

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Happy New Year!</b> 11:30 Holiday Meal - Family and Friends are Welcome! 2:00 Cookie Tray - Lobby	10:15 Stretching & Balance - 2T <b>2:00 WU: Horticulture - 2AR</b> 3:00 January IQ & Gazette - 2AR	10:15 Building Muscle with Weights-2T <b>3:00 Happy Hour and Massages - 2AR</b>	Independent Word Games Available in the Bistro &
10:00 Communion with Lucy - Bistro	10:15 Seated Aerobics - 2T 2:00 Large Crossword Puzzle- 2AR 3:00 WU: Technology & Older Adult - 2AR ***Order In Dinner- Palermos***	10:15 Chair Yoga-2T <b>2:30 Craig Satchel-Piano - Lobby</b> 3:30 Pre-dinner Chat - Lobby	<b>10:00 WU: Arthritis Mngt &amp; Exercise w/ Wade - 2T</b> <b>10:45 Weis Trip</b> <b>1:30 Bingo - 2AR</b> <b>2:45 Dominoes - 2AR</b>	10:15 Stretching & Balance - 2T <b>2:30 WU: Cooking Demo with Lonni - 2nd Floor Activities Room</b>	10:15 Building Muscle with Weights-2T <b>3:00 Happy Hour - 2AR</b>	<b>10:30 Word Games with Theresa - 2AR</b> Independent Word Games Available in the Bistro &
10:00 Communion with Lucy - Bistro	10:15 Seated Aerobics - 2T <b>2:30 Minnie Kalan-Singer - 2Theater</b>	10:15 Chair Yoga-2T <b>1:30 Menu Planning- Bistro</b> <b>2:30 Bingo - 2AR</b>	10:15 Coordination & Agility Training - 2T <b>2:00 Resident Council - 2T</b> <b>2:30 BBP Store-2AR</b>	10:15 Stretching & Balance - 2T <b>2:30 Monthly Activity Planning with Coffee- 2AR</b>	10:15 Building Muscle with Weights-2T <b>3:00 Happy Hour - 2AR</b>	Independent Word Games Available in the Bistro &
10:00 Communion with Lucy - Bistro	10:15 Seated Aerobics - 2T <b>2:00 MLK Trivia-2T</b> 3:00 Crafters Corner - 2AR	10:15 Chair Yoga-2T <b>10:45 WU: MCCC Art Gallery Trip</b> <b>1:30 Bingo - 2AR</b> <b>6:00 Alan Lurty - Piano</b>	10:15 Coordination & Agility Training - 2T <b>11:30 Panache Restaurant Lunch Trip</b> 3:00 Tic Tac Toe - 2AR	10:15 Stretching & Balance - 2T <b>2:00 WU: The Many Faces of Fraud-Whitpain Police - 2AR</b> 3:00 Casablanca-75Yrs-2AR	10:15 Building Muscle with Weights-2T <b>3:00 Happy Hour - 2AR</b>	<b>10:30 Word Games with Theresa - 2AR</b> Independent Word Games Available in the Bistro &
10:00 Communion with Lucy - Bistro	10:15 Seated Aerobics - 2T <b>1:30 Bingo - 2AR</b> <b>2:45 WU: Cowboy Poetry - 2AR</b>	10:15 Chair Yoga-2T <b>2:00 WU: Making Teatime Cucumber Sammies - 2AR</b> 3:00 Tea & Trivia Tuesday - 2AR	<b>Chinese New Year</b> 10:15 Coordination & Agility Training - 2T <b>10:45 Nail Salon Trip</b> <b>2:00 WU: Chinese New Year Experience - 2AR</b>	10:15 Stretching & Balance - 2T <b>2:30 Bill Long-Piano - Lobby</b>	10:15 Building Muscle with Weights-2T <b>3:00 Happy Hour and Birthday Party 2AR</b>	

# JANUARY 2025

## Traditional

### ACTIVITY LOCATOR KEY

Activity Locator Key:  
L - Lobby  
DR - Dining Room  
B - 1st Floor Bistro  
2T- 2nd FL. Theater  
2AR - 2nd FL. Activities Room

**Manicures every Wednesday by appointment. Sign up at the front desk**

**Every Thursday evening join your friends for some jigsaw puzzle therapy in the Activities Room**

**Calendar is Subject to Change See Daily Calendar in Lobby for most accurate schedule!**