

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			New Year's Day <i>Cheers to 2025!</i> 10:00am New Years Trivia w/T 11:00am Piano Performance w/Gary Stabile 1:30 Movie Matinee	10:30am Aroma Touch w/A 11:00am Seated Tai Chi w/Ann Sullo 11:30am Finish the Common Saying w/A 1:30pm Tabletop Bowling w/S 2:30pm Let's Jog Your Memory w/S	10:00am Morning Mingle w/A 10:30am Sit and Be Fit w/A 11:00am Creative Corner: Button Art w/A 1:30pm Balloon Toss w/A 2:00pm Kicing Off National Soup Month! Kitchen Creations: Potato and Chive Soup w/A	10:30am Seated Exercise w/N 11:00am Balloon Volleyball Exercise w/N 11:30am Trivia Challenge w/N 1:30pm Afternoon Movie Matinee
10:00am Televised Catholic Mass (Channel 20) 10:30am Balloon Volleyball w/S 3:00pm Afternoon Movie Matinee	10:00am 1:1 Morning Greet w/T 10:30am Famous Faces Bingo w/T 1:30pm Tabletop Bowling w/S 2:30pm Balloon Volleyball w/S	10:00am Seated Stretch w/S 10:30am Ring Toss w/S 11:00am Bingo w/S 1:30 Today in History w/T 2:00 POKENO! w/T 2:30pm 1:1 Check-Ins w/T	10:00 Room Visits w/Meg 10:30 Shut the Box w/Meg 11:00am Piano Performance w/Gary Stabile 1:30pm Sunny Sky News w/T 2:00 Prize Bingo w/T 2:30 Movie Matinee w/T	10:30am Aroma Touch w/A 11:00am Ribbon Exercise w/A 11:30am Visiting Graceland w/A 1:30pm Tabletop Bowling w/S 2:30pm Let's Jog Your Memory w/S	10:00am Morning Mingle w/A 10:30am Sit and Be Fit w/A 11:00am Resident Council Meeting (Dining Room) 11:30am Finish the Advertising Slogan w/A 1:30pm Balloon Toss w/A 2:00pm Gone Fishing w/A 2:30pm 1:1 Check-Ins w/A	10:30am Seated Exercise w/N 11:00am Balloon Volleyball Exercise w/N 11:30am Trivia Challenge w/N 1:30pm Live Music w/ Blue Yodels
10:00am Televised Catholic Mass (Channel 20) 10:30am Whiteboard Activity w/Sara 3:00pm Afternoon Movie Matinee	10:00am 1:1 Morning Greet w/T 10:30am Duck Day Dice w/T 1:30pm Bingo w/S 2:30pm Basketball w/S	10:00am Seated Stretch w/S 10:30am Bean Bag Toss w/S 11:00am Snow Ball Game w/S 1:30pm Pick a Card Social w/A 2:00pm Gone Fishing w/A 2:30pm 1:1 Check-Ins w/A	10:30am Youtube Exercise w/N 11:00am Piano Performance w/Gary Stabile 1:30pm Prize Bingo w/N 2:30 Whiteboard Game w/N	10:30am Aroma Touch w/A 11:00am Seated Tai Chi w/Ann Sullo 11:30am Finish the Common Saying w/A 2:00pm Catholic Communion Service w/ Sacred Heart Church Volunteers Helen and Karen (Dining Room) 2:30 Bowling w/S	10:00am Morning Mingle w/A 10:30am Sit and Be Fit w/A 11:00am Name Five Categories Game w/A 1:30pm Balloon Toss w/A 2:00pm Flip a Card Match Game w/A 2:30pm 1:1 Check-Ins w/A	10:30am Seated Exercise w/N 11:00am Balloon Volleyball Exercise w/N 11:30am Trivia Challenge w/N 1:30pm Afternoon Movie Matinee
10:00am Televised Catholic Mass (Channel 20) 10:30am Balloon Volley Ball w/S 3:00pm Afternoon Movie Matinee	Martin Luther King Jr. Day 10:00am 1:1 Morning Greet w/T 10:30 POKENO! w/T 1:30pm Winter Bingo w/S 2:30pm Board Game w/S	10:00am Seated Stretch w/S 10:30am Pet Therapy Visits w/ Gromit 11:00am Craft w/S 1:30pm Joggin' Your Noggin' Word Game! w/A 2:00pm Watercolors and Classical Music w/A 2:30pm 1:1 Check-Ins w/A	10:30am Card Exercise w/N 11:00am Piano Performance w/Gary Stabile 1:30pm Prize Bingo w/N 2:30 Whiteboard Game w/N	National Pie Day 10:30am Aroma Touch w/A 11:00am Ribbon Exercise w/A 11:30am Star of the Month: Kevin Costner w/A 1:30pm Tabletop Bowling w/S 2:30pm Pie Game w/S	10:00am Morning Mingle w/A 10:30am Sit and Be Fit w/A 11:00am Pick a Card Social w/A 1:30pm Balloon Toss w/A 2:00pm Winter Roll the Dice Game w/A 2:30pm 1:1 Check-Ins w/A	10:00am Pet Therapy Visits w/ Gromit 10:30am Seated Exercise w/N 11:00am Balloon Volleyball Exercise w/N 11:30am Trivia Challenge w/N 1:30pm Live Music w/ Jennifer Disapio
10:00am Televised Catholic Mass (Channel 20) 10:30am Basketball w/S 3:00pm Afternoon Movie Matinee	10:00am 1:1 Morning Greet w/T 10:30am Natl. Bubble Wrap Day: Abstract Art w/T 1:30pm Tabletop Bowling w/S 2:30pm Card Game w/S	10:00am Seated Stretch w/S 10:30am Bean Bag Toss w/S 11:00am Whiteboard Activity w/S 1:30pm Pick a Card Social w/A 2:00pm Hi-Bowl Target Game w/A 2:30pm 1:1 Check-Ins w/A	10:30am Youtube Exercise w/N 11:00am Piano Performance w/Gary Stabile 1:30pm Prize Bingo w/N 2:30 Whiteboard Game w/N	10:30am Aroma Touch w/A 11:00am Seated Tai Chi w/Ann Sullo 11:30am Finish the Common Saying w/A 1:30pm Tabletop Bowling w/S 2:30pm Bingo w/S	National Hot Chocolate Day 10:00am Morning Mingle w/A 10:30am Sit and Be Fit w/A 11:00am Creative Corner: Hot Chocolate Mugs 1:30pm The Springs Hot Chocolate Social!	

JANUARY 2025 SPRINGS



ACTIVITY LOCATOR KEY

All activities take place in the Springs living room unless otherwise noted

Meet the Community Life Team!
Meg Maier
 Community Life Director
 Audrey Zanzal
 Jordyn Smith
 Nicolette Duncan
 Theresa D'Ambrosio
 Sara Veillette

All programs and times are subject to change without notice