


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:00 Morning Mobility and New Year's Headlines! 2:00 New Years Traditions from Scotland/January IQ Test 6:15 Evening Movie <small>New Year's Day</small>	<b>2</b> 10:00 Tuesday Tone-Ups and Trivia 2:00 Apples to Apples Game 3:30 Connections and In Room Conversations 6:15 Evening Movie	<b>3</b> 10:00 Wednesday Workout 2:00 Quicktionary Game 3:30 Humor and Funny Stories 6:15 Evening Movie	<b>4</b> 10:00 Yoga Exercise and Todays Topic 2:00 Sketchbooks: Rainbows and Flowers 3:30 <b>Debate Group: West</b> 6:15 Evening Movie	<b>5</b> 10:00 Friday Fitness 2:00 Music Bingo and Setting New Year's Resolutions 6:15 Evening Movie	<b>6</b> 10:30 Square Dance Fitness 3:30 Wheel of Fortune Game 6:15 Evening Movie
<b>7</b> 9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel 3:00 Shout Out the Answer Game 6:15 Evening Movie	<b>8</b> 10:00 Movin' Monday Exercise to Elvis Music! 2:00 Headbanz Game 3:30 Morning Greetings 6:15 Evening Movie	<b>9</b> 10:00 Tuesday Tone-Ups and Trivia 2:00 Claude Monet Bridge Painting and Relaxation Music 3:30 Table Talk 6:15 Evening Movie	<b>10</b> 10:00 Wednesday Workout 2:00 Summer in January: Camp Games and Snacks 3:30 Connections and In Room Conversations 6:15 Evening Movie	<b>11</b> 10:00 Yoga Exercise and Today's Topic 2:00 Game Day: LCR and Uno Game 6:15 Evening Movie	<b>12</b> 10:00 Friday Fitness 2:00 Travelogue: Iceland/Greenland- 3:00 Name The Flower Quiz 6:15 Evening Movie	<b>13</b> 10:30 Balloon Volley Game Exercise 3:30 Name Ten Game 6:15 Evening Movie
<b>14</b> 9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel 3:00 Who Am I Game 6:15 Evening Movie	<b>15</b> 10:00 Movin' Monday 2:00 Martin Luther King Day: Discussion and Test Your Knowledge 3:30 You Be The Judge Game 6:15 <b>Evening Bingo</b> <small>Martin Luther King Jr. Day</small>	<b>16</b> 10:00 Tuesday Tone-Ups and Trivia 2:00 Jackson Pollock: Messy Painting 3:30 Connections and In Room Conversations 6:15 <b>Scattegories Game</b>	<b>17</b> 10:00 Chair One Fitness 1:20 Afternoon Movie 3:30 Gametime: Rummikub 6:15 Evening Movie	<b>18</b> 10:00 Yoga Exercise and Today's Topic 11:00 Catholic Mass 1:30 Protestant Communion (in room) 2:00 Jeopardy Game 6:15 Evening Movie	<b>19</b> 10:00 Friday Fitness 2:00 The Hero's Journey: Wizard of Oz Presentation 3:00 <b>Music with Roberta: Mozart Musings</b> 6:15 Evening Movie	<b>20</b> 10:30 Chair Dance Exercise Music of the 60's 3:30 Pot Luck Quiz 6:15 Evening Movie
<b>21</b> 9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel 3:00 Initials White Board Quiz 6:15 Evening Movie <small>Activity Professionals Week</small>	<b>22</b> 10:00 Movin' Monday 2:00 Vincent Van Gogh Day: Virtual Museum Visit /Art Appreciation 6:15 Evening Movie	<b>23</b> 10:00 Tuesday Tone-Ups and Trivia 2:00 <b>Resident Council Meeting</b> 2:45 Snowy Town Watercolor Painting 6:15 Evening Movie	<b>24</b> 10:00 Wednesday Workout 2:00 Health and Wellness Presentation: Healthy Snacks 3:00 Question Quest Game 6:15 Evening Movie <small>Tu B'Shevat Begins</small>	<b>25</b> 10:00 Yoga Exercise and Today's Topic 2:00 Sketchbooks: Ed Emberly/Faces and Boats 3:30 <b>Card Game: West Lounge</b> 6:15 Evening Movie	<b>26</b> 10:00 Friday Fitness 2:00 Catchphrase Visual Quiz 3:30 Relaxation: Mandalas and Music 6:15 Evening Movie <small>Australia Day (Observed)</small>	<b>27</b> 10:30 ABC Fitness 3:30 Pictionary 6:15 Evening Movie
<b>28</b> 9:30-11:00 Catholic Communion St. Ferdinands (in room) 2:00 Chapel 3:00 Kings in the Corner Game 6:15 Evening Movie	<b>29</b> 10:00 Mobility Monday 2:00 Card Bingo 3:15 Missing Letter White Board Game 6:15 <b>Travelogue: Barcelona</b>	<b>30</b> 10:00 Tuesday Tone-Ups and Trivia 2:00 <b>Music and Winter Wonderland Happy Hour with Gene</b> 3:30 Connections and In Room Conversations 6:15 <b>Evening Bingo</b>	<b>31</b> 10:00 Wednesday Workout 2:00 Cooking Corner 3:00 Chat Circle: Breaking the Ice and Catching Up! 6:15 Evening Movie	<div> <div>January 2024</div> <div>Sherwood Oaks Skilled Nursing</div> </div>		