January 2024

DAYBREAK NEIGHBORHOOD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-DAILY ACTIVITY WITH PAM 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME New Year's Day	**2** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-CRAFTS WITH CAROL 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-EXERCISE CLASS 2:00-DAILY ACTIVITY WITH STEPH 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**3** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-DAILY ACTIVITY WITH PAM 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**4** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-BINGO WITH CAROL 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-EXERCISE CLASS WITH JEN 2:00-DAILY ACTIVITY WITH JEN 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**5** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-DAILY ACTIVITY WITH PAM 2:00-PIANO MUSIC WITH KARL HAUSMAN 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**6** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-ADULT COLORING 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 5:00-DINNER 6:00-MOVIE OR SHOW 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME
7 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-HYMN SING A LONG 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 5:00-DINNER 6:00-MOVIE OR SHOW 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**8** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-DAILY ACTIVITY WITH PAM 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**9** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-CRAFTS WITH CAROL 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-EXERCISE CLASS 2:00-DAILY ACTIVITY WITH STEPH 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**10** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-DAILY ACTIVITY WITH PAM 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**11** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-BINGO WITH CAROL 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-EXERCISE CLASS WITH JEN 2:00-DAILY ACTIVITY WITH JEN 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**12** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:00-DAILY ACTIVITY WITH PAM 2:00-MUSIC WITH MOSSIMO 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 5:00-DINNER 6:00-MOVIE OR SHOW 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**13** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-ADULT COLORING 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 5:00-DINNER 6:00-MOVIE OR SHOW 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME
14 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-HYMN SING A LONG 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 5:00-DINNER 6:00-MOVIE OR SHOW 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**15** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-DAILY ACTIVITY WITH PAM 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME Martin Luther King Jr. Day	**16** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-CRAFTS WITH CAROL 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-EXERCISE CLASS 2:00-DAILY ACTIVITY WITH STEPH 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**17** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-DAILY ACTIVITY WITH PAM 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**18** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-BINGO WITH CAROL 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-EXERCISE CLASS WITH JEN 2:00-DAILY ACTIVITY WITH JEN 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**19** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:00-DAILY ACTIVITY WITH PAM 2:00-MUSIC WITH LORRI 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 5:00-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**20** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-ADULT COLORING 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 5:00-DINNER 6:00-MOVIE OR SHOW 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME
21 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-HYMN SING A LONG 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 5:00-DINNER 6:00-MOVIE OR SHOW 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME Activity Professionals Week	**22** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-DAILY ACTIVITY WITH PAM 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**23** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-CRAFTS WITH CAROL 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-EXERCISE CLASS 2:00-DAILY ACTIVITY WITH STEPH 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**24** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-DAILY ACTIVITY WITH PAM 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME Tu B'Shevat Begins	**25** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-BINGO WITH CAROL 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-EXERCISE CLASS WITH JEN 2:00-DAILY ACTIVITY WITH JEN 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**26** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:00-DAILY ACTIVITY WITH PAM 2:00-MUSIC WITH MARIA 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME Australia Day (Observed)	**27** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-ADULT COLORING 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 5:00-DINNER 6:00-MOVIE OR SHOW 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME
28 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-HYMN SING A LONG 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 5:00-DINNER 6:00-MOVIE OR SHOW 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**29** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-DAILY ACTIVITY WITH PAM 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**30** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-CRAFTS WITH CAROL 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-EXERCISE CLASS 2:00-DAILY ACTIVITY WITH STEPH 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME	**31** 8:00-BREAKFAST 9:00-MORNING NEWS 10:00-EXERCISE CLASS 10:30-SNACK & HYDRATION 10:45-DAILY CHRONICLE NEWS 11:00-DAILY DEVOTION READING 12:00-LUNCH 1:30-DAILY ACTIVITY WITH PAM 2:30-SNACK & HYDRATION 3:00-MUSIC HOUR 4:00-LET'S TAKE A WALK 4:30-DINNER 7:00-JEOPARDY & WHEEL OF FORTUNE 7:30-SNACK & HYDRATION 8:00-RELAXATION TIME			