

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Tone it up Tuesday 10:30 Walking group 11:00 Coffee & Chat 1:30 Reminisce 3:00 Happy New Year With the Sweet G's 	10:00 Strength & Balance 10:30 Walking group 11:00 Bible Study 1:30 Beauty Box 2:30 Crafter's Corner 3:30 Documentary 4:15 Nature Walk	10:00 Light Weights 10:30 Walking group 11:00 Current Events Discussion 1:30 Bingo 2:00 Scrabble - 2 nd Floor 3:00 Resident Mtg. 3:30 Movie 4:15 Nature Walk	10:00 Ball Exercise 10:30 Walking group 11:00 Trivia- 3 rd Floor 2:15 Music with Antonio 3:00 Ice Cream Social 3:30 Travelogue 4:15 Nature Walk	10:00 Chair Zumba 10:30 Walking group 11:00 This week in History 1:30 Bingo 2:30 You be the judge! 3:00 Cooking Club 3:30 Movie
10:45 Church up on 6 th 2:30 Play Checkers in Library 3:00 Residents Movie Choice Golden Globes Awards Night	9:45 Chair Yoga 10:30 Walking group 11:00 TED Talks 1:30 Pokeno 2:30 Jewelry Making 3:00 Share a quote day 3:30 Movie 4:15 Nature Walk	10:00 Tone it up Tuesday 10:30 Walking group 11:00 Dining Mtg. 1:30 Men's Group 2:30 Reminisce 3:00 Poetry Day 3:30 Movie 4:15 Nature Walk	10:00 Strength & Balance 10:30 Walking group 11:00 Bible Study 1:30 Beauty Box 2:30 Crafter's Corner 3:30 Documentary 4:15 Nature Walk 6:30 Game Night	10:00 Light Weights 10:30 Walking group 11:00 Current Events Discussion 1:30 Bingo 2:00 Scrabble - 2 nd Floor 2:30 Ceramics Class 3:00 Project Hands 3:30 Movie 4:15 Nature Walk	10:00 Ball Exercise 10:30 Walking group 11:00 Trivia- 3 rd Floor 1:30 Pokeno 2:00 BOOK CLUB 2:30 Word search & puzzles 3:00 Ice Cream Social 3:30 Travelogue 4:15 Nature Walk	10:00 Chair Zumba 10:30 Walking group 11:00 This week in History 1:30 Westminster Church recital 2:30 Finish the phrase 3:00 Cooking Club 3:30 Movie
10:45 Church up on 6 th 2:30 Play Chess in Library 3:00 Residents Movie Choice	9:45 Chair Yoga 10:30 Walking group 11:00 TED Talks 1:30 Pokeno 2:30 Jewelry Making 3:00 Science for seniors 3:30 Movie 4:15 Nature Walk	10:00 Tone it up Tuesday 10:30 Walking group 11:00 Coffee & Chat 1:30 Music with Alvin 2:30 Aromatherapy 3:00 Strawberry Ice Cream day 3:30 Movie 4:15 Nature Walk	10:00 Strength & Balance 10:30 Walking group 11:00 Bible Study 1:30 Beauty Box 2:30 Sip & Paint 3:30 Documentary 4:15 Nature Walk	10:00 Light Weights 10:30 Walking group 11:00 Current Events Discussion 1:30 Bingo 2:00 Scrabble - 2 nd Floor 2:30 Ceramics Class 3:00 A to Z Actress 3:30 Movie 4:15 Nature Walk	10:00 Ball Exercise 10:30 Walking group 11:00 Trivia- 3 rd Floor 1:30 Pokeno 2:30 Detective Search 3:00 Ice Cream Social 3:30 Travelogue 4:15 Nature Walk	10:00 Chair Zumba 10:30 Walking group 11:00 This week in History 1:30 Bingo 2:30 You be the judge! 3:00 Cooking Club 3:30 Movie
10:45 Church up on 6 th 2:30 Play Checkers in Library 3:00 Residents Movie Choice	9:45 Chair Yoga 10:30 Walking group 11:00 Martin Luther King Trivia 1:30 Pokeno 2:30 Jewelry Making 3:00 Science for seniors 3:30 Movie 4:15 Nature Walk <small>Martin Luther King Day Tu B'Shevat</small>	10:00 Tone it up Tuesday 10:30 Walking group 11:00 Coffee & Chat 1:30 Music with Robert Greene 2:30 Plants & Animals 3:30 Movie 4:15 Nature Walk	10:00 Strength & Balance 10:30 Walking group 11:00 Bible Study 1:30 Beauty Box 2:30 Crafter's Corner 3:30 Documentary 4:15 Nature Walk 6:30 Game Night	10:00 Light Weights 10:30 Walking group 11:00 Current Events Discussion 1:30 Bingo 2:00 Scrabble - 2 nd Floor 3:00 Birthday Party 3:30 Movie 4:15 Nature Walk	10:00 Ball Exercise 10:30 Walking group 11:00 Trivia- 3 rd Floor 1:30 Pokeno 2:30 Word search & puzzles 3:00 Eskimo Pie Day 3:30 Travelogue 4:15 Nature Walk	10:00 Light Weights 10:30 Walking group 11:00 This week in History 1:30 Bingo 2:30 Finish the phrase 3:00 Cooking Club 3:30 Movie
10:45 Church up on 6 th 2:30 Play Chess in Library 3:00 Residents Movie Choice	9:45 Chair Yoga 10:30 Walking group 11:00 TED Talks 1:30 Pokeno 2:30 Jewelry Making 3:00 Marshmallow Monday 3:30 Movie 4:15 Nature Walk <small>Australia Day (observed)</small>	10:00 Tone it up Tuesday 10:30 Walking group 11:00 Coffee & Chat 1:30 Activity Mtg. 2:30 Meditation 3:00 Aromatherapy 3:30 Movie 4:15 Nature Walk	10:00 Strength & Balance 10:30 Walking group 11:00 Bible Study 1:30 Beauty Box 2:30 Crafter's Corner 3:30 Documentary 4:15 Nature Walk	10:00 Light Weights 10:30 Walking group 11:00 Current Events Discussion 1:30 Bingo 2:00 Scrabble - 2 nd Floor 2:30 Ceramics Class 3:00 Jeopardy 3:30 Movie 4:15 Nature Walk		