



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 New Year's Day 09:30 Tai Chi and Yoga 10:30 Current Events 11:00 January Trivia 01:00 Aromatherapy 02:00 Play-Wacky Words Trivia 03:00 Gentle Fitness 04:00 Karaoke	02 09:30 Sit and Be Fit 10:30 Current Events 11:00 Nutrition Basic Trivia 01:00 Cluster Program 02:00 Play-Zany Zoom In 6 03:00 Gentle Fitness 04:00 Karaoke	03 09:30 Stretch & Bend 10:30 Current Events 11:00 Learn-Women's History 01:00 Iris on Piano 02:00 Flower Arrangements 03:00 Gentle Fitness 04:00 Singalong	04 09:30 Move to Music 10:30 Current Events 11:00 Spirit Care 01:00 Bingo 01:00 Bingo 03:00 Gentle Fitness 04:00 Karaoke	05 09:30 Group Exercise 10:30 Current Events 11:00 Learn-Animals-Birds 01:00 Zen Coloring 02:00 Play-Sound of Music Trivia 03:00 Gentle Fitness 04:00 Singalong	06 09:30 Strength Fitness 10:30 Current Events 11:00 Around the World 01:00 Matinee Movie 02:00 Happy Hour/Kyoko on Harp 03:00 Gentle Fitness 04:00 Karaoke	07 09:30 Conductorcise 10:30 Current Events 11:00 Travel-National Parks-Colorado 01:00 Arts and Crafts 02:00 Play-Madagascar Trivia 03:00 Gentle Fitness 04:00 Singalong
08 09:30 Tai Chi and Yoga 10:30 Current Events 11:00 Learn-Fun Facts-Chicken 01:00 Soothing Hand Massages 02:00 Play-Norse Mythology Trivia 03:00 Gentle Fitness 04:00 Karaoke	09 09:30 Sit and Be Fit 10:30 Current Events 11:00 Reminisce-Commercials 01:00 The Carol Burnett Show 02:00 Play-Guess the Actor 03:00 Gentle Fitness 04:00 Karaoke	10 09:30 Stretch & Bend 10:30 Current Events 11:00 Learn-Animals-Raptors 01:00 Arts and Crafts 02:00 Lu on Guitar 03:00 Gentle Fitness 04:00 Singalong	11 09:30 Move to Music 10:30 Current Events 11:00 Travel-United States-Arkansas 01:00 Bingo 02:00 Lee on Piano 03:00 Gentle Fitness 04:00 Karaoke	12 09:30 Group Exercise 10:30 Current Events 11:00 Reminisce-Pastimes-Playing 01:00 Table Games 02:00 Play-Broadway-South Pacific 03:00 Gentle Fitness	13 09:30 Strength Fitness 10:30 Current Events 11:00 Around the World 01:00 Documentary 02:00 Happy Hour/George on Guitar 03:00 Gentle Fitness 04:00 Karaoke	14 09:30 Conductorcise 10:30 Current Events 11:00 Learn-Animals-House Pets 01:00 Arts and Crafts 02:00 Play-Entertainment-1940's Movie Trivia 03:00 Gentle Fitness
15 09:30 Tai Chi and Yoga 10:30 Current Events 11:00 Relax-Food and Drink 01:00 Zen Coloring 02:00 Trivia-Entertainment-1960's Movies 03:00 Gentle Fitness 04:00 Karaoke	16 Birthday of Martin Luther King, Jr. 09:30 Sit and Be Fit 10:30 Current Events 11:00 Martin Luther King Trivia 01:00 Cluster Program 02:00 Play-Music-Finish the	17 09:30 Stretch & Bend 10:30 Current Events 11:00 Trivia-Fashion 01:00 Flowers Arrangements 02:00 Sharon on Harp 03:00 Gentle Fitness 04:00 Singalong	18 09:30 Move to Music 10:30 Current Events 11:00 Travel-United States-Michigan 01:00 Bingo 02:00 Serenade with Johnny 03:00 Gentle Fitness 04:00 Karaoke	19 09:30 Group Exercise 10:30 Current Events 11:00 Play-Happy Neuron 01:00 Table Games 02:00 Aromatherapy 03:00 Gentle Fitness 04:00 Singalong	20 09:30 Strength Fitness 10:30 Current Events 11:00 Around the World 01:00 Documentary 02:00 Happy Hour/Scott on Guitar 03:00 Gentle Fitness 04:00 Karaoke	21 09:30 Conductorcise 10:30 Current Events 11:00 Learn-Animals-Penguins 01:00 Arts and Crafts 02:00 Play-Country Music Trivia 03:00 Gentle Fitness 04:00 Singalong
22 09:30 Tai Chi and Yoga 10:30 Current Events 11:00 Sunday Live Mass 01:00 Zen Coloring 02:00 Play-Hobbies-Happy Hour Trivia 03:00 Gentle Fitness 04:00 Karaoke	23 09:30 Sit and Be Fit 10:30 Current Events 11:00 Reminisce-Pie Baking 01:00 Cluster Program 02:00 Play-Order Up Trivia 03:00 Gentle Fitness 04:00 Karaoke	24 09:30 Stretch & Bend 10:30 Current Events 11:00 Watch-Carol Burnett Show 01:00 Arts and Crafts 02:00 Play-Easy Spelling Trivia 03:00 Gentle Fitness 04:00 Singalong	25 09:30 Move to Music 10:30 Current Events 11:00 Travel-United States-Florida 01:00 Larry on Piano 02:00 Common Sayings 03:00 Gentle Fitness 04:00 Karaoke	26 09:30 Group Exercise 10:30 Current Events 11:00 Travel-United States-Maine 01:00 Table Games 02:00 Exercise-Name that Sound 03:00 Gentle Fitness	27 09:30 Strength Fitness 10:30 Current Events 11:00 Around the World 01:00 Chair Travel 02:00 Happy Hour 03:00 Gentle Fitness 04:00 Karaoke	28 09:30 Conductorcise 10:30 Current Events 11:00 Travel-Countries-Australia 01:00 Arts and Crafts 02:00 Exercise-Emotions Trivia 03:00 Gentle Fitness 04:00 Singalong
29 09:30 Tai Chi and Yoga 10:30 Current Events 11:00 Play-Brain Aerobics 01:00 Arts and Crafts 02:00 Brain Fitness -Sequencing 03:00 Gentle Fitness 04:00 Karaoke	30 09:30 Sit and Be Fit 10:30 Current Events 11:00 Listen-Audiobooks 01:00 Cluster Program 02:00 Play-Spot the Difference 03:00 Gentle Fitness 04:00 Karaoke	31 09:30 Stretch & Bend 10:30 Current Events 11:00 Travel-Guided Tours 01:00 Arts and Crafts 02:00 Exercise-Word Challenges 03:00 Gentle Fitness 04:00 Singalong				

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual
- Health Services
- Nutritional
- Purposeful

HELLO JANUARY

NEW MONTH

NEW YEAR, NEW CHAPTER.

NEW BEGINNING, NEW FOCUS

NEW OPPORTUNITY, NEW RESULTS