

## ACTIVITY CALENDAR – JANUARY 2025

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p><b>NOTE: SCHEDULE OF ACTIVITIES/PROGRAMS MAY CHANGE WITHOUT NOTICE. THANK YOU!</b></p>			<p><b>1</b>            9:00 a.m. Walk a Block            10:30 a.m. Fitness - 2            11:00 a.m. Fitness - 3            11:15 a.m. Fitness Class - 2            12:00 p.m. Fitness - 4            12:50 p.m. Walks/1-1 – 2            2:00 p.m. New Year’s Tea            4:00 p.m. Happy Half</p>	<p><b>2</b>            9:00 a.m. Walk a Block            10:30 a.m. Parkinson’s Exercise            10:30 a.m. Fitness - 2            11:00 a.m. Fitness -3            12:00 p.m. Zumba - 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Luke Sandford “Broadway’s Greatest Hits”            4:00 p.m. Happy Half            6:45 p.m. Hangman Game</p>	<p><b>3</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            11:00 a.m. Fitness 3            11:15 a.m. – Fitness – 2            12:00 p.m. Fitness 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Classical – Patrick Ray            4:00 p.m. Happy Half            6:45 p.m. Movie Night            “When Harry Met Sally” 1989</p>	<p><b>4</b>            9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            12:50 p.m. Walks/1-1 – 2            1:45 p.m. Ball Tossing- 2            2:00 p.m. Karaoke            3:00 p.m. Manicure &amp; Hand Massage            4:00 p.m. Happy Half            6:45 p.m. Art Class</p>
<p><b>5</b>            9:00 a.m. Walk a Block            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            12:50 p.m. Walks/1-1 – 2            2:00 p.m. Fitness - 2            2:00 p.m. Bingo            4:00 p.m. Happy Half            6:45 p.m. Word Timer            Theme: New Year</p>	<p><b>6</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:15 a.m. Fitness Class            11:00 a.m. Weight Class – 3            12:00 p.m. Weight Class – 4            2:00 p.m. Indoor Bowling            4:00 p.m. Happy Half</p>	<p><b>7</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:15 a.m. Fitness - 2            11:30 a.m. Picnic Lunch – 2            2:00 p.m. Soup Club -2            2:00 p.m. Sing Along – 3            2:00 p.m. Dominoes – 4            3:00 p.m. Sing Along – 4            3:15 p.m. 1:1/Walks            4:00 p.m. Happy Half</p>	<p><b>8</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            11:00 a.m. Chair Yoga - 3            11:15 a.m. Fitness Class - 2            11:40 a.m. Chair Yoga - 4            12:50 p.m. Walks/1-1 - 2            2:30 p.m. Anna de Pansacola “Pop Music – Beatles, Abba and more”            4:00 p.m. Happy Half            6:45 p.m. Domio</p>	<p><b>9</b>            9:00 a.m. Walk a Block            10:30 a.m. Parkinson’s Exercise            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 p.m. Zumba– 4            12:50 p.m. Walks/1-1 – 2            2:00 p.m. Indoor Golf            2:00 p.m. Tea &amp; Toast            2:00 p.m. Music Therapy - 2            4:00 p.m. Happy Half            6:45 p.m. Bingo</p>	<p><b>10</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Fitness - 3            11:15 a.m. – Fitness - 2            12:00 p.m. Fitness - 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Michael Turner 60”s Folk Music            4:00 p.m. Happy Half            6:45 p.m. Movie Night</p>	<p><b>11</b>            9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            12:50 p.m. Walks/1-1 – 2            1:45 p.m. Bean Bag Toss - 2            2:00 p.m. Flower Arranging            3:00 p.m. Reminiscing            4:00 p.m. Happy Half            6:45 p.m. Art Class</p>

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<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p><b>12</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            12:50 p.m. Walks/1-1 – 2            2:00 p.m. Fitness - 2            2:00 p.m. Bingo            3:00 p.m. A Good Read - 3            4:00 p.m. Happy Half            6:45 p.m. Mental Aerobics</p>	<p><b>13</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:15 a.m. Fitness Class - 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:00 p.m. Indoor Golf            4:00 p.m. Happy Half</p>	<p><b>14</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy- 2            11:15 a.m. Fitness - 2            11:30 a.m. Picnic Lunch - 3            2:00 p.m. Soup Club- 2            2:00 p.m. Sing Along 3            2:00 p.m. Domino – 4            3:00 p.m. Sing along 4            3:15 p.m. 1:1/Walks            4:00 p.m. Happy Half</p>	<p><b>15</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Mindfulness            Meditation - 3            11:15 a.m. Fitness Class – 2            12:00 p.m. Mindfulness            Meditation - 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Birthday Party – Luna            Rossa            4:00 p.m. Happy Half            6:45 p.m. Bagel Social</p>	<p><b>16</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Parkinson’s Exercise            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3<sup>rd</sup>            12:00 p.m. Zumba – 4            2:00 p.m. Music Therapy - 2            2:00 p.m. Floor Dart Game            2:00 p.m. Men’s Club            12:50 p.m. Walks/1-1 – 2            3:00 p.m. Fitness - 2            4:00 p.m. Happy Half            6:45 p.m. Word Timer</p>	<p><b>17</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            11:00 a.m. Fitness 3            11:15 a.m. – Fitness – 2            12:00 p.m. Fitness 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Music with Yuliya            4:00 p.m. Happy Half            6:45 p.m. Movie Night</p>	<p><b>18</b></p> <p>9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            12:50 p.m. Walks/1-1 – 2            1:45 p.m. Puzzles - 2<sup>nd</sup>            2:00 p.m. Flower Arranging            3:00 p.m. Reminiscing            4:00 p.m. Happy Half            6:45 p.m. Art Class</p>
<p><b>19</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Youth Stars Association            4:00 p.m. Happy Half            6:45 p.m. Bingo</p>	<p><b>20</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:15 a.m. Fitness Class - 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:30 p.m. Indoor Bowling            4:00 p.m. Happy Half</p>	<p><b>21</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:15 a.m. Fitness - 2            11:30 a.m. Lunch &amp; Learn on            Australia with Dana - 4            2:00 p.m. Baking Club – 2            2:00 p.m. Sing Along 3            2:00 p.m. Domino - 4            3:00 p.m. Sing along 4            3:15 p.m. 1-1 visits            4:00 p.m. Happy Half</p>	<p><b>22</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Mindfulness            Meditation - 3            11:15 a.m. Fitness Class – 2            12:00 p.m. Mindfulness            Meditation - 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Hand Over Heart            Welcome New Residents            4:00 p.m. Happy Half            6:45 p.m. A Good Read</p>	<p><b>23</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Parkinson’s Exercise            10:30 a.m. Fitness – 2            11:00 a.m. Fitness– 3            12:00 p.m. Zumba – 4            12:50 p.m. Walks/1-1 – 2            1:15 p.m. 3<sup>rd</sup> Small Group            2:00 p.m. Music Therapy - 2            2:00 p.m. Tea &amp; Toast            4:00 p.m. Happy Half            6:45 p.m. Hangman</p>	<p><b>24</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Fitness 3            11:15 a.m. – Fitness – 2            12:00 p.m. Fitness 4            12:50 p.m. Walks/1-1 – 2            2:00 p.m. Karaoke            4:00 p.m. Happy Half            6:45 p.m. Movie Night</p>	<p><b>25</b></p> <p>9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Bob Collins – Robbie            Burns            4:00 p.m. Happy Half            6:45 p.m. Art Class            Theme: Australia Day</p>
<p><b>26</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Fitness – 2            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Robert Sproviero –            Australia Day            4:00 p.m. Happy Half            6:45 p.m. Green Juice Social            “National Green Juice Day”</p>	<p><b>27</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:15 a.m. Fitness Class - 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:30 p.m. Documentary            Theme: Holocaust Remembrance            Day            4:00 p.m. Happy Half</p>	<p><b>28</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:15 a.m. Fitness - 2            11:30 a.m. Picnic Lunch - 3            2:00 p.m. Baking Club – 2            2:00 p.m. Sing Along 3            2:00 p.m. Domino - 4            3:00 p.m. Sing along 4            3:15 p.m. 1-1 visits            4:00 p.m. Happy Half</p>	<p><b>29</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy - 2            11:00 a.m. Mindfulness Meditation            11:15 a.m. Fitness Class – 2            12:00 p.m. Mindfulness Meditation            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Lorraine Smith – Chinese            New Year Celebration            3:45 p.m. Presentation on Elder Care            Massage            4:00 p.m. Happy Half            6:45 p.m. Indoor Bowling</p>	<p><b>30</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Parkinson’s Exercise            10:30 a.m. Fitness – 2            11:00 a.m. Fitness– 3            12:00 p.m. Zumba – 4            12:50 p.m. Walks/1-1 – 2            1:15 p.m.            2:00 p.m. Music Therapy            4:00 p.m. Happy Half            6:45 p.m. Bingo</p>	<p><b>31</b></p> <p>9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            11:00 a.m. Fitness 3            11:15 a.m. – Fitness – 2            12:00 p.m. Fitness 4            12:50 p.m. Walks/1-1 – 2            2:30 p.m. Rebecca Blair            Celebration of Life            4:00 p.m. Happy Half            6:45 p.m. *Hot Chocolate Social &amp;            Domino</p>	