

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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|--|---|--|--|---|--|--|
| <p>9:30 - Morning Exercise 5<br/>10:00 - Hydration Station<br/>10:15 - Berries and Whipped Cream Snack<br/>1:00 - Group Puzzle Building<br/>2:00 - What is Your Favorite Kind of Bird<br/>3:00 - Obie Game Hour<br/>5:30 - Brain Games<br/>National Bird Day</p> | <p>9:30 - Chair Exercise 6<br/>10:00 - Water Water Water<br/>10:15 - Name that Tune<br/>1:00 - Daily Chronicle Reading<br/>2:00 - <b>Shortbread Cookie Social</b><br/>3:00 - Craft Time with Tanya<br/>5:30 - Brain Games<br/>National Shortbread Day</p> | <p>9:30 - Chair Yoga 7<br/>10:00 - H2O Break<br/>10:15 - Homemade Snowflake Craft<br/>1:00 - One on One Visits<br/>2:00 - Music Request Hour<br/>3:00 - BINGO TIME<br/>5:30 - Brain Games<br/>National Bobblehead Day</p>  | <p>9:30 - Morning Sit and Fit 1<br/>10:00 - Hydration Station<br/>10:15 - Left Right Center<br/>1:00 - Daily Chronicles<br/>2:00 - What's Your Goal for the New Year?<br/>3:00 - <b>Happy Hour Music (TS)</b><br/>5:30 - Brain Games<br/>New Year's Day</p>                      | <p>9:30 - Chair Exercise 2<br/>10:00 - Water Break<br/>10:15 - Balloon Toss Game<br/>1:00 - Let's Play Some Solitaire<br/>2:00 - <b>Mocktail Party for the New Year</b><br/>3:00 - Lets Talk about Sci-Fi<br/>5:30 - Brain Games<br/>National Science Fiction Day</p>                 | <p>9:30 - Morning Tea and Chronicle Reading 3<br/>10:00 - Let's See What We Know About January Jeopard<br/>1:00 - Afternoon Word Puzzle<br/>2:00 - <b>Birthday Bash for the January Birthdays!!</b><br/>3:00- BINGO BINGO BINGO<br/>5:00 - Brain Games<br/>National Drinking Straw Day</p> | <p>9:30 - Warm Up Stretches 4<br/>10:00 - Water Time<br/>10:15 - Trivial Pursuit<br/>1:00 -What is Your Favorite Topic to Learn More About?<br/>2:00 - Has Anyone Been to Missouri?<br/>3:00 - Nature Documentary<br/>5:30 - Brain Games<br/>National Trivia Day</p> |
| <p>9:30 - Chronicle Reading 12<br/>10:00 - Manicures Hour<br/>1:00 - Afternoon Stretch<br/>1:30 - Time for Water<br/>2:00 - <b>What is Marzipan? Let's Try Some!</b><br/>3:00 - Sunday Craft with Tanya<br/>5:30 - Brain Games<br/>National Marzipan Day</p>     | <p>9:30 - Sit and Fit 13<br/>10:00 - Water Break<br/>10:15 - Let's Make a Winter Art Piece<br/>1:00 - Mad Libs<br/>2:00 - Let's Sing and Dance to the Music<br/>3:00 - Noodle Hockey<br/>5:30 - Brain Games<br/>National Rubber Ducky Day</p>             | <p>9:30 - Coffee and Chronicle 14<br/>10:00 - It's Time for Jeopardy! Who Will Win?<br/>1:00 - If You Could Have Any Animal as a Pet, What Would You Pick?<br/>2:00 - <b>Animal Cracker Social</b><br/>3:00 - Animal Trivia<br/>5:30 - Brain Games<br/>Dress Up Your Pet Day</p> | <p>9:30 - Sit and Stretch 8<br/>10:00 - Water Time<br/>10:15 - Elvis Trivia (Happy Birthday Elvis Presley)<br/>1:00 - What is Your Favorite Elvis Song?<br/>2:00 - Daily Chronicle<br/>3:00 - <b>Happy Hour Music (TS)</b><br/>5:30 - Brain Games<br/>Elvis Presley Birthday</p> | <p>9:30 - Coffee and Chronicle 9<br/>10:00 - What Does a Day for a Police Officer Look?<br/>1:30 - Afternoon Stretching<br/>2:00 - Hydration Station<br/>2:15 - Which Came First?<br/>3:00 - Sing Along Time<br/>5:30 - Brain Games<br/>National Law Enforcement Appreciation Day</p> | <p>9:30 - Sit and Fit 10<br/>10:00 - Water Break<br/>10:15 - Yahtzee Game<br/>1:00 - Let's Do Some Work in the Garden<br/>2:00 - <b>Chocolate Tasting</b><br/>3:00 - Finish the Phrase<br/>5:30 - Brain Games<br/>National Bittersweet Chocolate Day</p>                                   | <p>9:30 - Morning Stretches 11<br/>10:00 - Hydrate Up<br/>10:15 - Obie Game Hour<br/>1:00 - Daily Chronicle Time<br/>2:00 - Let's Talk About Arkansas!<br/>3:00 - Funny Movie Hour with Popcorn<br/>5:30 - Brain Games<br/>National Milk Day</p>                     |
| <p>9:30 - Chair Exercise 19<br/>10:00 - Hydration Time<br/>10:15 - Who Needs a Manicure?<br/>1:00 - Group Puzzle<br/>2:00 - Board Game Time<br/>3:00 - Name That Tune<br/>5:30 - Brain Games<br/>Activity Professionals Week</p>                                 | <p>9:30 - Chronicle Time 20<br/>10:00 - Let's Talk About MLK Jr.<br/>1:30 - Mid-Day Stretch<br/>2:00 - What is your Favorite Kind of Cheese?<br/>3:00 - <b>Cheese and Cracker Snack</b><br/>5:30 - Brain Game<br/>Martin Luther King Jr. Day</p>          | <p>9:30 - Morning Exercise 21<br/>10:00 - H2O Time<br/>10:15 - <b>Healthy Granola Bar Snack</b><br/>1:00 - Reminiscing Time<br/>2:00 - Can You Name the President by their Picture?<br/>3:00 - Fact or Fiction?<br/>5:30 - Brain Games<br/>National Granola Bar Day</p>          | <p>9:30 - Chair Exercise 15<br/>10:00 - Hydration Station<br/>10:15 - Sing Along Time<br/>1:00 - Group Puzzle Building Hour<br/>2:00 - True or False?<br/>3:00 - <b>Happy Hour Music (TS)</b><br/>5:30 - Brain Games<br/>National Strawberry Ice Cream Day</p>                   | <p>9:30 - Morning Exercise 16<br/>10:00 - Water Time<br/>10:15 - <b>Fig Newton Tasting</b><br/>1:00 - Let's Read the Chronicle<br/>2:00 - Scenic Bus Ride<br/>3:00 - Family Feud Game<br/>5:30 - Brain Games<br/>National Fig Newton Day</p>  | <p>9:30 - Daily Chronicles 17<br/>10:00 - <b>Hot Coco Cart</b><br/>10:15 - Lets Play Name that Tune<br/>1:00 - What is a Bootlegger?<br/>2:00 - Happy Hour Trivia<br/>3:00 - LEFT RIGHT CENTER<br/>5:30 - Brain Games<br/>National Bootleggers Day</p>                                     | <p>9:30 - <b>Coffee, Pastries, and Chronicles</b> 18<br/>10:00 - Golden Girls Watch Party<br/>1:30 - Afternoon Stretch<br/>2:00 - Whiteboard Games<br/>3:00 - Is Anyone From Michigan?<br/>5:30 - Brain Games<br/>National Winnie the Pooh Day</p>                   |
| <p>9:30 - Coffee and Chronicle 26<br/>10:00 - Noodle Hockey<br/>1:00 - Who's been to Australia? What do you know?<br/>2:00 - Craft Time with Tanya<br/>3:00 - Music Request Hour<br/>5:30 - Brain Games<br/>Australia Day (Observed)</p>                         | <p>9:30 - Sit and Fit 27<br/>10:00 - Water Water Water<br/>10:15 - Art Project Time<br/>1:00 - Do We Have Any Vietnam War Veterans?<br/>2:00 - Veterans Trivia<br/>3:00 - Balloon Toss Game<br/>5:30 - Brain Games<br/>Vietnam Peace Day</p>              | <p>9:30 - Chair Exercise 28<br/>10:00 - Hydration Station<br/>10:15 - What is Your Favorite Breakfast Food?<br/>1:00 - Chronicle Time<br/>2:00 - Whiteboard Games<br/>3:00 - BINGO BINGO<br/>5:30 - Brain Games<br/>National Blueberry Pancake Day</p>                           | <p>9:30 - Sit and Fit 22<br/>10:00 - Water Break<br/>10:15 - Yahtzee Game Time<br/>1:00 - What Has Been the Best Moment in Your Life?<br/>2:00 - Crossword Puzzles<br/>3:00 - <b>Happy Hour Music(TS)</b><br/>5:30 - Brain Games<br/>Celebration of Life Day</p>                 | <p>9:30 - Sit and Stretch 23<br/>10:00 - Hydration Station<br/>10:15 - Guess the Classic Actor<br/>1:00 - Craft Hour<br/>2:00 - <b>Pie Tasting for Pie Day</b><br/>3:00 - Name that Tune!!<br/>5:30 - Brain Games<br/>National Pie Day</p>  | <p>9:30 - Chair Exercise 24<br/>10:00 - Water Break<br/>10:15 - UNO Card Game<br/>1:00 - Take A Moment and Give A Friend A Compliment<br/>1:30 - What was the Price?<br/>3:00 - Trivia Hour<br/>5:30 - Brain Games<br/>National Compliment Day</p>   | <p>9:30 - Chair Yoga 25<br/>10:00 - Hydration Station<br/>10:15 - <b>Piano Music with Steven Swartz</b><br/>1:00 - Group Puzzle Time<br/>2:00 - Short Story Reading<br/>2:30 - Movie and Popcorn<br/>5:30 - Brain Games<br/>National Irish Coffee Day</p>            |
| <p>9:30 - Morning Exercise 30<br/>10:00 - Hydrate Up<br/>10:15 - <b>Croissant Snack Time</b><br/>1:00 - One on One Visits<br/>2:00 - UNO Card Game<br/>3:00 - 1960's Themed Trivia<br/>5:30 - Brain Games<br/>National Croissant Day</p>                         | <p>9:30 - Coffee and Chronicle Reading 31<br/>10:15 - <b>Piano Music w/ Steven Swartz</b><br/>1:00 - Puzzle Time<br/>2:00 - <b>Hot Chocolate Social</b><br/>3:00 - Jeopardy Time!!<br/>5:30 - Brain Games<br/>National Hot Chocolate Day</p>              |  | <p>9:30 - Coffee and Chronicle 29<br/>10:00 - Chinese New Year Bingo<br/>1:00 - What is the Chinese New Year?<br/>2:00 - JENGA JENGA JENGA<br/>3:00 - <b>Happy Hour Music (TS)</b><br/>5:30 - Brain Games<br/>Chinese New Year</p>   | <p>9:30 - Morning Exercise 30<br/>10:00 - Hydrate Up<br/>10:15 - <b>Croissant Snack Time</b><br/>1:00 - One on One Visits<br/>2:00 - UNO Card Game<br/>3:00 - 1960's Themed Trivia<br/>5:30 - Brain Games<br/>National Croissant Day</p>  |  |  |

Red - Food Event Orange - Music Event

\*Activities are subject to change based on the needs of the residents and the Staff!!!\*