

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 Sittercise 11:00 Bible Study 2:00 Bingo 4:00 Flex Your Brain Trivia 6:00 Silly Sitcoms	9:00 Sit and B-Fit Exercises 10:30 Color Me Calm Art Sheets 2:00 Dominoes 3:30 Google Earth on iN2L 6:00 TV Land	9:00 Cardio Exercises 10:30 The Price is Right on iN2L 2:30 Hands on Cuisine: Oreo Cake Pops 4:00 Ring Toss 6:00 Current Events	9:00 Morning Movement 10:30 Mocha and Movie 2:00 Sightseeing 4:00 Name that Tune 6:00 History Channel	9:00 Stretch Class 10:30 Bird Trivia 1:30 Say it with Color 4:00 Word Search Puzzles 6:00 Movie Night	9:00 Morning Stretches 10:00 History on iN2L 1:30 Visit a Neighbor 4:00 Old Wives Tales 6:00 Resident Choice Games
9:00 Morning Worship 11:00 Our Daily Bread 2:00 Room Visits 4:00 Range of Motion Exercises 6:00 Hymn Sing Along	9:00 Sit and B-Fit Exercises 11:00 Bible Study 2:00 Bingo 4:00 Board Games 6:00 Activity Table	9:00 Morning Movement 10:00 Violin Serenade by Connie Sue 1:30 TED Talks on iN2L 3:30 Snactivity 6:00 Jigsaw Puzzles	9:00 Exercises 10:30 Total Trivia 1:30 Music and Meditation 2:30 Hands on Cuisine: Cookie Ice Cream Sandwiches 4:00 '50s Music 6:00 World News	9:00 B-Fit Exercises 10:30 Snactivity 1:30 Family Feud 2:00 Music Therapy with Blake 4:00 A Game of Scrabble 6:00 Daily Chronicle	9:00 Jazzercise 10:30 Trivia on iN2L 2:00 Disco Party 4:00 Table Games 6:00 Movie Nights	9:00 Exercise 10:30 Morning Social 1:30 Checkers 4:00 Animal Planet 6:00 Crossword Puzzles
9:00 Televised Worship 11:00 Bible Study on iN2L 2:00 Reminiscing 3:30 Room Visits 6:00 Hallmark Movie	9:00 Range of Motion 11:00 Bible Study 2:00 Bingo 3:30 Martin Luther King Jr. Speech Televised 6:00 Remembering the '60s	9:00 Cardio Exercises 10:30 Reading with Refreshments 2:00 Texas Tuesday Western Party 4:00 Build a Snowman Board Games 6:00 Table Talk	9:00 Melody and Movement 10:30 Morning Manicures 12:00 What's Cooking Wednesday: Regency Celebrates Mexico 2:30 Dessert Dessert: Banana Splits 4:00 Music Appreciation 6:00 Hallmark Movie	9:00 Cardio Exercises 10:30 Coffee Concert 2:00 Scenic Ride 4:00 Corn Hole 6:00 Views on News	9:00 Balloon Bounce 10:30 History on iN2L 2:00 Movie and Popcorn 6:00 My Life Story	9:00 Sit and B-Fit Exercise 10:30 History on iN2L 1:30 Say it with Color Art Sheet 4:00 Jigsaw Puzzles
9:00 Morning Worship Televised 10:30 Social Hour 2:00 Bingo 4:00 Dominoes 6:00 Sitcom Marathons	9:00 Moving to the Music 11:00 Bible Study 2:00 Bingo 3:30 Reading with Refreshments 6:00 TV Land	9:00 Morning Exercises 10:30 Manicures and Music 2:00 Resident's Staycation to Hawaii 4:00 Classical Music 6:00 Family Feud on iN2L	9:00 Breathing Exercises 10:30 Crafting Corner 2:30 Hands on Cuisine: Pineapple Pudding 4:00 A Game of Scrabble 6:00 Movie Night	9:00 Exercise 10:30 iN2L Explore 2:00 Sightseeing 4:00 Snactivity 6:00 Big Band Music Televised	9:00 Moving to the Melody 10:30 Birthday Celebration for the Month of January 1:30 Name that Tune 4:00 Corn Hole 6:00 Daily Chronicle	9:00 Stretch Class 10:30 Trivia on iN2L 1:30 Say it with Color Art Sheets 4:00 Resident Choice Games 6:00 Old Wives Tales
10:30 Worship Hour 11:00 Bible Stories on iN2L 1:30 Our Daily Bread Passages 4:00 Currents Events 6:00 A Game of Checkers	9:00 Morning Movement 11:00 Bible Study 2:00 Bingo 3:30 Midday Movie and Popcorn	9:00 Exercise 10:30 Hot Chocolate Social 2:00 Balloon Volleyball 4:00 Dominoes 6:00 Animal Art	9:00 Melody and Movement 10:30 Google Earth on iN2L 2:30 Midday Mixer 4:00 A Game of Scrabble 6:00 Activity Table	(This cell is intentionally blank for the final day of the month)		