


JANUARY 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Write it on your heart that every day is the best day in the year -Ralph Waldo Emerson	1 9:30 Morning Stroll 10:00 MacPhail Music 1:00 Louie Visits/Independent Activities 2:30 Yoga with Suzanne 3:00 Relaxation and Refreshments	2 9:30 Exercise and Wellness 10:00 Timeslips: Can You Picture This? 1:00 Louie Visits/Independent Activities 3:00 Relaxation and Refreshments	3 9:30 Virtual Exercise 1:00 Live Music with Mary Franz 3:00 Relaxation and Refreshments
5 9:30 Virtual Church Service 12:30 Louie Visits/Independent Activities 1:30 Virtual Sing Along 3:00 Relaxation and Refreshments	6 10:00 Games and Good News 1:00 Louie Visits/Independent Activities 2:30 Yoga with Suzanne 3:00 Relaxation and Refreshments	7 9:30 Morning Stroll 10:00 Remembering the Flexible Sled 1:00 Louie Visits/Independent Activities 2:00 Smile Drum Studio 2:00 Baking and Bingo 3:00 Relaxation and Refreshments	8 Elvis' Birthday! 9:30 Daily Chronicles 10:00 Morning Stretch with Balls 10:30 Sing Along: Elvis Songs! 1:00 1:1 Visits/Rock Around The Clock Detective/Elvis Blue Shoes Game 2:30 Elvis Happy Hour!	9 9:30 Morning Stroll 10:00 MacPhail Music 1:00 Louie Visits/Independent Activities 2:30 Yoga with Suzanne 3:00 Relaxation and Refreshments	10 9:30 Exercise and Wellness 10:00 Catholic Communion with All Saints 10:00 Eldercare Virtual Church Service 1:00 Louie Visits/Independent Activities 3:00 Relaxation and Refreshments	11 9:30 Virtual Exercise 1:00 Live Music with Ryan Chilar 3:00 Relaxation and Refreshments
12 9:30 Virtual Church Service 12:30 Louie Visits/Independent Activities 1:30 Virtual Sing Along 3:00 Relaxation and Refreshments	13 10:00 Games and Good News 1:00 Louie Visits/Independent Activities 2:30 Yoga with Suzanne 3:00 Relaxation and Refreshments	14 9:30 Activity and Exercise with Odem Rehab! 1:00 Louie Visits/Independent Activities 2:00 Baking and Bingo 3:00 Relaxation and Refreshments	15 9:30 Daily Chronicles 10:00 Morning Stretch with Balls 10:30 Sing Along 1:00 1:1 Visits/January Jokes 3:00 Happy Hour	16 9:30 Morning Stroll 10:00 MacPhail Music 1:00 Louie Visits/Independent Activities 2:30 Yoga with Suzanne 3:00 Relaxation and Refreshments	17 9:30 Morning Chat 10:00 Reading with CHA 2nd Graders 1:00 Louie Visits/Independent Activities 2:00 Exercise and Wellness 3:00 Relaxation and Refreshments	18 9:30 Virtual Exercise 1:00 Live Music with Piano Pete 3:00 Relaxation and Refreshments
19 9:30 Virtual Church Service 12:30 Louie Visits/Independent Activities 1:30 Virtual Sing Along 3:00 Relaxation and Refreshments	Martin Luther King Jr. Day 9:30 Morning Stretch with Bands 10:00 Let's Learn! MLK Day 1:30 Monthly Birthday Party 3:00 Relaxation and Refreshments	20 9:30 Morning Stroll 10:00 Short Story: The Uninvited Guest 1:00 Louie Visits/Independent Activities 2:00 Baking and Bingo 3:00 Relaxation and Refreshments	21 9:30 Daily Chronicles 10:00 Morning Stretch with Balls 10:30 Sing Along 1:00 1:1 Visits/January Pondering Prompts 3:00 Happy Hour	22 9:30 Morning Stroll 10:00 MacPhail Music 1:00 Louie Visits/Independent Activities 2:30 Yoga with Suzanne 3:00 Relaxation and Refreshments	23 9:30 Exercise and Wellness 10:00 Eldercare Virtual Church Service 10:00 Catholic Communion with All Saints 1:00 Winter Craft 3:00 Relaxation and Refreshments	24 9:30 Virtual Exercise 1:00 Live Music with Piano Pete 3:00 Relaxation and Refreshments
26 9:30 Virtual Church Service 12:30 Louie Visits/Independent Activities 1:00 Church Service with Pastor Deb 3:00 Relaxation and Refreshments	27 10:00 Games and Good News 1:00 Louie Visits/Independent Activities 2:30 Yoga with Suzanne 3:00 Relaxation and Refreshments	28 9:30 Morning Stroll 10:00 Travelogue: Oxford, England 1:00 Louie Visits/Independent Activities 2:00 Baking and Bingo 3:00 Relaxation and Refreshments	29 9:30 Daily Chronicles 10:00 Morning Stretch with Balls 10:30 Sing Along 1:00 1:1 Visits 1:30 Church Service with Pastor Chad 3:00 Happy Hour	30 9:30 Morning Stroll 10:00 MacPhail Music 1:00 Louie Visits/Independent Activities 2:30 Yoga with Suzanne 3:00 Relaxation and Refreshments	31 9:30 Exercise and Wellness 10:00 Eldermark Virtual Church Service 1:00 Louie Visits/Independent Activities 3:00 Relaxation and Refreshments	