.1

26

K 9:30 Word Mining-Hallway
V 10:00 Healthy Lungs-Ch.2.1
I 10:00 Catholic Church-TS
V 10:30 Trilogy Fit-Ch.2.1
K 10:30 Recollecting Memories-AR

27

I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Vitality-AR
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

28

GF 9:30 Coffee & News-Hallway
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
M 10:30 Musical Jeopardy-AR
L 12:30 Lifelong Learning-Ch.2.1

29

V 9:30 Trilogy Vitality-AR
 10:00 Good News Reading-AR
L 1:00 The Last Race-Ch. 2.1
GF 1:30 Saturday Matinee-AR
K 3:30 Who am I?-AR

30

I 10:00 Inspired Sundays-channel 2.1
I 10:30 Bible Reading-AR
 1:30 Hallway Root Beer Floats
GG 2:30 Bingo-AR

31

GF 9:30 Coffee & News-Hallway
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Chair Yoga-AR
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

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A - Artisans
CC - Community Connections
CC - Creative Cooking
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I - Inspirations
IG - Just the Guys
K - Keeping it Sharp/Reminisce
L - Lifelong Learning

M - Music to My Ears
S - Signature Events
V - Vitality

Location Code:
 TS-Town Square
 AR-Activity Room
 Channel 2.1-Between Channels 2
 and 3 on TV

Mail Delivery M-Sat.

*All activities subject to change

1 **New Year's Day**

V 10:30 Trilogy Vitality-TS
 11:00 Good News Reading-TS
L 1:00 The Biggest Little Farm-Ch. 2.1
 2:00 Hallway Popcorn Cart

2
I 10:00 Inspired Sundays-channel 2.1
I 11:00 Bible Reading-TS
 1:30 Hallway Root Beer Floats
GG 3:30 Bingo-TS

3
S 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
GG 11:00 Jumbo Tic-Tac-Toe-TS
L 12:30 Lifelong Learning-Ch.2.1

4
I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
CC 11:00 Creative Cooking-TS
L 12:30 Lifelong Learning-Ch.2.1

5
 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
I 10:00 Catholic Church-TS
V 10:30 Trilogy Fit-Ch.2.1
V 11:00 Bowling-TS
L 12:30 Lifelong Learning-Ch.2.1

6
I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:00 Trilogy Vitality-TS
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

7
S 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
M 11:00 Musical Jeopardy-TS
L 12:30 Lifelong Learning-Ch.2.1

8
V 10:30 Trilogy Vitality-TS
 11:00 Good News Reading-TS
L 1:00 Pick of the Litter-Ch. 2.1
 2:00 Hallway Popcorn Cart

9
I 10:00 Inspired Sundays-channel 2.1
I 11:00 Bible Reading-TS
 1:30 Hallway Root Beer Floats
GG 3:30 Bingo-TS

10
S 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
GG 11:00 Jumbo Tic-Tac-Toe-TS
L 12:30 Lifelong Learning-Ch.2.1

11
I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
CC 11:00 Creative Cooking-TS
L 12:30 Lifelong Learning-Ch.2.1

12
 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
I 10:00 Catholic Church-TS
V 10:30 Trilogy Fit-Ch.2.1
IG 11:00 Just The Guys: Euchre-TS

13
I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:00 Trilogy Vitality-TS
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

14
S 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
M 11:00 Musical Jeopardy-TS
L 12:30 Lifelong Learning-Ch.2.1

15
V 10:30 Trilogy Vitality-TS
 11:00 Good News Reading-TS
L 1:00 Amazing Grace: Aretha Franklin-Ch. 2.1
 2:00 Hallway Popcorn Cart

16
I 10:00 Inspired Sundays-channel 2.1
I 11:00 Bible Reading-TS
 1:30 Hallway Root Beer Floats
GG 3:30 Bingo-TS

17 **Martin Luther King Day**
S 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
GG 11:00 Jumbo Tic-Tac-Toe-TS
L 12:30 Lifelong Learning-Ch.2.1

18
I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
CC 11:00 Creative Cooking-TS
L 12:30 Lifelong Learning-Ch.2.1

19
 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
I 10:00 Catholic Church-TS
V 10:30 Trilogy Fit-Ch.2.1
V 11:00 Bowling-TS
L 12:30 Lifelong Learning-Ch.2.1

20
I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:00 Trilogy Vitality-TS
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

21
S 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
M 11:00 Musical Jeopardy-TS
L 12:30 Lifelong Learning-Ch.2.1

22
V 10:30 Trilogy Vitality-TS
 11:00 Good News Reading-TS
L 1:00 Horses: The story of Equus-Ch. 2.1
 2:00 Hallway Popcorn Cart

23
I 10:00 Inspired Sundays-channel 2.1
I 11:00 Bible Reading-TS
 1:30 Hallway Root Beer Floats
GG 3:30 Bingo-TS

24
S 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
GG 11:00 Jumbo Tic-Tac-Toe-TS
L 12:30 Lifelong Learning-Ch.2.1

25
I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
CC 11:00 Creative Cooking-TS
L 12:30 Lifelong Learning-Ch.2.1

26
 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
I 10:00 Catholic Church-TS
V 10:30 Trilogy Fit-Ch.2.1
IG 11:00 Just The Girls-TS
L 12:30 Lifelong Learning-Ch.2.1

27
I 8:30 Daily Devotional
V 10:00 Healthy Lungs-Ch.2.1
V 10:00 Trilogy Vitality-TS
V 10:30 Trilogy Fit-Ch.2.1
L 12:30 Lifelong Learning-Ch.2.1

28
S 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
M 11:00 Musical Jeopardy-TS
L 12:30 Lifelong Learning-Ch.2.1

29
V 10:30 Trilogy Vitality-TS
 11:00 Good News Reading-TS
L 1:00 The Last Race-Ch. 2.1
 2:00 Hallway Popcorn Cart
K 4:00 Who am I?-TS

30
I 10:00 Inspired Sundays-channel 2.1
I 11:00 Bible Reading-TS
 1:30 Hallway Root Beer Floats
GG 3:30 Bingo-TS

31
S 8:30 Hospitality Cart
V 10:00 Healthy Lungs-Ch.2.1
V 10:30 Trilogy Fit-Ch.2.1
GG 11:00 Jumbo Tic-Tac-Toe-TS
L 12:30 Lifelong Learning-Ch.2.1

Sunday

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Tuesday

Wednesday

Thursday

Friday

Saturday

A - Artisans
CC - Creative Cooking
GF - Gathering of Friends
GG - Group Games
K - Keeping it Sharp/Reminisce
M - Music to My Ears
V - Vitality

1 New Year's Day
V 9:00 Roll in the New Year
K 9:30 New Year Word Poem
CC 10:45 Cranberry Pecan Cheese Balls
 12:45 Relax & Recharge
A 2:00 Creative Storytelling

2
V 9:00 Balance
K 9:30 Guess the Animal
CC 10:45 Sausage & Peppers Hawaiian Sliders
 12:45 Relax & Recharge
A 2:00 No Sew Fleece

3
V 9:00 What a Wonderful World Chair Yoga
K 9:30 Memory Box
CC 10:45 Peanut Butter Cookie Cups
 12:45 Relax & Recharge

4
V 9:00 Drum Circle
K 9:30 Tell Me Something Good
CC 10:45 Cookies & Cream Ice Cream
 12:45 Relax & Recharge

5
V 9:00 Quick Qigong
K 9:30 Famous Pairs
CC 10:45 Monster Cookie Energy Bites
 12:45 Relax & Recharge
A 2:00 Squeegee Canvas Paint

6
V 9:00 80s Flashback
K 9:30 Life Story
CC 10:45 Pizza Quesadillas
 12:45 Relax & Recharge
A 2:00 Life Timeline Creative Writing

7
V 9:00 Mindfulness Matters
K 9:30 Rolling 31 Days
CC 10:45 Chocolate Truffles
 12:45 Relax & Recharge
A 2:00 Winter Sugar Painting
M 3:30 Float With Me Happy

8
V 9:00 Roll in the New Year
K 9:30 New Year Word Poem
CC 10:45 Bacon Cheese Balls
 12:45 Relax & Recharge
A 2:00 Art Appreciation-Renoir
M 3:30 Making Music

9
V 9:00 Balance
K 9:30 Guess the Animal
CC 10:45 Ham, Egg & Cheese Hawaiian Sliders
 12:45 Relax & Recharge
A 2:00 Kindness Flowers

10
V 9:00 What a Wonderful World Chair Yoga
K 9:30 Memory Box
CC 10:45 Chocolate Cookie Cups
 12:45 Relax & Recharge
A 2:00 Watercolor Snowman

11
V 9:00 Drum Circle
K 9:30 Tell Me Something Good
CC 10:45 Strawberry Ice Cream
 12:45 Relax & Recharge
A 2:00 Newspaper Winter

12
V 9:00 Quick Qigong
K 9:30 Famous Pairs
CC 10:45 Blueberry Muffin Energy Bites
 12:45 Relax & Recharge
A 2:00 Winter Scenery

13
V 9:00 80s Flashback
K 9:30 Life Story
CC 10:45 Strawberry Peanut Butter Quesadilla
 12:45 Relax & Recharge
A 2:00 To Be Creative Writing

14
V 9:00 Mindfulness Matters
K 9:30 Rolling 31 Days
CC 10:45 Nutty Truffles
 12:45 Relax & Recharge
A 2:00 Splatter Paint
M 3:30 Float With Me Happy

15
V 9:00 Roll in the New Year
K 9:30 New Year Word Poem
CC 10:45 Chocolate Chip Cheesecake Balls
 12:45 Relax & Recharge
A 2:00 Art Appreciation-

16
V 9:00 Balance
K 9:30 Guess the Animal
CC 10:45 Philly Cheesesteak Hawaiian Sliders
 12:45 Relax & Recharge
A 2:00 No Sew Fleece

17 Martin Luther King Day
V 9:00 What a Wonderful World Chair Yoga
K 9:30 Memory Box
CC 10:45 Caramel Cookie Cups
 12:45 Relax & Recharge
A 2:00 Watercolor Bubble Art

18
V 9:00 Drum Circle
K 9:30 Tell Me Something Good
CC 10:45 Chocolate Ice Cream
 12:45 Relax & Recharge
A 2:00 Snowman Craft

19
V 9:00 Quick Qigong
K 9:30 Famous Pairs
CC 10:45 Peanut Butter Chocolate Chip Energy Bites
 12:45 Relax & Recharge

20
V 9:00 80s Flashback
K 9:30 Life Story
CC 10:45 Veggie Quesadillas
 12:45 Relax & Recharge
A 2:00 Creative Storytelling
M 3:30 Hippy Dance

21
V 9:00 Mindfulness Matters
K 9:30 Rolling 31 Days
CC 10:45 Candy Truffles
 12:45 Relax & Recharge
A 2:00 Snow Sensory Bottle
M 3:30 Float With Me Happy

22
V 9:00 Roll in the New Year
K 9:30 New Year Word Poem
CC 10:45 Salami Cheese Balls
 12:45 Relax & Recharge
A 2:00 Art Appreciation-Starry Night

23
V 9:00 Balance
K 9:30 Guess the Animal
CC 10:45 Caprese Hawaiian Sliders
 12:45 Relax & Recharge
A 2:00 Kindness Flowers

24
V 9:00 What a Wonderful World Chair Yoga
K 9:30 Memory Box
CC 10:45 Cookies & Cream Cookie Cups
 12:45 Relax & Recharge

25
V 9:00 Drum Circle
K 9:30 Tell Me Something Good
CC 10:45 Caramel Ice Cream
 12:45 Relax & Recharge
A 2:00 Paper Plate Penguins

26
V 9:00 Quick Qigong
K 9:30 Famous Pairs
CC 10:45 Sweet and Salty Energy Bites
 12:45 Relax & Recharge
A 2:00 Paint Pouring

27
V 9:00 80s Flashback
K 9:30 Life Story
CC 10:45 PB & J S'mores Quesadilla
 12:45 Relax & Recharge
A 2:00 Creative Storytelling

28
V 9:00 Mindfulness Matters
K 9:30 Rolling 31 Days
CC 10:45 Cranberry Truffles
 12:45 Relax & Recharge
A 2:00 Winter Process Art
M 3:30 Float With Me Happy

29
V 9:00 Roll in the New Year
K 9:30 New Year Word Poem
CC 10:45 Nutty Pimento Cheese Balls
 12:45 Relax & Recharge
A 2:00 Art Appreciation-Mona Lisa

30
V 9:00 Balance
K 9:30 Guess the Animal
CC 10:45 Roasted Veggie Hawaiian Sliders
 12:45 Relax & Recharge
A 2:00 No Sew Fleece

31
V 9:00 What a Wonderful World Chair Yoga
K 9:30 Memory Box
CC 10:45 Dark Chocolate Cookie Cups
 12:45 Relax & Recharge