

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<ul style="list-style-type: none"> ● Strength & Balance ● Gratitude & Reflections ● Energy Burst 12:00 New Year's Main Meal IN2L Games Holiday Movie	<ul style="list-style-type: none"> ● Slow Flow Yoga ● Brain Games ● Virtual Adventure ● Energy Burst IN2L Games Happy Hour Evening Movie	<ul style="list-style-type: none"> ● Joyful Movement ● Energy Burst ● WU: Person of Interest IN2L Games Massages with Tiffany New Year- New Thoughts	<ul style="list-style-type: none"> ● Stretch & Strength ● Energy Burst Puzzle Corner Balloon Toss Saturday Movie
<ul style="list-style-type: none"> ● Sole to Soul Walking Club ● Energy Burst Relax and Unwind with Meditation Sounds Communion with Lucy	<ul style="list-style-type: none"> ● Joyful Movement ● WU: Writers Collective ● WU: Culinary Creations ● Energy Burst IN2L Games Art with Water	<ul style="list-style-type: none"> ● Tai Chi ● Brain Games ● WU: Artistry Unleashed ● Energy Burst IN2L Games 2:30 Craig Satchel - Piano -Lobby Movie and Snacks Making Memories	<ul style="list-style-type: none"> ● Strength & Balance ● Guided Imagery ● Energy Burst IN2L Games Inspirational Short Stories	<ul style="list-style-type: none"> ● Slow Flow Yoga ● Brain Games ● Virtual Trip Down Memory Lane ● Energy Burst IN2L Games Happy Hour Evening Movie	<ul style="list-style-type: none"> ● Joyful Movement ● Community Life Committee Meeting ● Energy Burst IN2L Games Friday Funnies	<ul style="list-style-type: none"> ● Stretch & Strength ● Energy Burst Singing to Our Favorites Let's Talk About It Saturday Movie
<ul style="list-style-type: none"> ● Sole to Soul Walking Club ● Energy Burst Relax and Unwind with Meditation Sounds Communion with Lucy	<ul style="list-style-type: none"> ● Joyful Movement ● WU: Culinary Creations ● Energy Burst IN2L Games 2:30 Minnie Kalan- Singer- 2nd FL Theater	<ul style="list-style-type: none"> ● Tai Chi ● Brain Games ● WU: An Eye for Art ● Energy Burst IN2L Games Finish the Thought	<ul style="list-style-type: none"> ● Strength & Balance ● Gratitude & Reflections ● Energy Burst IN2L Games Tic Tac Toe Hand Massages	<ul style="list-style-type: none"> ● Slow Flow Yoga ● Brain Games ● Virtual Roadtrippers ● Energy Burst IN2L Games Happy Hour Evening Movie	<ul style="list-style-type: none"> ● Joyful Movement ● Service Circles ● Energy Burst IN2L Games 2:00 Sister Angel Performance After-dinner Stretch	<ul style="list-style-type: none"> ● Stretch & Strength ● Energy Burst Puzzle Corner Balloon Toss Saturday Movie
<ul style="list-style-type: none"> ● Sole to Soul Walking Club ● Energy Burst Relax and Unwind with Meditation Sounds Communion with Lucy	<ul style="list-style-type: none"> ● Joyful Movement ● WU: Culinary Creations ● Energy Burst IN2L Games Martin Luther King Discussion Evening Stretch	<ul style="list-style-type: none"> ● Tai Chi ● Brain Games ● WU: Artistry Unleashed ● Energy Burst IN2L Games Charades 6:30 Alan Lurty - Piano - Lobby	<ul style="list-style-type: none"> ● Strength & Balance ● Guided Imagery ● Energy Burst IN2L Games Parachute Fun ABC Name It Game	<ul style="list-style-type: none"> ● Slow Flow Yoga ● Brain Games ● Energy Burst IN2L Games Happy Hour Evening Movie	<ul style="list-style-type: none"> ● Joyful Movement ● WU: Lives Well Lived ● Energy Burst IN2L Games 11:30 Lunch at PJ Whelihan's Small Art Creations Name That Tune	<ul style="list-style-type: none"> ● Stretch & Strength ● Energy Burst Color and Song Saturday Movie
<ul style="list-style-type: none"> ● Sole to Soul Walking Club ● Energy Burst Relax and Unwind with Meditation Sounds Communion with Lucy	<ul style="list-style-type: none"> ● Joyful Movement ● WU: Culinary Creations ● Energy Burst IN2L Games Color Me Happy	<ul style="list-style-type: none"> ● Tai Chi ● Brain Games ● WU: An Eye for Art ● Energy Burst IN2L Games Sing with Me!	<ul style="list-style-type: none"> ● Strength & Balance ● Gratitude & Reflections ● Energy Burst IN2L Games Chinese New Year Experience Hand Massages	<ul style="list-style-type: none"> ● Slow Flow Yoga ● Brain Games ● Virtual Roadtrippers ● Energy Burst IN2L Games Happy Hour 2:30 Bill Long - Piano - Lobby Evening Movie	<ul style="list-style-type: none"> ● Joyful Movement ● Service Circles ● Energy Burst IN2L Games Laughter is the Best Medicine!	

JANUARY 2025

Prema Memory Support PATHWAYS



ACTIVITY LOCATOR KEY

- Body
- Community
- Mind
- Spirit

Manicures will be done weekly

Calendar Is Subject to Change

All Activities Will Take Place in the Common Areas