


<div> <div>January 2025</div> <div> <div>LOCATIONS</div> <div> Loft = L Cafe = C </div> </div> <div> <div>Front Lobby = FL Resident Led = RL</div> <div>Range of Motion = RL</div> </div> <div> <div>ASSISTED LIVING</div> <div>  </div> </div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January Birthdays Bill G. - 4th Joanne C. - 12th Vera S. - 13th Joanie M. - 16th Lavonne S. - 23rd Mary Lou B. - 24th Donna R. - 25th	Please note: Activities Are Subject To Change Without Notice. Every Thursday Caleb the Comfort Dog does room visits.	Every day at 4 pm, we offer Boredom Busters. These are printouts of crosswords, sudoku, and more for our residents to enjoy.	10:00 New Year Exercise 10:30 Gratitude Journal 11:00 Game: Rolling Zip Codes 1:30 Guess the Resolution 2:30 What's New in 2025? 3:00 Word in a Word 6:00 Let's Talk Sports (RL)	10:00 Chair Yoga 10:30 Morning Meditation 11:00 iPad Games/Word Cookies 1:30 Simple Snacks 3:00 Thirsty Thursday Social 6:00 Let's Play: Scrabble	10:00 Full Body Exercise 10:30 Positive Thoughts 11:00 Cognitive: Idioms in Disguise 1:30 Prize BINGO 3:00 Funny Fridays 6:00 Crossword #20 7:00 Resident's Choice Movie	10:30 Live Led Exercises 11:00 Game: Jeopardy! 1:30 Bible Study with Kathryn 2:30 Resident Led Card Games 3:00 Afternoon Stroll 'n Roll 4:00 Boredom Busters
10:00 St. Paul's Catholic Service 11:00 Stronger Seniors: Stretching 1:00 Fireside Reflections 2:00 Emmanuel Baptist Church Service 3:00 Puzzle Hour (RL) 4:00 Boredom Busters	10:00 Get Fit, Stay Happy! 10:30 Words to Live By 11:00 Dice Games 1:30 Monday Manicures 3:00 What's Your Verdict? 6:00 Color Me Calm 7:00 Musical Mondays	10:00 Exercise with EmpowerMe 10:30 Devotional Reading 11:00 Craft: Painted Looking Glass 2:00 Live Music by Fred Walker 3:00 Walking Club (RL) 6:00 Current Events Chat	10:00 ROM Exercise 10:30 Gratitude Journal 10:30 Hymn Singing with Emmanuel Baptist 11:30 Outing: Geitonia Grill 1:00 Outing: Walmart 3:00 Happy Birthday, Elvis! 6:00 Let's Talk Sports (RL) 7:00 Wild Wednesdays	10:00 Chair Yoga 10:30 Morning Meditation 11:00 Words of Advice 1:30 Nickel BINGO 3:00 Thirsty Thursday Social 6:00 Let's Play: Farkle 6:30 Orange Bowl on ESPN	10:00 Full Body Exercise 10:30 Positive Thoughts 11:00 Foolproof Houseplants 1:30 Snack Prize BINGO 2:30 Activity Planning Mtg 7:00 Resident's Choice Movie	10:30 Live Led Exercises 11:00 Game: Resident's Choice 1:00 EZ Monopoly 2:30 Grand Canyon Video Tour 3:00 Afternoon Stroll 'n Roll
10:00 St. Paul's Catholic Service 11:00 Sit & Be Fit Video Exercise 1:00 Fireside Reflections 1:30 Movie: Alice in Wonderland 3:00 Board Games (RL) 4:00 Boredom Busters	10:00 Get Fit, Stay Happy! 10:30 Words to Live By 11:00 Game: Left, Center, Right 1:30 Monday Manicures 3:00 Game: Balloon Volleyball 6:00 Uno/Card Games (RL)	10:00 Exercise with EmpowerMe 10:30 Devotional Reading 11:00 Crafts with Emma from VNA 1:30 Nickel BINGO 3:00 Who, What, Where? 7:00 Travel Tuesdays	10:00 ROM Exercise 10:30 Gratitude Journal 11:30 Outing: Phil B's Cafe 1:00 Outing: Able Light Thrift 3:00 Modern Jeopardy! 6:00 Let's Talk Sports (RL) 7:00 Wild Wednesdays	10:00 Chair Yoga 10:30 Morning Meditation 11:00 Cranium Crunches 1:30 Simple Snacks 3:00 New Resident Social 6:00 Let's Play: Rummikub 7:00 TV Show: Downton Abbey	10:00 Full Body Exercise 10:30 Positive Thoughts 11:00 Craft: Tie Dye Snowflakes 1:30 The Singalong Group 2:00 Prize BINGO 3:00 Funny Fridays 6:00 Crossword #22	10:30 Live Led Exercises 11:00 Game: Nix the Six 1:00 Winter Ambience TV 1:30 Bible Study with Kathryn 2:30 Resident Led Card Games 6:00 Saturday Night Films
10:00 St. Paul's Catholic Service 11:00 Stronger Seniors: Stretching 1:00 Fireside Reflections 1:30 Movie: Little Women 3:00 Puzzle Hour (RL) 4:00 Boredom Busters 6:00 Sunday Movie	10:00 Get Fit, Stay Happy! 10:30 Words to Live By 11:00 Cheese Lover's Day & Cheese Tasting 1:30 Monday Manicures 3:00 MLK Day Jeopardy! 6:00 Color Me Calm 7:00 Musical Mondays	10:00 Exercise with EmpowerMe 10:30 Devotional Reading 11:00 Dice Game: First to 25 1:30 Nickel BINGO 2:30 Drinks with Debby 3:00 Walking Club (RL) 6:00 Current Events Chat	10:00 ROM Exercise 10:30 Gratitude Journal 10:30 Hymn Singing with Emmanuel Baptist 11:30 Outing: Bob Evans 1:00 Outing: Kohl's 3:00 Minnie Mouse Day 7:00 Wild Wednesdays	10:00 Chair Yoga 10:30 Morning Meditation 11:00 Mystery Game 1:30 Cooking with Kat 3:00 Thirsty Thursday Social 6:00 Let's Play: Chinese Checkers	10:00 Full Body Exercise 11:00 Aviva 101 & Tech Help 11:00 Game: Wheel of Fortune 1:30 Prize BINGO 3:00 Travelogue: Oxford, England	10:30 Live Led Exercises 11:00 Game: Help Your Neighbor 1:00 Games with Heather 2:30 Resident Led Card Games 3:00 Afternoon Stroll 'n Roll
10:00 St. Paul's Catholic Service 11:00 Sit & Be Fit Video Exercise 1:00 Fireside Reflections 1:30 Movie: The Secret Garden 3:00 Board Games (RL) 6:00 Sunday Movie	10:00 Get Fit, Stay Happy! 10:30 Words to Live By 11:00 Game: Blackjack/Poker 1:30 Monday Manicures 3:00 Great Art: DaVinci's The Last Supper 6:00 Uno/Card Games (RL)	10:00 Exercise with EmpowerMe 10:30 Devotional Reading 11:00 Tea & Trivia Tuesday 1:30 Nickel BINGO 3:00 Music: Mozart The First Rock Star 6:00 Current Events Chat (RL)	10:00 ROM Exercise 10:30 Gratitude Journal 11:00 Indoor Cornhole 2:00 January Birthday Bash! 3:00 Chinese New Year: Lucky Kumquats 7:00 Wild Wednesdays	10:00 Chair Yoga 10:30 Morning Meditation 11:00 EZ Craft: Hand Strength Squeezers 1:30 Simple Snacks 3:00 Thirsty Thursday Social 6:00 Let's Play: Rummikub	9:30 Pet Therapy with Oliver (VNA) 10:00 Full Body Exercise 10:30 Positive Thoughts 11:00 Game: What Happened Last? 1:30 Prize BINGO 2:30 Resident Council Meeting	For more calendar information with descriptions and locations, contact Activities or sign up for Lifeloop today!