

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>9:45 Exercises 11:00 Catholic Mass 11:45 Room visits 1:45 Sing Along 3:15 1:1 Sit to Stand & Outdoor Walks</p>	<p>31</p> <p>9:45 Exercises. 10:45 Walk Program 11:45 Room visits 1:45 Bingo 3:15 1:1 Sit to Stand & Outdoor Walks</p>				<p>1</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Happy Hour 3:15 1:1 Sit to Stand & Outdoor Walks</p>	
<p>2</p> <p>9:45 Exercises 11:00 Catholic Mass 1:45 Bible Believers 3:15 1:1 Sit to Stand & Outdoor Walk</p>	<p>3</p> <p>9:45 Exercises. 10:45 Walk Program 11:45 Room visits 1:45 Bingo 3:15 1:1 Sit to Stand & Outdoor Walks</p>	<p>4</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Discussion Group 3:15 1:1 Sit to Stand & Outdoor Walks</p>	<p>5</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visit 1:45 Crafts 1:45 Magic in Words 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Pizza night 6:30 1:1 Connections</p>	<p>6</p> <p>9:45 Exercises 11:00 Catholic Mass 1:45 Nail & Hand Care 1:45 Art Therapy 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Dance Workout 6:30 1:1 Connections</p>	<p>7</p> <p>9:45 Exercises. 10:45 Walk Program 11:45 Room visits 1:30 Reading Club 1:45 Fun Brain Games 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections</p>	<p>8</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Reminiscing Program (skiing days theme) 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 Movie Night</p>
<p>9</p> <p>9:45 Exercises 11:00 Catholic Mass 11:45 Room visits 1:45 Sing Along 3:15 1:1 Sit to Stand & Outdoor Walks</p>	<p>10</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Bingo 3:15 1:1 Sit to stand & Outdoor Walks</p>	<p>11</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Discussion Group 3:15 1:1 Sit to stand & Outdoor Walks</p>	<p>12</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Magic in Words 3:15 1:1 Sit to Stand & Outdoor Walks</p>	<p>13</p> <p>9:45 Exercises 11:00 Catholic Mass 11:45 Room visits 1:45 Nail & Hand Care 1:45 Art therapy 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Hot Chocolate trolley 6:30 1:1 Connections</p>	<p>14</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:30 Reading Club 1:45 Fun Brain Games 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection</p>	<p>15</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:30 Happy Hour 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 Movie Night</p>
<p>16</p> <p>9:45 Exercises 11:00 Catholic Mass 11:45 Room visits 1:45 Bible Believers 3:15 1:1 Sit to Stand & Outdoor Walks</p>	<p>17</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Bingo 3:15 1:1 Sit to Stand & Outdoor Walks</p>	<p>18</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Discussion Group 3:15 1:1 Sit to Stand & Outdoor Walks</p>	<p>19</p> <p>9:45 Exercises 10:45 Walk Program 1:45 Magic in Words 1:45 Karaoke 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Pizza night 6:30 1:1 Connections</p>	<p>20</p> <p>9:45 Exercises 11:00 Catholic Mass 1:45 Nail & Hand Care 1:45 Art Therapy 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Dance Workout 6:30 1:1 Connections</p>	<p>21</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:30 Reading Club 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connection</p>	<p>22</p> <p>9:45 Exercises 11:00 Holy Mass 1:30 Shovel the snow – (paper snowballs) ☺ 3:15 1:1 Sit to Stand & Outdoor Walk</p>
<p>23</p> <p>9:45 Exercises 11:00 Catholic Mass 11:45 Room visits 1:45 Sing Along 3:15 1:1 Sit to Stand & Outdoor Walks</p>	<p>24</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:45 Bingo 3:15 1:1 Sit to Stand & Outdoor Walks</p>	<p>25</p> <p>9:00 Exercises 10:45 Walk Program 11:45 Room visits 1:30 Baking 1:45 Discussion Group 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections</p>	<p>26</p> <p>9:45 Exercises 10:45 Walk Program 1:45 Magic in Words 1:45 Karaoke 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Fly Ball 6:30 1:1 Connections</p>	<p>27</p> <p>9:45 Exercises 11:00 Catholic Mass 1:45 Nail & Hand Care 1:45 Art Therapy 3:15 1:1 Sit to Stand & Outdoor Walks 5:00 Hot Chocolate Trolley 6:30 1:1 Connections</p>	<p>28</p> <p>9:45 Exercises 10:45 Walk Program 11:45 Room visits 1:30 Reading Club 1:45 Fun Brain Games 3:15 1:1 Sit to stand & Outdoor Wal</p>	<p>29</p> <p>9:45 Exercises 11:00 Holy Mass 1:45 Reminiscing Program (winter comforts theme) 3:15 1:1 Sit to Stand & Outdoor Walk</p>

It's January. . . If you Can't Find the Sunshine – Be the Sunshine.