

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy New Year! 1 9a- Sit and Fit (C) 10a- Independent Exercise (C) 1p- Documentary "Disney 100: A Century of Dreams" (C) New Year's Day	2 9a- Teatime (LR) 10a- Blood Pressure (LR) 10:15a- Functional Fitness (C) 1p- Craft (Snowflake Door Hanger) (A) 3p- Giant Crossword (A)	3 9a- TED Talk (A) 10a- Independent Exercise (C) 1p- Contract Rummy (LR) 2p- Gametime (Tacos vs Burritos) (A) 3p- Virtual Resiliency Workshop: Building Coping Skills (C)	Salon Open 9a-1:30p 4 9a- Brain Games (A) 10a- Functional Fitness (C) 1p- Shopping Trip 2p- Manicures (S) 3:30p- Who, What, Where? (A)	5 9a- Yoga (C) 10a- Independent Exercise (C) 1p- BINGO 3:30p- Gametime "Shut the Box" (A)	6 1p- Documentary- "Who Are You, Charlie Brown?" (2023) (C)
7 1p- Classic Movie- "The Searchers" (1946) (C)	8 9a- Sit and Fit (C) 10a- Independent Exercise (C) 1p- Gametime (Bananagrams) (A) 2:30p- Neurographic Art with Mary Fran (A)	9 9a- Teatime (LR) 10a- Blood Pressure (LR) 10:15a- Functional Fitness (C) 1p- Craft (Cork Catchall) (A) 3:30p- Caring Canines (C)	10 9a- TED Talk (A) 10a- Independent Exercise (C) 1p- Contract Rummy (LR) 1:30p- Paint and Sip (Winter Landscape) (A) 3p- January Trivia (A)	Salon Open 9a-1:30p 11 9a- Winter Reminiscing (A) 10a- Functional Fitness (C) 1p- Shopping Trip 1p- WRITEaway Group (LI) 2p- Floral Arrangements (A) 3:30p- Indoor Cornhole (C)	12 9a- Yoga (C) 10a- Independent Exercise (C) 12p- Lunch at Sugar and Spice (Bus boarding at 11:45p) 3p- Gametime (Yahtzee) (A)	13 10a- Resident Committee Conversation (C) 1p- NEW Movie- "Family Switch" (2023)
14 1p- Classic Movie- "Caesar and Cleopatra" (1945) (C)	15 9a- Sit and Fit (C) 10a- Independent Exercise (C) 1p- VNA Foot Clinic (S) 3p- Virtual Class "The Books of Martin Luther King Jr." (C) Martin Luther King Jr. Day	16 9a- Teatime (LR) 10a- Blood Pressure (LR) 10:15a- Functional Fitness (C) 1p- Craft (Mosaic Coaster) (A) 3p- All About Plant Propagation (A)	17 9a- TED Talk (A) 10a- Independent Exercise (C) 1p- Resident Committee Meeting (LI) 1p- Contract Rummy (LR)	Salon Open 9a-1:30p 18 10a- Functional Fitness (C) 1p- Virtual Workshop, "Downsizing and Decluttering: Get Started!" (C) 1p- Shopping Trip 2p- Manicures (S) 3:30p- Music with Resolution (C)	19 9a- Yoga (C) 10a- Independent Exercise (C) 1p- BINGO 3:30p- Wii Virtual Bowling (C)	20 1p- NEW Movie- "La La Land" (2016) (C)
21 1p- Classic Movie- "Mary Poppins" (1964) (C) Activity Professionals Week	22 9a- Sit and Fit (C) 10a- Independent Exercise (C) 1p- Guess the Classic Car (A) 3p- Travel Club (Alaska) (A)	23 9a- Teatime (LR) 10a- Blood Pressure (LR) 10:15a- Functional Fitness (C) 1p- Craft (Snowflake Suncatcher) (A) 3:30p- Gametime (Boggle) (A)	24 9a- TED Talk (A) 10a- Independent Exercise (C) 12p- Lunch at Baxters (Bus boarding at 11:45p) 1p- Contract Rummy (LR) 3p- Let's Make Ranch Snack Mix (A) Tu B'Shevat Begins	Salon Open 9a-1:30p 25 10a- Functional Fitness (C) 1p- Shopping Trip 1p- Therapeutic Art (A) 3p- Book Club (LI) 3p- Gametime (Headbanz) (A)	26 9a- Yoga (C) 10a- Independent Exercise (C) 1p- Mindfulness Jar (A) 3:45p- Happy Hour -Mocktails provided! (LR)	27 1p- NEW Movie- "Hamilton" (2020)
28 1p- Classic Movie- "Of Mice and Men" (1992)	29 9a- Sit and Fit (C) 10a- Independent Exercise (C) 1p- Gametime (Apples to Apples) (A) 2:30p- Intro to Diamond Painting (A)	30 9a- Teatime (LR) 10a- Blood Pressure (LR) 10:15a- Functional Fitness (C) 1p- Craft (Terrarium) (A) 3p- Activity Committee Meeting (A)	31 8a- Men's Breakfast (DR) 9a- TED Talk (A) 1p- Contract Rummy (LR) 10a- Independent Exercise (C) 2p- Virtual Class: Nutrition Basics 101 (A)	<div>January 2024</div> <div>cheers to the new year!</div>		