

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 9:30am - Chair Yoga (Y) 10:30am - What's New with You? (C) 1pm - Sing-a-long (M) 2pm - Baby New Year Puzzle (A) 3pm - Bakers Bake(MA) New Year's Day	Energize Your Morning Day 2 9:30am - Daily Chronicle 10:30a - Beach Ball Soccer(P) 1:15p - How to Become a Morning Person(C) 2pm - Morning Sun Bingo 3pm - Coffee and snacks	Festival of Sleep Day 3 9:30am - Spa Time (MA) 10:30am - Goodnight's Sleep Word Match (C) 1:15pm - Paper Crowns (P) 2pm - WOMEN Categories (A) 3pm - Tea & Board Games	Trivia Day 4 9:30am - Balloon Volleyball (P) 10:30am - Random Trivia(A) 1:15pm - Live Music (M) 2pm - Friendship Craft (A) 3pm - Word Games & Tea(C)	Whipped Cream Day 5 9:30a - View Bird Cams 10:30am - Strength & Balance (P) 1:15p - Bunny Craft (C) 2pm - Ice Cream and Whip Cream (A) 3pm - Happy Hour	Wheel of Fortune Day 6 10:15am - Art Class (A) 11:15am - Noodle Drums (M) 1:15pm - Matinee 3pm - Tai Chi (Y) 4pm - Bingo
Putty in Your Hands Day 7 10am - Live Church Mass 11:00am - Strength & Balance(P) 1:15pm - Youtube Concert (M) 2:30pm - Word Games (C) 3pm - Guided Meditation (Y) 4pm - Free Art (A)	Elvis Lives Day 8 9:30am - Chair Yoga (Y) 10:30am - Westside Story 1pm - Sing-a-long (M) 2pm - Elvis Bingo (C) 3pm - Painted Bubbles	Tone it up Day 9 9:30am - Top 10 Visited Places 10:30a - Beach Ball Soccer(P) 1:15pm - Write Poems (C) 2pm - Plan a Trip (C) 3pm - Board Games & Tea	Plant Appreciation Day 10 9:30am - Chair Yoga (Y) 10:30a - Record Store Puzzle(C) 1:15pm - Famous Boxers (C) 2pm - Cooking 3pm - Hot Cocoa & Coloring(MA)	Let it Snow Day 11 9:30am - Snowflake Craft(A) 10:30a - Balloon Volleyball(P) 1:15pm - Live Music (M) 2pm - Let it Snow (M) 3pm - Games & Tea	National Hot Tea Day 12 9:30am - Enjoy Hot Tea 10:30a - Strength & Balance (P) 1:15pm - Finish the Line 2p - Tea Party Detective (C) 3pm - Happy Hour	New Beginnings Day 13 10:15am - Art Class (A) 11:15am - Noodle Drums (M) 1:15pm - Matinee 3pm - Tai Chi (Y) 4pm - Bingo
Wintertime Memory Day 14 10am - Live Church Mass 11:00am - Strength & Balance(P) 1:15pm - Youtube Concert (M) 2:30pm - Word Games (C) 3pm - Guided Meditation (Y) 4pm - Free Art (A)	Strawberry Ice Cream Day 15 9:30am - Chair Yoga (Y) 10:30am - Personality Quiz (C) 1pm - Sing-a-long (M) 2pm - Themed Crafts (A) 3pm - Bakers Bake(MA) Martin Luther King Jr. Day	A Dizzy Day 16 9:30am - HomeRun Puzzle (C) 10:30a - Beach Ball Soccer(P) 1:15pm - Paper Dragon Craft(A) 2pm - Fig Newtons 3pm - Board Games & Tea	Baby Animals Day 17 9:30am - Spa Time(MA) 10:30am - Bird Names Word Search (C) 1:15pm - Animal BINGO 2pm - Cup Toss (P) 3pm - Tea & Board Games	Thesaurus Day 18 9:30am - Antonyms and Synonyms(C) 10:30am - Walking Club(P) 1:15pm - Synonym Search (C) 2pm - DIY Bookmark (C) 3pm - Games & Tea	Happy B-Day, Dolly 19 9:30a - Dolly Parton Music (M) 10:30am - Strength & Balance (P) 1:15pm - Dolly Parton Word Search(C) 2pm - Gingerbread Crafts (A) 3pm - Happy Hour	Penguin Awareness Day 20 10:15am - Craft Stick Penguins (A) 11:15am - Dance Class (P) 1:15pm - Matinee 3pm - Tai Chi (Y) 4pm - Bingo
Hunt 4 Happiness Day 21 10am - Live Church Mass 11:00am - Strength & Balance(P) 1:15pm - Youtube Concert (M) 2:30pm - Word Games (C) 3pm - Guided Meditation (Y) 4pm - Free Art (A) Activity Professionals Week	Pick up a Hobby Day 22 9:30am - Chair Yoga (Y) 10:30am - Hobby Stations 1pm - Sing-a-long (M) 2pm - Mixed up hobbies (C) 3pm - Coffee and cookies	Handwriting Day 23 9:30am - Spa Time 10:30a - Beach Ball Soccer(P) 1:15pm - How to Write a Thank You Note 2pm - History of handwriting (C) 3pm - Board Games & Tea	Compliment Day 24 9:30am - Spa Time(MA) 10:30am - Toss and Catch(P) 1:15pm - How to Give a Compliment (C) 2pm - Live Music (M) 3pm - Tea & Board Games Tu B'Shevat Begins	New Habit Day 25 9:30am - Healthy Habits 10:30am - Walking Club(P) 1:15pm - Movie, Willy Wonka 2pm - DIY Coaster (C) 3pm - Word Games & Tea(C)	Incredible Aviator Day 26 9:30a - Exercise Your Mind (C) 10:30a - Strength & Balance (P) 1:15pm - Bessie Coleman 2p - Aviation Documentary 3pm - Happy Hour Australia Day (Observed)	Quilt Shop Day 27 10:15am - Art Class (A) 11:15am - Noodle Drums (M) 1:15pm - Matinee 3pm - Tai Chi (Y) 4pm - Bingo
Photobomb Day 28 10am - Live Church Mass 11:00am - Strength & Balance(P) 1:15pm - Youtube Concert (M) 2:30pm - Word Games (C) 3pm - Guided Meditation (Y) 4pm - Free Art (A)	National Puzzle Day 29 9:30am - Chair Yoga (Y) 10:30am - Benefits of Puzzles 1pm - Sing-a-long (M) 2pm - Themed Crafts (A) 3pm - Coffee and cookies	Tea and Trivia Day 30 9:30am - Spa Time 10:30a - Beach Ball Soccer(P) 1:15pm - Bingo 2pm - Teapot Designs (A) 3pm - Board Games & Tea	Inspire Your Heart Day 31 9:30am - Spa Time(MA) 10:30am - Toss and Catch(P) 1:15pm - Virtual Art Room(C) 2pm - Live Music (M) 3pm - Tea & Board Games	Keystone Place at Wooster Heights - 66 Wooster Heights, Danbury, CT 06810 - 203.443.8448 <h1>January 2024</h1>		

(Holistic Harbors Key) P = PHYSICAL EXERCISE | C = COGNITIVE EXERCISE | Y = YOGA/TAI CHI/MEDITATION | M = MUSICAL PROGRAMS | A = ART CLASS | MA = MULTISENSORY ACTIVITIES | DAILY SCHEDULED ACTIVITIES | 9AM READ DAILY CHRONICLES | 3PM SNACKS, COFFEE/TEA, BOARD GAMES