



January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>HAPPY BIRTHDAY</p>	<p>1-2 Candie H 1-5 Larry A. 1-6 Judy S. 1-17 Gwen P. 1-22 Norma K 1-28 Faith J</p>		<p>Side 1 Rooms 101-130</p> <p>Side 2 Rooms 130-160</p>	<p>1</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:45 Sit & Be Fit (HW) Side 2</p>	<p>2 Independent Leisure</p>	<p>HW- Hall Way YA- Your Apartment AR-Activity Room DR-Dining Room ODS- Outdoors MC-Mobile Cart (Will come to your room)</p>
<p>3 Independent Leisure</p>	<p>4</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW)</p>	<p>5</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-3:30 Shop Cart (MC)</p>	<p>6</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW) 2:45-3:45 Bingo Side 2 (HW)</p>	<p>7</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-3:30 Snack & Drink Cart (MC)</p>	<p>8</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW)</p>	<p>9 Independent Leisure</p>	<p> Physical</p>
<p>10 Independent Leisure</p>	<p>11</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW) 2:45-3:45 Bingo Side 2</p>	<p>12</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-3:30 Shop Cart (MC)</p>	<p>13</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW) 2:45-3:45 Bingo Side 2 (HW)</p>	<p>14</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-3:30 Snack & Drink Cart (MC)</p>	<p>15</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW) 2:45-3:45 Bingo Side 2</p>	<p>16 Independent Leisure</p>	<p> Spiritual</p>
<p>17 Independent Leisure</p>	<p>18</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW) 2:45-3:45 Bingo Side 2</p>	<p>19</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-3:30 Shop Cart (MC)</p>	<p>20</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW) 2:45-3:45 Bingo Side 2 (HW)</p>	<p>21</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-3:30 Snack & Drink Cart (MC)</p>	<p>22</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW) 2:45-3:45 Bingo Side 2</p>	<p>23 Independent Leisure</p>	<p> Social</p>
<p>24 Independent Leisure</p>	<p>25</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW) 2:45-3:45 Bingo Side 2</p>	<p>26</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-3:30 Shop Cart (MC)</p>	<p>27</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW) 2:45-3:45 Bingo Side 2 (HW)</p>	<p>28</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-3:30 Snack & Drink Cart (MC)</p>	<p>29</p> <p> 9:30-10:00 Sit & Be Fit (HW) Side 1 10:15-10:50 Sit & Be Fit (HW) Side 2 1:30-2:30 Bingo Side 1 (HW) 2:45-3:45 Bingo Side 2</p>	<p>30/31 Independent Leisure</p>	<p> Purposeful</p> <p> Nutritional</p>
							<p>Please Remember to wear your mask, and social distance 6 feet.</p>