

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All month long: Donations for Grace Centers of HOPE in Pontiac</p> <p>See donation boxes in lobby</p>			<p>1</p> <p>10:00 Sit and Be Fit (DR) 11:00 Walking Club 1:00 Dog Visit-Gemma 2:00 Magical Painting (DR) 3:00 Twister Toss (DR) 6:00 Classical Music Movie</p>	<p>2</p> <p>10:00 Chair Yoga (DR) 11:00 Resident Band (DR) 1:00 Name that Tune (TL) 2:00 Tea Social (DR) 3:30 Card Games (DR) 6:00 Color Art (FS)</p>	<p>3</p> <p>10:00 Chair Exercise (DR) 11:00 Sorting Club (FS) 1:00 Lacing Cards (DR) 2:00 Table Air Hockey (DR) 3:00 Happy Hour (DR) 6:00 Short Story Circle (TL)</p>	<p>National Trivia Day 4</p> <p>10:00 Morning Stretch (TL) 11:00 Chair Volleyball (DR) 1:00 Trivia! (TL) 2:00 Suzy Marsh Music (FS) 6:00 Relaxation Retreat (TL)</p>
<p>5</p> <p>10:00 Dev. Reading (TL) 11:00 Sit and Be Fit (DR) 1:00 Short Stories (TL) 2:00 Color Art (FS) 3:30 Sorting Club (DR) 6:00 Guided Relaxation (TL)</p>	<p>6</p> <p>10:00 Moving Monday (DR) 11:00 Around the World (TL) 1:00 Men's Game Hour (FS) 2:00 Live Music: Double Play 3:00 Watercolor Magic (FS) 6:00 Sensory Station (DR)</p>	<p>7</p> <p>10:00 Ball Exercises (DR) 11:00 Table Tennis (DR) 1:00 Cleaning Club (DR) 2:00 Bus Outing: Ray's Ice Cream 3:30 Mystery Puzzles (FS) 6:00 Hand massages & music</p>	<p>Elvis's Birthday 8</p> <p>10:00 Move Those Joints (TL) 11:00 Elvis Sing Along (DR) 1:00 Dog Visit-Abby 2:00 Elvis Bingo! (DR) 3:00 Elvis Trivia Bonanza (FS) 6:00 Classic Elvis Movie (TL)</p>	<p>9</p> <p>10:00 Chair Yoga (DR) 11:00 Short Stories (TL) 1:00 Sensory Craft (FS) 2:00 Baking Club (DR) 3:30 Classic TV (TL) 6:00 Star Gazing (TL)</p>	<p>10</p> <p>10:00 Chair Exercise (DR) 11:00 Sing Along (TL) 1:00 Manicures and Massages (DR) 2:00 Balloon Volleyball (DR) 3:00 Happy Hour (DR) 6:00 Short Story Circle (TL)</p>	<p>11</p> <p>10:00 Morning Stretch (TL) 11:15 Family Feud (TL) 1:00 Board Games (FS) 2:00 Table Tennis (DR) 3:00 Live Music: Sandy V (TL) 6:00 Classic Movie</p>
<p>12</p> <p>10:00 Sit and Be Fit (DR) 11:00 Audio Book-Sherlock Holmes Short Stories (TL) 1:30 Ice Cream Social (DR) 3:30 Afternoon Stretching (TL) 6:00 Hand Massages & Music</p>	<p>13</p> <p>10:00 Moving Monday (DR) 11:00 Around the World(TL) 1:00 Popcorn Bar! (DR) 2:00 Bingo! (DR) 3:00 Sorting Club (FS) 6:00 Sensory Station</p>	<p>14</p> <p>10:00 Move to Music (DR) 11:00 Twister Board (DR) 1:00 Baking Club (DR) 2:00 Bus Outing: Sedona Tap 3:30 Sing Along (DR) 6:00 Guided Relaxation</p>	<p>National Hat Day 15</p> <p>10:00 Sit and Be Fit (DR) 11:00 Walking Club 1:00 Dog Visit-Gemma 2:00 Hat Parade (FS) 3:30 Balloon Volleyball (DR) 6:00 Classical Movie</p>	<p>16</p> <p>10:00 Chair Yoga (DR) 11:00 Choir (DR) 2:00 Su's Muse (FS) 3:00 Mobile Cart-Take a Shot! 6:00 Relaxation Retreat</p>	<p>17</p> <p>10:00 Chair Exercise (DR) 11:00 Sing Along (DR) 1:00 Guess that Scent (FS) 2:00 Indoor Sledding! (TL) 3:00 Happy Hour (DR) 6:00 Short Story Circle (TL)</p>	<p>18</p> <p>10:00 Morning Stretch (TL) 11:15 Tell Me More (DR) 1:00 Watercolor Magic (FS) 2:00 Card Games (DR) 3:00 Walking Club 6:00 Sensory Station (TL)</p>
<p>19</p> <p>10:00 Devotional Reading and Hymns (TL) 11:00 Sit and Be Fit (DR) 1:00 Color Art (FS) 2:00 Word Games (TL) 3:30 My Favorite Chat (DR) 6:00 Guided Relaxation</p>	<p>20</p> <p>10:00 Moving Monday (DR) 11:00 Around the World (TL) 1:00 Card Games (FS) 2:00 Name the Tune (DR) 3:00 Calming Bottles (DR) 6:00 Star Gazing</p>	<p>21</p> <p>10:00 Ball Exercises (DR) 11:00 Tell Me About It (TL) 1:00 Family Feud (TL) 2:00 Outing: Starbucks 3:00 Mystery Puzzle (FS) 3:30 Relaxation Retreat (TL) 6:00 Hand massages & music</p>	<p>22</p> <p>10:00 Move Those Joints (TL) 11:00 Walking Club 1:00 Dog Visit-Abby 2:00 Twister Trivia (DR) 3:00 Culinary Showcase (DR) 6:00 Deep Breathing Meditation</p>	<p>23</p> <p>10:00 Chair Yoga (DR) 11:00 Sorting Club (FS) 1:00 Balloon Volleyball (DR) 2:00 Men's Game Hour (FS) 3:00 Bingo Club (DR) 6:00 Relaxation Retreat</p>	<p>Activity Prof. Day 24</p> <p>10:00 Chair Exercise (DR) 11:00 Affirmation Jars (FS) 1:00 Move to the Music (TL) 2:00 Baking Club (DR) 3:00 Beat the Winter Blues Happy Hour & Dancing! (DR) 6:00 Short Story Circle (FS)</p>	<p>25</p> <p>10:00 Morning Stretch (TL) 11:15 Card Games (DR) 1:00 Sorting Club (FS) 2:30 Live Piano: Cheryl Beauchamp (DR) 6:00 Guided Deep Breathing</p>
<p>26</p> <p>10:00 Dev. Reading (TL) 11:00 Sit and Be Fit (DR) 1:00 Armchair Travel (FS) 2:00 Walking Club 3:30 Afternoon Stretching (DR) 6:00 Hand Massages & Music</p>	<p>27</p> <p>10:00 Moving Monday (DR) 11:00 Around the World (TL) 1:00 Tea Social & Chat (DR) 2:00 Guess that Scent (FS) 3:00 Art Class (FS) 6:00 Sensory Station</p>	<p>28</p> <p>10:00 Ball Exercises (DR) 11:00 Talk about it (TL) 1:00 Move to the Music (DR) 2:00 Bus Outing: Beauty and the Beast Sing Along! 3:30 Short Story (FS) 6:00 Relaxation Retreat</p>	<p>29</p> <p>10:00 Move Those Joints (TL) 11:00 Donation Bags (DR) 1:00 Board Games (FS) 2:00 Donation Bags (DR) 6:00 Deep Breathing Meditation</p>	<p>30</p> <p>10:00 Chair Yoga (DR) 11:00 Watercolor Magic (FS) 1:00 Balloon Volleyball (DR) 2:00 Table Tennis (DR) 3:00 Sandy V (TL) 6:00 Relaxation Retreat</p>	<p>31</p> <p>10:00 Chair Exercise (DR) 11:00 Art Class (FS) 1:00 Classical Movie (TL) 2:00 Man Manicures (DR) 3:00 Happy Hour (DR) 6:00 Short Story Circle (FS)</p>	<p>January Birthdays</p> <p>Richard W-1/4 Joan C-1/14 Emma S.-1/17 Pat M 1/22</p>

Calendar Key

DR-Dining Room

CY-Courtyard

FS-Four Seasons Room

TL- TV Lounge