

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Quote of the Month</p> <p>"January brings the snow, makes our feet and fingers glow." ~Sara Coleridge</p>	<p>Happy New Year!</p>		<ul style="list-style-type: none"> Strength & Balances Gratitude and Reflections Energy Burst National Bloody Mary Day: Bloody Mary Bar Evening Adult Coloring with Nayas What's up in 2025 Pair up Memory Game Craft Club Abstract Watercolors 	<ul style="list-style-type: none"> Slow Flow Yoga Brain Games Virtual Adventure: Monarch Butterfly Migrations Energy Burst: Ladder Ball Music and Snacks Culinary Creations: Cherry Pie Evening Movie with Nayas Happy Hour: Assisted Living 	<ul style="list-style-type: none"> Joyful Movement Energy Burst: Dodge Ball WU: Person of Interest WU National Hot Tea Month Game Night with Nayas January Match up Craft Club: Snowbird Painting 	<ul style="list-style-type: none"> Stretch and Strength Energy Burst: Ball Toss Church Service Memory Baskets with Nayas Trivia Fun January Junk drawer detective Elvis Blue Shoes Game
<ul style="list-style-type: none"> Sole to Soul Walking Club Energy Burst: Ladder Ball Hymn and Church Service with Tina Birthday Bingo Puzzle Popcorn and a movie with the Nayas 	<ul style="list-style-type: none"> Joyful Movement WU: Writers Collective WU: Culinary Creations: Sugar Cookie Surprise Energy Burst: Corn Hole Art Club: Color and Me with Nayas Who Am I Brain Game 	<ul style="list-style-type: none"> Tai Chi Brain Games WU: Artistry Unleashed : Pet Rock Painting Energy Burst WU Virtual Travel with Tina: Castles through England Evening Puzzles with Nayas January Detective Puzzles 	<ul style="list-style-type: none"> Strength & Balances Guided Imagery Energy Burst: Ball Toss Evening Relaxation with Country Music Evening Memory Baskets with Nayas Star of The Month: Kevin Costner 	<ul style="list-style-type: none"> Slow Flow Yoga Brain Games Virtual Trip Down Memory Lane Energy Burst: Velcro Darts Game English Toffee Day: Toffee Tasting Evening Manicures with Nayas Happy Hour Assisted Living 	<ul style="list-style-type: none"> Joyful Movement Community Life Committee Meeting Energy Burst: Table Tennis WU National Hot Tea Month Parkview Movie Night Penguin Plunge Day 	<ul style="list-style-type: none"> Stretch and Strength Energy Burst: Balloon Volleyball Evening Relaxation with Jazz Music A Whopper of a Day: Build a Hamburger Game Happy Birthday New Mexico
<ul style="list-style-type: none"> Sole to Soul Walking Club Energy Burst: Bowling Hymn and Church Service with Tina Memory Baskets with Nayas Collage Detective My Grandmother's Fruitcake 	<ul style="list-style-type: none"> Joyful Movement WU: Culinary Creations, Chocolate Cupcakes Leslie's Art with Accent Energy Burst: Dodge Ball Thriving Through music with Nayas Craft Club: Color and Me Diane Keaton, Who Am I 	<ul style="list-style-type: none"> Tai Chi Brain Games WU: An Eye for Art Energy Burst: Ladder Ball Hindu Harvest Festival: Popular Indian Desserts and Harvest Trivia WU Virtual Travel with Tina: Castles through Scotland Evening Bible Verse with Nayas 	<ul style="list-style-type: none"> Strength & Balances Gratitude and Reflections Energy Burst: Corn Hole Evening Adult Coloring with Nayas Craft Club: Color and Me Can You Picture This Thingamajig Day 	<ul style="list-style-type: none"> Slow Flow Yoga Brain Games Virtual Roadtrippers Energy Burst: Putting National Popcorn Day: Popcorn Bar Music and Snacks Happy Hour Assisted Living Holiday Singing Telegrams 	<ul style="list-style-type: none"> Joyful Movement Service Circle Energy Burst: Velcro Darts WU National Hot Tea Month Game Night with Nayas Craft Club: Winter Wonderland Book Club: The Uninvited Guests 	<ul style="list-style-type: none"> Stretch and Strength Energy Burst: Dodge Ball Memory Baskets with Nayas Culinary Creations: Pineapple Upside Down Cake Travel Brief: Destination Oxford England
<ul style="list-style-type: none"> Sole to Soul Walking Club Energy Burst: Balloon Volleyball Church Service and Hymns with Tina Happy Birthday Dolly Brain Games: You be the Judge 	<ul style="list-style-type: none"> Joyful Movement WU: Culinary Creations Energy Burst Art Club: Color and Me with Nayas Junk Drawer Detective It's Howdy Doody Time 	<ul style="list-style-type: none"> Tai Chi Brain Games WU: Artistry Unleashed Energy Burst: Table Tennis WU Virtual Travel with Tina: Castles through Germany Evening Puzzles 	<ul style="list-style-type: none"> Strength & Balances Guided Imagery Energy Burst: Dodge Ball Blonde Brownie Day: Blondie's and Ice cream Evening Relaxation with Country Music Book Club: The Uninvited Guests 	<ul style="list-style-type: none"> Slow Flow Yoga Brain Games Energy Burst: Ladder Ball Evening Manicures with Nayas Happy : Assisted Living Craft Club: Confetti Catch-All Name That Country Artist 	<ul style="list-style-type: none"> Joyful Movement WU: Lives Well Lived Energy Burst: Bocce Ball WU National Hot Tea Month Parkview Movie Night Craft Club: Long Live the Legos Let's Reminisce: Remembering the Flexible Flyer Sled 	<ul style="list-style-type: none"> Stretch and Strength Energy Burst: Balloon Volleyball Evening Relaxation with Jazz Music Culinary Creations: Brownie Delight Book Club: Down the Rabbit Hole.
<ul style="list-style-type: none"> Sole to Soul Walking Club Energy Burst: Ladderball Hymns and Church Service with Tina Can you Picture This? Game You be the Judge Memory Baskets with Nayas Craft Club: Confette Catch-All 	<ul style="list-style-type: none"> Joyful Movement Finish the Line Music Edition with Leah from Accent Care WU: Culinary Creations Energy Burst: Table Tennis Thriving Through music with Nayas Art Club: Color and Me Fun with Food: Edible Legos 	<ul style="list-style-type: none"> Tai Chi Brain Games WU: An Eye for Art Energy Burst: Chair Dancing WU Virtual Travel with Tina: Castles through Portugal Evening Bible Verse with Nayas 	<ul style="list-style-type: none"> Strength & Balances Gratitude and Reflections Energy Burst: Bowling for Chocolate Evening Adult Coloring with Nayas There's Snow' Place Like Home You Be The Judge 	<ul style="list-style-type: none"> Slow Flow Yoga Brain Games: Name Ten Virtual Roadtrippers Energy Burst: Corn Hole Happy Hour Music and Snacks What Am I Game Remembering Etta James Songs 	<ul style="list-style-type: none"> Joyful Movement Service Circles Energy Burst: Bocce Ball WU National Hot Tea Month Game Night with Nayas Culinary Creations: Apple Cobbler 	



JANUARY 2025

Prema Memory Support

ACTIVITY LOCATOR KEY

- Body
- Community
- Mind
- Spirit

Friendly Reminder:
Schedule changed may be occur,