

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 The History of New Years 10:45 Sit & Be Fit 11:15 New Years Trivia 1:30 Basket Ball Hoops 2:30 Bringing in the New Year	10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Walking Club 2:00 Sing Along w/ Peter Francis - M 3:00 Americas National Parks 3:30 Friday Social 4:00 Mindful Meditation	10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:00 Entertainment w/ Bob Clark - M 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L	4 10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi 2:00 Monday Matinee Pearl Harbor 3:30 Afternoon Snack 4:00 Mindful Meditation 4:30 TV Resident Choice	5 10:00 Current Events 10:30 Fitness w/ Marilyn 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga 2:00 Entertainment 3rd Fl with Vintage Entertainment 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime	6 10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking w/ Tameka 3:00 Sip & Create w/ Friends 3:30 Snack & Chat 4:30 Catholic Service 2 nd FL	7 10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	8 10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	9 10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:30 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L	11 10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi 2:00 Monday Matinee Steel Magnolias 3:30 Afternoon Snack 4:00 Mindful Meditation 4:30 TV Resident Choice	12 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga 2:00 Entertainment 5th Fl with Charles Lee - M 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime	13 10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking w/ Tameka 3:00 Sip & Create w/ Friends 3:30 Snack & Chat 4:30 Catholic Service 2 nd FL	14 10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	15 10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	16 10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Entertainment w/ Bob Clark - M 2:30 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 UNMUTE Concert 4:00 Meditation on IN2L	18 10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi 2:00 Monday Matinee Ocean 11 3:30 Afternoon Snack 4:00 Mindful Meditation 4:30 TV Resident Choice <small>Martin Luther King Jr. Day</small>	19 10:00 Current Events 10:30 Fitness w/ Marilyn 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga 2:00 Entertainment 3rd Fl with Steve Flynn 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime	20 10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking w/ Tameka 3:00 Sip & Create w/ Friends 3:30 Snack & Chat 4:30 Catholic Service 2 nd FL	21 10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	22 10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	23 10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:00 Entertainment 5th Fl with DJ Randy - M 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music
10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L	25 10:00 Current Events 10:30 Armchair Exercise 11:15 Chronicle Reading 11:30 This day In History 1:00 Tai Chi 2:00 Monday Matinee Ocean 12 3:30 Afternoon Snack 4:00 Mindful Meditation 4:30 TV Resident Choice <small>Australia Day (Observed)</small>	26 10:00 Current Events 10:30 Morning Exercise 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Yoga 2:00 Group Bingo 3:00 Afternoon Social 3:30 Resident Chat & Relax 4:00 Lifetime	27 10:00 Current Events 10:30 Glider Sliders 11:15 Daily Chronicle Reading 11:30 This Day in History 1:00 Chair Boxing 2:00 Baking Pizza w/ Tameka 3:00 Sip & Create w/ Friends 3:30 Snack & Chat 4:30 Catholic Service 2 nd FL	28 10:00 Current Events 10:30 Sit & be Fit 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	29 10:00 Current Events 10:30 Boot Camp w/ Weights 11:15 Daily Chronicle Reading 11:30 This Day in History 1:30 Balance Class w/ Fitness 2:00 Catching up w/ CNN 3:00 Talk & Treat 3:30 National Geographic 4:30 Residents Chat & Relax	30 10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:30 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music