## January 2025 Life Enrichment Monthly Calendar

Assisted Living

Activities are subject to change Friday Saturday

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy New Year!   I   10:00 Holy Mass Feast of Obligation Auditorium	9:30 Devotions 10:00 Stretch and Tone 10:30 Balance Class 11:00 This Day in History 11:00 Grief Support Group With Monic Gooden (Resident Conference Room) 1:30 Music Therapy with Caitlyn Bodine 3:00 Documentary and Discussion 4:00 Trivia 6:00 Thinklers	with Dorothy 2:30 Cooking Across the Ages 3:00 Mocktails 6:00 Movie	10:00 Coffee and Current Events 3:00 The Great Courses: Understanding Human Behaviors - Solving Psychological Mysteries and How Did Human Nature Evolve? 6:00 Movie
10:00 Catholic Mass 2:00 Worship Service Rev. C. Vander Linde Pianist Tim Doorlag Communion Sunday 7:00 Movie	e with en -	9:30 Devotions 0:00 Stretch and Tone 1:00 Visual Guide to the Universe :00 Scrabble 2:30 Amazing Curiosities 3:00 Chair Yoga 4:00 Thinklers 6:00 Television Classics 6:30 Piano Bar Featuring Bill Cessna (Auditorium)	9:30 Devotions 7 10:00 Stretch and Tone 11:00 BBC Earth 1:00 "Live" Music Concert 2:00 Delicious Desserts 3:00 Chair Yoga 6:00 Funny Trivia	9:30 Devotions 10:00 Catholic Mass (Meditation Room) 10:00 Stretch and Tone 1:00 Amazing Curiosities 2:00 Smoothies and Popcorn 3:00 Chair Yoga 4:00 Brain Games 6:30 Bingo	10:00 Stretch and Tone 10:30 Balance Class 11:00 This Day in History 11:30 Music Therapy with Caitlyn Bodine 3:00 Documentary and Discussion 4:00 Trivia	7:00 Brakfast Outing O 9:30 Devotions I 0 10:00 Stretch and Tone 10:30 Balance Class 11:00 This Day in History 1:00 Melodies and Memories with Dorothy 2:30 Cooking Across the Ages 3:00 Mocktails 6:00 Movie	10:00 Coffee and Current Events 3:00 The Great Courses: Understanding Human Behaviors - Solving Psychological Mysteries and How Did Human Nature Evolve? 6:00 Movie
10:00 Catholic Mass A 12:00 Worship Servic Rev. Rick Patterson a Pianist Dorothy Giova 1st Sunday in Epiphan 7:00 Movie	ce with and vannini -	9:30 Devotions 10:00 Stretch and Tone 10:30 This Day in History 2:00 Paint by Sticker 3:00 Big Secrets 4:00 Brain Games 6:00 Television Classics	9:30 Devotions 14 10:00 Stretch and Tone 11:00 Wellness Chat with Monica: Diabetes :00 "Live" Music Concert 2:00 Delicious Desserts 3:00 Chair Yoga 6:00 Funny Trivia	9:30 Devotions 15 10:00 Catholic Mass (Meditation Room) 10:00 Stretch and Tone 1:00 Amazing Curiosities 2:00 Smoothies and Popcorn 3:00 Chair Yoga 4:00 Brain Games 6:30 Bingo	9:30 Devotions 10:00 Stretch and Tone 10:30 Balance Class 11:00 This Day in History 11:30 Music Therapy with Caitlyn Bodine 3:00 Documentary and Discussion 4:00 Trivia 6:00 Thinklers	9:30 Devotions 17 10:00 Stretch and Tone 10:30 Balance Class 11:00 This Day in History 1:00 Melodies and Memories with Dorothy 2:30 Cooking Across the Ages 3:00 Mocktails 6:00 Movie	10:00 Coffee and Current Events 3:00 The Great Courses: Understanding Human Behaviors - Solving Psychological Mysteries and How Did Human Nature Evolve? 6:00 Movie
10:00 Catholic Mass 2:00 Worship Servic Rev. Dave Zomer an Carol DeRuiter - Epi A 7:00 Movie	A ce with nd Pianist	9:30 Devotions 10:00 Stretch and Tone 10:30 This Day in History 2:00 Paint by Sticker 3:00 Big Secrets 4:00 Brain Games 6:00 Television Classics	9:30 Devotions 10:00 Stretch and Tone 11:00 BBC Earth 1:00 "Live" Music Concert 2:00 Delicious Desserts 3:00 Chair Yoga 6:00 Funny Trivia	9:30 Devotions 10:00 Catholic Mass (Meditation Room) 10:00 Stretch and Tone 1:00 Amazing Curiosities 2:00 Smoothies and Popcorn 3:00 Chair Yoga 4:00 Brain Games 6:30 Bingo	10:00 Stretch and Tone 10:30 Balance Class 11:00 This Day in History 11:30 Music Therapy with Caitlyn Bodine 3:00 Documentary and Discussion 4:00 Trivia 6:00 Thinklers	9:30 Devotions 10:00 Stretch and Tone 10:30 Balance Class 11:00 This Day in History 1:00 Melodies and Memories with Dorothy 2:30 Cooking Across the Ages 3:00 Mocktails 6:00 Movie	10:00 Coffee and Current Events 3:00 The Great Courses: Understanding Human Behaviors - Solving Psychological Mysteries and How Did Human Nature Evolve? 6:00 Movie
10:00 Catholic Mass 2:00 Worship Servic Rev. Carla Gillespie Pianist Ellen Byle - E 3 A 7:00 Movie	ce with and	9:30 Devotions 10:00 Stretch and Tone 10:30 This Day in History 2:00 Paint by Sticker 3:00 Big Secrets 4:00 Brain Games 6:00 Television Classics	9:30 Devotions 10:00 Stretch and Tone 11:00 BBC Earth 1:00 "Live" Music Concert 2:00 Delicious Desserts 3:00 Chair Yoga 6:00 Funny Trivia	9:30 Devotions 10:00 Catholic Mass (Meditation Room) 10:00 Stretch and Tone 1:00 Amazing Curiosities 2:00 Smoothies and Popcorn 3:00 Chair Yoga 4:00 Brain Games 6:30 Bingo	10:00 Stretch and Tone 10:30 Balance Class 11:00 This Day in History 11:30 Music Therapy with Caitlyn Bodine 3:00 Documentary and Discussion 4:00 Trivia	9:30 Devotions 10:00 Stretch and Tone 10:30 Balance Class 11:00 This Day in History 11:30 Lunch Outing: HopCat O 1:00 Melodies and Memories with Dorothy 2:30 Cooking Across the Ages 3:00 Mocktails 6:00 Movie	10:00 Coffee and Current Events 3:00 The Great Courses: Understanding Human Behaviors - Solving Psychological Mysteries and How Did Human Nature Evolve? 6:00 Movie

Calender Key:

A – Auditorium

O - Outing

RC - Resident Conference

