

January 2025

GARDENS



JOSHUA SPRINGS
SENIOR LIVING
A WATERMARK RETIREMENT COMMUNITYSM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1 st 12:30pm Balloon Bop! 1:30pm Bingo w/ Beacon 4pm Music Therapy- Easy Listening	2 nd 9am Daily Chronicles 2pm Nerf Gun Fun w/ AZ Life 3:30pm Memory Boxes	3 rd 9am Music Therapy- Easy Listening 12:30pm Exercise Time: Balloon Bop! 1:30 Daily Chronicles	4 th 9am Morning Movie 12:30pm Joyful Movement 2pm Coloring Center
5 th 9am Catholic Church TV(T) 1pm Afternoon Stretches 1:30pm Coloring Center	6 th 10am Morning Movie Classics 12:30pm Walk & Stretch 1pm Alzheimer's Support Group 2pm Coloring Center & Music	7 th 10am Morning Movie Classics 1pm Memory Boxes 4pm Community Church	8 th 12:30pm Balloon Bop! 1:30pm Bingo w/ Beacon 4pm Music Therapy- Easy Listening	9 th 9am Daily Chronicles 12:30pm Memory Boxes 2pm Watermark University- Sensory time: Identifying textures	10 th 9am Musical therapy- Gospel 12:30pm Exercise time: Balloon Bop! 1:30pm Daily Chronicles	11 th 9am Morning Movie 12:30pm Joyful Movement 2pm Coloring Center
12 th 9am Catholic Church TV(T) 1pm Afternoon Stretches 1:30pm Watermark University Paper Flowers Craft	13 th 10am Morning Movie Classics 12:30pm Walk & Stretch 2pm Coloring Center & Music	14 th 10am Morning Movie Classics 1pm Memory Boxes 4pm Community Church	15 th 12:30pm Balloon Bop! 1:30pm Bingo w/ Beacon 4pm Music Therapy- Easy Listening	16 th 9am Daily Chronicles 2pm Kinetic Sand play 3:30pm Memory Boxes	17 th 9am Musical therapy- Oldies 12:30pm Exercise time: Balloon Bop! 1:30pm Daily Chronicles	18 th 9am Morning Movie 12:30pm Joyful Movement 2pm Coloring Center
19 th 9am Catholic Church TV(T) 1pm Afternoon Stretches 1:30pm Coloring Center	Martin Luther King Jr. Day 20 th 10am Morning Movie Classics 12:30pm Walk & Stretch 2pm Coloring Center & Music	21 st 10am Morning Movie Classics 1pm Memory Boxes 4pm Community Church	22 nd 12:30pm Balloon Bop! 1:30pm Bingo w/ Beacon 4pm Music Therapy- Easy Listening	23 rd 9am Daily Chronicles 2pm Aromatherapy time 3:30pm Memory Boxes	24 th 9am Musical therapy- Classical 12:30pm Exercise time: Balloon Bop! 1:30pm Daily Chronicles	25 th 9am Morning Movie 12:30pm Joyful Movement 2pm Coloring Center
26 th 9am Catholic Church TV(T) 1pm Afternoon Stretches 1:30pm Coloring Center	27 th 10am Morning Movie Classics 12:30pm Walk & Stretch 2pm Coloring Center & Music	28 th 10am Morning Movie Classics 1pm Memory Boxes 4pm Community Church	29 th 12:30pm Balloon Bop! 1:30pm Bingo w/ Beacon 4pm Music Therapy- Easy Listening	30 th 9am Daily Chronicles 2pm Aromatherapy time 3:30pm Memory Boxes	31 st 9am Musical therapy- Easy Listening 12:30pm Exercise time: Balloon Bop! 1:30pm Daily Chronicles	Birthdays: Beverly T. January 5 th David H. January 14 th Lois L. January 18 th