

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 New Year's Day</b> 9:00 Tournament of Roses Parade 10:30 Coffee and Reminiscing 11:15 Sing Along 1:00 Rose Bowl 3:30 Balloon volleyball 4:30 Low Impact Cardio 5:15 Monday Night Happy Hour	<b>2</b> 9:00 Morning News 9:15 Color therapy 9:30 Morning Coffee and Reading 10:00 Brain Teasers 10:30 Small Motor Skills 11:00 Balance and Strength 1:30 Ted Talk 2:30 Puzzles 3:30 Badminton 4:00 Low Impact Cardio 6:00 Game Night	<b>3</b> 9:00 Morning News 9:15 Morning Stroll/Bike Workout 9:30 Family Feud 10:00 Building Activity 1:00 Hot Chocolate Bar 1:30 Wheel of Fortune 2:30 Craft 3:30 Dominoes 4:00 Low Impact Cardio	<b>4</b> 9:00 Morning News 9:30 Makeover Thursday 10:30 Sing Along 11:00 Seated Yoga 2:30 Kickball 3:00 Guided Painting 4:00 Low Impact Cardio 5:15 Thursday Night Football	<b>5</b> 9:00 Morning News 9:30 Brain Games 10:00 Pictionary 11:00 Stretch and Sway 1:00 VR Travel 1:30 Name That Tune 2:30 <b>Music &amp; Happy Hour with Brotherly Love</b> 3:30 Black Jack 4:00 Low Impact Cardio 6:00 Color Therapy Music Appreciation	<b>6</b> 9:00 Morning News 9:15 Stroll/Bike Workout 9:30 Morning Coffee and Reading 10:30 Sing Along 11:00 Silver Sneakers Exercise 1:30 Balloon volleyball 2:00 Snack & Name That Tune 2:45 Bingo 4:00 Low Impact Cardio
<b>7</b> 9:00 Morning News 9:30 Our Daily Bread 10:00 Brain Teasers 10:30 Coffee and Reminiscing 11:00 Communion Service in AL 1:30 Sorting & Folding 2:00 Afternoon Snack and Music 2:30 Sunday Cinema 4:00 Low Impact Cardio 6:00 Book Club	<b>8</b> 9:00 Morning News 9:30 Linked Senior Games 10:30 Coffee and Reminiscing 11:00 Balance & Strength 1:30 Name That Tune 2:00 Snack and Music 2:30 Brain Games 3:30 Creative Art 4:00 Low Impact Cardio 5:15 Monday Night Football Happy	<b>9</b> 9:00 Morning News 9:15 Color therapy 9:30 Morning Coffee and Reading 10:00 Brain Teasers 10:30 Small Motor Skills 11:00 Balance and Strength 1:30 Ted Talk 2:30 Puzzles 3:30 Badminton 4:00 Low Impact Cardio 6:00 Game Night	<b>10</b> 9:00 Morning News 9:15 Stroll/Bike Workout 9:30 Family Feud 10:00 Building Activity 10:00 Catholic Mass 1:00 VR Blast from the Past 1:30 Wheel of Fortune 2:30 Craft 3:30 Dominoes 4:00 Low Impact Cardio	<b>11</b> 9:00 Morning News 9:30 Makeover Thursday 10:30 Sing Along 10:30 Sing Along 11:00 Seated Yoga 2:00 Snack and Music 3:00 Guided Painting 4:00 Low Impact Cardio 5:15 Thursday Night Football	<b>12</b> 9:00 Morning News 9:30 Brain Games 10:00 Pictionary 11:00 Silver Sneakers Exercise 11:00 Stretch and Sway 1:00 VR Travel 1:30 Name That Tune 2:30 <b>Music &amp; Happy Hour with Mike Noonan</b> 3:30 Black Jack 4:00 Low Impact Cardio 6:00 Color Therapy	<b>13</b> 9:00 Morning News 9:15 Stroll/Bike Workout 9:30 Morning Coffee and Reading 10:30 Sing Along 1:30 Balloon volleyball 2:00 Snack & Name That Tune 2:45 Bingo 4:00 Low Impact Cardio
<b>14</b> 9:00 Morning News 9:30 Our Daily Bread 10:00 Brain Teasers 10:30 Coffee and Reminiscing 1:30 Sorting & Folding 2:00 Snack and Music 2:30 Sunday Cinema 4:00 Low Impact Cardio 6:00 Book Club	<b>15 Martin Luther King Day</b> 9:00 Morning News 9:30 Linked Senior Games 10:30 Coffee and Reminiscing 11:00 Balance & Strength 1:30 Name That Tune 2:00 Snack and Music 3:30 Creative Art 4:00 Low Impact Cardio 5:15 Monday Night Football Happy Hour	<b>16</b> 9:00 Morning News 9:15 Color therapy 9:30 Morning Coffee and Reading 10:00 Brain Teasers 10:30 Small Motor Skills 11:00 Balance and Strength 1:30 Ted Talk 2:30 Puzzles 3:30 Badminton 4:00 Low Impact Cardio 6:00 Game Night	<b>17</b> 9:00 Morning News 9:15 Stroll/Bike Workout 9:30 Family Feud 10:00 Building Activity 1:00 VR Blast from the Past 1:30 Wheel of Fortune 2:30 Craft 3:30 Dominoes 4:00 Low Impact Cardio	<b>18</b> 9:00 Morning News 9:30 Makeover Thursday 10:30 Sing Along 11:00 Seated Yoga 2:00 Snack and Music 3:00 Guided Painting 4:00 Low Impact Cardio 5:15 Thursday Night Football	<b>19</b> 9:00 Morning News 9:30 Brain Games 10:00 Pictionary 11:00 Silver Sneakers Exercise 11:00 Stretch and Sway 1:00 VR Travel 1:30 Name That Tune 2:30 <b>Music &amp; Happy Hour</b> 3:30 Black Jack 4:00 Low Impact Cardio 6:00 Color Therapy Music	<b>20</b> 9:00 Morning News 9:15 Stroll/Bike Workout 9:30 Morning Coffee and Reading 10:30 Sing Along 1:30 Balloon volleyball 2:00 Family Cruise 4:00 Low Impact Cardio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b> 9:00 Morning News 9:30 Our Daily Bread 10:00 Brain Teasers 10:30 Coffee and Reminiscing 1:30 Sorting & Folding 2:00 Snack and Music 2:30 Sunday Cinema 4:00 Low Impact Cardio 6:00 Book Club	<b>22</b> 9:00 Morning News 9:30 Linked Senior Games 10:30 Coffee and Reminiscing 11:00 Balance & Strength 1:30 Name That Tune 2:00 Snack and Music 3:30 Creative Art 4:00 Low Impact Cardio 5:15 Monday Night Football Happy Hour	<b>23</b> 9:00 Morning News 9:15 Color therapy 9:30 Morning Coffee and Reading 10:00 Brain Teasers 10:30 Small Motor Skills 11:00 Balance and Strength 1:30 Ted Talk 2:30 Puzzles 3:30 Badminton 4:00 Low Impact Cardio 6:00 Game Night	<b>24</b> 9:00 Morning News 9:15 Stroll/Bike Workout 9:30 Family Feud 10:00 Building Activity 1:00 VR Blast from the Past 1:30 Wheel of Fortune 2:30 Craft 3:30 Dominoes 4:00 Low Impact Cardio	<b>25</b> 9:00 Morning News 9:30 Makeover Thursday 10:30 Sing Along 11:00 Seated Yoga 2:00 Snack and Music 3:00 Guided Painting 4:00 Low Impact Cardio 5:15 Thursday Night Football	<b>26</b> 9:00 Morning News 9:30 Brain Games 10:00 Pictionary 11:00 Silver Sneakers Exercise 11:00 Stretch and Sway 1:00 VR Travel 1:30 Name That Tune 2:30 <b>Music &amp; Happy Hour with Lee Allen</b> 3:30 Black Jack 4:00 Low Impact Cardio 6:00 Color Therapy	<b>27</b> <b>Holocaust Remembrance Day</b> 9:15 Stroll/Bike Workout 9:30 Morning Coffee and Reading 10:30 Sing Along 1:30 Balloon volleyball 2:00 Snack & Name That Tune 2:45 Bingo 4:00 Low Impact Cardio
<b>28</b> 9:00 Morning News 9:30 Our Daily Bread 10:00 Brain Teasers 10:30 Coffee and Reminiscing 1:30 Sorting & Folding 2:00 Snack and Music 2:30 Sunday Cinema 4:00 Low Impact Cardio 6:00 Book Club	<b>29</b> 9:00 Morning News 9:30 Linked Senior Games 10:30 Coffee and Reminiscing 11:00 Balance & Strength 1:30 Name That Tune 2:00 Snack and Music 3:30 Creative Art 4:00 Low Impact Cardio 5:15 Monday Night Football Happy Hour	<b>30</b> 9:00 Morning News 9:15 Color therapy 9:30 Morning Coffee and Reading 10:00 Brain Teasers 10:30 Small Motor Skills 11:00 Balance and Strength 1:30 Ted Talk 2:30 Puzzles 3:30 Badminton 4:00 Low Impact Cardio 6:00 Game Night	<b>31</b> 9:00 Morning News 9:15 Stroll/Bike Workout 9:30 Family Feud 10:00 Building Activity 1:00 VR Blast from the Past 1:30 Wheel of Fortune 2:30 Craft 3:30 Dominoes 4:00 Low Impact Cardio			