





Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 New Year's Day 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 12:00- Lunch 1:30-Relaxation 2:30-Funny New Year's Resolutions & Jokes 3:30-Tea Time 4:00-Saundscapes 5:00-Dinner. 6:00-Movie 	2 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:00-Worship with Ian 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00-Music Therapy with Tara 3:00-Refreshments 3:30-Happy New Year the World Around 4:00-Leisure Time 5:00-Dinner 6:00- First Time for Everything Trivia	3 Female Famous First Day 10:00-Greetings & Chronicle 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00-Music Therapy with Tara 3:15-Tea Time & Poetry 4:00-Active Game 5:00-Dinner 6:30-January Birthdays Word Search	4 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Church Services In LH 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Sing Along 3:30-Refreshments 4:00-Active Game 5:00-Dinner 6:00-Bingo	5 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch Pizza Party 1:30-Relaxation 2:30-Manicure 3:00-Refreshments 4:15-Walking Club 5:00-Dinner 6:00-Movie	6 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:00-A Time to Remember 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Paint By Numbers 3:00-Refreshments 3:30-Active Game 4:00-Soundscapes 5:00-Dinner 6:00-Word from A Word
7 10:00-Communion 10:15-Stretch and Be Fit 11:00-Sunday Services 11:30- Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Aylus Classical Music in LH 4:00-Soundscapes 5:00-Dinner 6:00-Movie	8 Marshmallow Monday 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 11:30-Out Trip: Drive 3:00 - Hot Cocoa with Marshmallows 3:15-Music Therapy with Tara 4:00-Soundscapes 5:00-Dinner 6:00-50 Fabulous Facts about Flora	9 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:00-Worship with Ian 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00-Music Therapy with Tara 3:00-Refreshments 3:30-What Am I ? 4:00-Leisure Time 5:00-Dinner 6:00-First Categories Trivia	10 10:00-Greetings & Chronicle 10:30-Coffee Social With First Floor Neighborhood 12:00-Lunch 1:30-Relaxation 2:00-Music Therapy with Tara 3:15-Tea Time & Poetry 4:00-Active Game 5:00-Dinner 6:30-Mixed-Up Tea Party Word Search	11 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Church Services In LH 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Sing Along 3:30-Refreshments 4:00-Active Game 5:00-Dinner 6:00-Bingo	12 10:00-Greetings & Chronicle 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00- Lunch 1:30-Relaxation 2:30-Manicure 3:00-Refreshments 3:15-Music Therapy with Tara 4:15-Walking Club 5:00-Dinner 6:00-Movie	13 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:00-Time to Remember 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Paint By Numbers 3:00-Refreshments 3:30-Active Game 4:00-Soundscapes 5:00-Dinner 6:00-Word from A Word
14 10:00-Communion 10:15-Stretch and Be Fit 11:00- Sunday Services 11:30- Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Classic Music Entertainer By: Jill Crawford 3:30- Refreshments 4:00-Leisure Time 5:00-Dinner 6:00-Movie	15 Martin Luther King Day 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Out Trip: Lunch 2:00-Leisure Time 3:00-Refreshment 3:15-Music Therapy with Tara 5:00-Dinner 6:00-Art Therapy with Trish 	16 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:00- Worship with Pastor Ian 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00- Catholic Mass 2:00-Music Therapy with Tara 3:00-Refreshments 3:30-January Birthdays 4:00-Leisure Time 5:00-Dinner 6:30- Martin Luther King Jr. Trivia	17 Wacky Wed 10:00-Greetings & Chronicle 10:15- Art Appreciation 11:00-Stretch and Be Fit 11:45-Wacky Waddle Parade 12:00-Lunch 1:30-Relaxation 2:00-Music Therapy with Tara 3:15-Tea Time & Poetry 4:00-Active Game 5:00-Dinner 6:30-Wacky Wordies 	18 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Church Services In LH 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Entertainant with Jeff in LH 3:00-Refreshments 4:00-Active Game 5:00-Dinner 6:00-Bingo	19 10:00-Greetings & Chronicle 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch Pizza Party 1:30-Relaxation 2:30-Manicure 3:00-Refreshments 3:15-Music Therapy Tara 4:15-Walking Club 5:00-Dinner 6:00-Movie	20 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:00-A Time to Remember 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Paint By Numbers 3:00-Refreshments 3:30-Active Game 4:00-Soundscapes 5:00-Dinner 6:00-Word from A Word
21 10:00-Communion 10:30-Stretch and Be Fit 11:00-Sunday Services 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Classic Music Entertainer By:Tom Aalfs-LH (Violinist) 3:30-Volunteer Students Craft 4:00 Leisure Time 5:00-Dinner 6:00-Movie	22 Activities Professional Week 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Out Trip: Drive 3:00-Refreshment 3:15-Music Therapy with Tara 3:30-Pet Therapy 5:00-Dinner 6:00-Jeopardy Trivia	23 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00- Music Therapy with Tara 3:00-Refreshments 3:30-Who Am I ? 4:00-Leisure Time 5:00-Dinner 6:30-Highlights of the 1980s Day	24 10:00-Greetings & Chronicle 10:15-Art Appreciation 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00- Music Therapy with Tara 3:00-Refreshments 3:15-Tea Time & Poetry 4:00-Leisure Time 5:00-Dinner 6:30-Double Trouble Word Game	25 11:00-Church Services in LH 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Sing Along 3:00-Refreshment 4:00-Active Game 5:00-Dinner 6:00-Bingo	26 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00 Lunch 1:30-Relaxation 2:30-Manicure 3:30-Refreshments 3:15-Music Therapy with Tara 4:15-Walking Club 5:00-Dinner 6:00-Movie	27 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:00- 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Aylus Classical Music in LH 3:00-Refreshments 3:30-Active Game 4:00-Soundscapes 5:00-Dinner 6:00-Wowrd from A Word
28 10:00-Communion 10:15-Stretch and Be Fit 11:00- Sunday Services 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30- Entertainer By: Ken Johnston 3:30-Refreshments 4:00-Leisure Time 5:00-Dinner 6:00-Movie	29 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Out Trip: Drive 2:00-Leisure Time 3:00 Refreshment 3:15-Music Therapy with Tara 4:15-Soundscapes 5:00-Dinner 6:00-Art Therapy with Trish	30 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 2:00-Music Therapy with Tara 3:15-Refreshments 3:00-January IQ 4:00-Leisure Time 5:00-Dinner 6:30- Trivia	31 10:00-Greetings & Chronicle 10:15-Art Appreciation 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00- Music Therapy with Tara 3:15-Tea Time & Poetry 4:00-Soundscapes 5:00-Dinner 6:30-The Golden Globes Word Search	<p style="text-align: center;"><u>ALL PROGRAMS ARE SUGGESTIONS AND SUBJECT TO CHANGE</u></p> <p style="text-align: center;"><u>All Memory Care Activities Take Place in the 3rd Floor Memory Care Neighborhood Except Otherwise Noted</u></p>	<p style="text-align: center;">Communion-Every Sunday at 10:00am</p> <p style="text-align: center;">Sunday Service-Every Sunday in Liberty Hall at 11:00am</p> <p style="text-align: center;">Catholic Mass-Tuesday January 16th in Liberty Hall at 2:00pm</p>	