



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		All Events Are Subject to Change	New Year's Day 1 10:00 PH Morning Stretch 1:00 CR Holidays Arts and Crafts 2:00 CG Poetry Hour 3:00 Afternoon Social 4:00 SC Sing-Along 6:00 MV Movie Time	2 10:00 PH Morning Stretch 1:00 Nature Stroll 2:00 CG Puzzle Time with Friends 3:00 SC Music and Dance 4:00 SC Card Games 6:00 MV Movie Time	3 10:30 SP Morning Devotion 1:00 PH Arts and Crafts Paint 2:00 SC Conversations With Friends 3:00 SC Music and Dance 4:00 Nature Stroll 6:00 MV Movie Time	4 10:00 PH Saturday Morning Stretch 1:00 SC Music and Dance 2:00 CR Flower Arranging 3:00 Nature Stroll 4:00 SP Meditation wind down 6:00 MV Movie Time
5 10:30 SP Church Services 1:00 VC Sing-Along Hymns 2:00 CR Water Painting 3:00 SC Conversations With Friends 4:00 SP Meditation Hour / Beautiful Birds 6:00 MV Movie Time	6 10:00 PH Moming (Hip Hop) Chair Workout 1:00 CR Winter Arts and Crafts 2:00 VC Baking Club 3:00 CG Meditation Hour: Waterfalls 6:00 MV Movie Time	7 10:00 PH Chair Yoga 1:00 Nature Stroll 2:00 SC Music 3:00 CG Puzzle Time With Friends 4:00 SP Meditation Wine Down 6:00 MV Movie Time	8 10:00 PH Morning Stretch 1:00 CR Holidays Arts and Crafts 2:00 CG Poetry Hour 3:00 SC Afternoon Social 4:00 SP Meditation Hour: Sounds of Nature 6:00 MV Movie Time	9 10:00 PH Morning Stretch 1:00 Nature Stroll 2:00 CG Puzzle Time with Friends 3:00 SC Music and Dance 4:00 CG Card Games 6:00 MV Movie Time	10 10:30 SP Morning Devotion 1:00 PH Arts and Crafts Paint 2:00 SC Conversations With Friends 3:00 SC Music and Dance 4:00 Nature Stroll 6:00 MV Movie Time	11 10:00 PH Saturday Morning Stretch 1:00 SC Music and Dance 2:00 CR Flower Arranging 3:00 Afternoon Stroll 4:00 SP Meditation wind down 6:00 MV Movie Time
12 10:30 SP Church Services 1:00 VC Conversations With Friends 2:00 CR Water Painting 3:00 SC Sing-Along Hymns 4:00 Nature Stroll 6:00 MV Movie Time	13 10:00 PH Moming (Hip Hop) Chair Workout 1:00 CR Winter Arts and Crafts 2:00 CR Baking Club 3:00 Nature Stroll 4:00 SP Meditation wind down 6:00 MV Movie Time	14 10:00 PH Chair Yoga 11:00 CR Arts and Crafts 1:00 Nature Stroll 2:00 SC Music 3:00 CG Puzzle Time With Friends 4:00 SP Meditation / Waterfalls 6:00 MV Movie Time	15 10:00 PH Morning Stretch 1:00 CR Holidays Arts and Crafts 2:00 CG Poetry Hour 3:00 SC Afternoon Social 4:00 SP Meditation Hour: Waterfalls 6:00 MV Movie Time	16 10:00 PH Morning Stretch 1:00 Nature Stroll 2:00 CG Puzzle Time with Friends 3:00 SC Music and Dance 4:00 SC Card Games 6:00 MV Movie Time	17 10:30 SP Morning Devotion 1:00 PH Arts and Crafts Paint 2:00 SC Conversations With Friends 3:00 SC Music and Dance 4:00 Nature Stroll 6:00 MV Movie Time	18 10:00 PH Saturday Morning Stretch 1:00 SC Music and Dance 2:00 CR Flower Arranging 3:00 Afternoon Stroll 4:00 SP Meditation wind down 6:00 MV Movie Time
19 10:30 SP Church Services 1:00 SP Sing-Along Hymns 2:00 CR Water Painting 3:00 SC Conversations With Friends 4:00 Nature Stroll 6:00 MV Movie Time	Martin Luther King Jr. Day 20 10:00 PH Moming (Hip Hop) Chair Workout 1:00 CR Winter Arts and Crafts 2:00 CR Baking Club 3:00 Nature Stroll 4:00 SP Meditation wind down 6:00 MV Movie Time	21 10:00 PH Chair Yoga 1:00 Nature Stroll 2:00 SC Music 3:00 CG Puzzle Time with Friends 4:00 SP Meditation Wine Down 6:00 MV Movie Time	22 10:00 PH Morning Stretch 1:00 CR Holidays Arts and Crafts 2:00 CG Poetry Hour 3:00 SC Afternoon Social 4:00 SP Meditation wind down 6:00 MV Movie Time	23 10:00 PH Morning Stretch 1:00 Nature Stroll 2:00 CG Puzzle Time with Friends 3:00 SC Music and Dance 4:00 SC Card Games 6:00 MV Movie Time	24 10:30 SP Morning Devotion 1:00 PH Arts and Crafts Paint 2:00 SC Conversations With Friends 3:00 SC Music and Dance 4:00 Nature Stroll 6:00 MV Movie Time	25 10:00 PH Saturday Morning Stretch 1:00 SC Music and Dance 2:00 CR Flower Arranging 3:00 Afternoon Stroll 4:00 SP Meditation wind down 6:00 MV Movie Time
26 10:30 SP Church Services 1:00 SP Sing-Along Hymns 2:00 CR Water Painting 3:00 SC Conversations With Friends 4:00 Nature Stroll 6:00 MV Movie Time	27 10:00 PH Moming (Hip Hop) Chair Workout 1:00 CR Winter Arts and Crafts 2:00 CR Baking Club 3:00 Nature Stroll 4:00 SP Meditation wind down 6:00 MV Movie Time	28 10:00 PH Chair Yoga 1:00 Nature Stroll 2:00 SC Music 3:00 CG Puzzle Time with Friends 4:00 SP Meditation Wine Down 6:00 MV Movie Time	29 10:00 PH Morning Stretch 1:00 CR Holidays Arts and Crafts 2:00 CG Poetry Hour 3:00 SC Afternoon Social 4:00 SP Meditation wind down 6:00 MV Movie Time	30 10:00 PH Morning Stretch 1:00 Nature Stroll 2:00 CG Puzzle Time with Friends 3:00 SC Music and Dance 4:00 CG Card Games 6:00 MV Movie Time	31 10:30 SP Morning Devotion 1:00 PH Arts and Crafts Paint 2:00 SC Conversations With Friends 3:00 SC Music and Dance 4:00 Nature Stroll 6:00 MV Movie Time	