

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 A Reminisce Game: My Story 1 10:30 A Reminisce Game: My Story 2 1:30 New Year's Day Party and Resolution Discussion 1 2:30 New Year's Day Party and Resolution Discussion 2 <small>New Year's Day</small>	10:00 Fun and Fitness and Monday Music 1 10:30 Fun and Fitness and Monday Music 2 2:00 Monday Matinee 1 2:00 Monday Matinee 2	10:00 Exercise Games and Big Band Music 1 10:30 Exercise Games and Big Band Music 2 1:30 1960's Reminisce Program: 1 2:30 1960's Reminisce Program 2	10:00 Fun and Fitness 1 10:30 Fun and Fitness 2 1:30 Top Ten Songs and Trivia 1 2:30 Top Ten Songs and Trivia 2	10:00 Exercise Games and 50's Music 1 10:30 Exercise Games and 50's Music 2 1:30 Isn't it Groovy Game? 1 2:30 Isn't it Groovy Game? 2	10:00 Fun and Fitness 1 10:30 Fun and Fitness 2 1:30 Wheel of Fortune Game 1 2:30 Wheel of Fortune Game 2	10:00 Sit and Stretch 1 10:30 Sit and Stretch 2 2:00 Afternoon Classic Movie Day 1 2:00 Afternoon Classic Movie Day 2
10:00 What's in the Bag? 1 10:30 What's in the Bag? 2 2:00 Montessori Table Activities 1 2:00 Montessori Table Activities 2	10:00 Fun and Fitness 1 10:30 Fun and Fitness 2 1:30 Media Art Collages 1 2:30 Media Art Collages 2	10:00 Tone Up Tuesday Seated Ball Exercise 1 10:30 Tone Up Tuesday Seated Ball Exercise 2 1:30 Movie Bingo and Stickman 1 2:30 Movie Bingo and Stickman 2	10:00 Fun and Fitness 1 10:30 Fun and Fitness 2 1:30 Q-tip Snowball Craft 1 2:30 Q-tip Snowball Craft 2	10:00 Exercise Games 1 10:30 Exercise Games 2 1:30 Tea Time and Name 1 2:30 Tea Time and Name 2	10:00 Fun and Fitness 1 10:30 Fun and Fitness 2 1:30 Music Sing-a-Long with Roberta 1 2:15 Music Sing-a-Long with Roberta 2	10:00 Pet Parade of Pictures 1 10:30 Pet Parade of Pictures 2 1:30 Cooking Group: Snowball Smores 1 2:30 Cooking Group: Snowball Smores 2
10:00 Happy Exercise 1 10:30 Happy Exercise 2 1:30 Alphabetics Game 1 2:30 Alphabetics Game 2	10:00 Fun and Fitness 1 10:30 Fun and Fitness 2 1:30 "I Have a Dream" Music with Dream meanings with Roberta 1 2:15 "I Have a Dream" Music with Dream meanings with Roberta 2 <small>Martin Luther King Jr. Day</small>	10:00 Exercise Games 1 10:30 Exercise Games 2 1:30 Pour and Paint Snowflakes 1 2:30 Pour and Paint Snowflakes 2	10:00 Fun and Fitness Basketball Exercise 1 10:30 Fun and Fitness Basketball Exercise 2 1:30 Music with Gene 1 2:30 Music with Gene 2	10:00 Dolly Parton Music Exercise 1 10:30 Dolly Parton Music Exercise 2 1:30 Music Bingo 1 2:30 Music Bingo 2	10:00 Fun and Fitness 1 10:30 Fun and Fitness 2 1:30 Penguin Stick Craft 1 2:30 Penguin Stick Craft 2	10:00 Morning Meditation Music and Movement 1 10:30 Morning Meditation Music and Movement 2 2:00 Afternoon Musical 1 2:00 Afternoon Musical 2
10:00 Bean Bag Toss 1 10:30 Bean Bag Toss 2 2:00 Montessori Table Activities- Chinese New Year 1 2:00 Montessori Table Activities- Chinese New Year 2 <small>Chinese New Year (Year of the Rabbit)</small>	10:00 Fun and Fitness 1 10:30 Fun and Fitness 2 1:30 Groovy Music Party 1 2:30 Groovy Music Party 2 <small>Activity Professionals Week</small>	10:00 Exercise Games and Joke Day 1 10:30 Exercise Games and Joke Day 2 1:30 Accordion Music with Kevin 1 2:45 Accordion Music with Kevin 2	10:00 Fun and Fitness Music of Etta James 1 10:30 Fun and Fitness Music of Etta James 2 1:30 Library Shelfie Day-Story Circle 1 2:30 Library Shelfie Day-Story Circle 2	10:00 Exercise Games 1 10:30 Exercise Games 2 1:30 Card Games 1 2:30 Card Games 2 <small>Australia Day (observed)</small>	10:00 Fun and Fitness 1 10:30 Fun and Fitness 2 2:00 Afternoon Musical 1 2:00 Afternoon Musical 2	10:00 Conversation Circle 1 10:30 Conversation Circle 2 2:00 Coloring and Creating a Quilt 1 3:00 Coloring and Creating a Quilt 2
10:00 Morning Brain Games 1 10:30 Morning Brain Games 2 1:30 Hymn Sing-a-Long and Naming Acts of Kindness 1 2:30 Hymn Sing-a-Long and Naming Acts of Kindness 2	10:00 Fun and Fitness 1 10:30 Fun and Fitness 2 1:30 Guitar Music with Roberta 1 2:30 Guitar Music with Roberta 2	10:00 Exercise Games 1 10:30 Exercise Games 2 1:30 Art with a Twist 1 2:30 Art with a Twist 2 Nationality Rooms Artwork	<h1>January 2023</h1> <h2>Sherwood Oaks Oak Grove</h2>			

Activities are subject to change