

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|--|---|--|---|--|--|---|
|    |   | <b>1</b><br><i>Happy New Years Day</i><br>New Year's Day   | <b>2</b><br><b>1</b> Birthday-Doris & Mary Lou<br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30-Stretchy Bands<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Beading<br>3:00-Snack Time<br>4:00- Time with Monica | <b>3</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Hand Games<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-String Art<br>3:00-Snack Time<br>4:00-Monicas Adventures<br>6:00- Movie Time                                 | <b>4</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30-Show & Tell<br>11:00-Kitchen Time<br>1:00- Rest & Relax<br>2:00-Fancy Nails<br>3:00-Snack Time<br>4:00-Table Talk<br>6:00- Movie Time   | <b>5</b><br>10:00- Exercise /Devotions<br>10:45-Hallway Stroll<br>11:00-BBET<br>1:00-Cool Down<br>2:30-Games<br>3:30-BBET Program<br>5:00-Dinner<br>6:00-Lawrence Welk                              |
| <b>6</b><br>10:00- Exercise /Devotions<br>10:45-Hallway Stroll<br>11:00-BBET<br>1:30-Craft<br>2:00-Movie & Popcorn<br>3:30-BBET Program<br>5:00-Dinner<br>6:00-Puzzles           | <b>7</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Stretchy Bands<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Sorting Tables<br>3:00-Snack Time<br>4:00- Turn It Up<br>6:00- Movie Time   | <b>8</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Floating Scarves<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Bean Bag Toss<br>3:00-Snack Time<br>4:00-Do You recall...<br>6:00- Movie Time    | <b>9</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Hand Games<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Painting<br>3:00-Snack Time<br>4:00-Monica Time<br>6:00- Movie Time                           | <b>10</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30-Bible Story<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Moving & Grooving<br>3:00-Snack Time<br>4:00- Gathering Wisdom<br>6:00- Movie Time                          | <b>11</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30-What is it?<br>11:00-Kitchen Time<br>1:00- Rest & Relax<br>2:00-Fancy Nails<br>3:00-Snack Time<br>4:00-Remember This?<br>6:00- Movie Time  | <b>12</b><br><b>1</b> Birthday-Sandra<br>10:00- Exercise /Devotions<br>10:45-Hallway Stroll<br>11:00-BBET<br>1:00-Cool Down<br>2:30-Games<br>3:30-BBET Program<br>5:00-Dinner<br>6:00-Lawrence Welk |
| <b>13</b><br>10:00- Exercise /Devotions<br>10:45-Hallway Stroll<br>11:00-BBET<br>1:30-Lifeway Church<br>2:00-Movie & Popcorn<br>3:30-BBET Program<br>5:00-Dinner<br>6:00-Puzzles | <b>14</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Letters of Thanks<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Makeover Monday<br>3:00-Snack Time<br>4:00-Time with Monica<br>6:00- Movie Time   | <b>15</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Stretchy Bands<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Stack It Up Cups<br>3:00-Snack Time<br>4:00-And so It is Said<br>6:00- Movie Time | <b>16</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30-Sorting Stations<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Monthly Birthday Party<br>3:00-Snack Time<br>4:00-Table Talk<br>6:00- Movie Time        | <b>17</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Sharing Memories<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Joe Clymer (Entertainment)<br>3:00-Snack Time<br>4:00-How Are You<br>6:00- Movie Time                 | <b>18</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30-Hand Games<br>11:00-Kitchen Time<br>1:00- Rest & Relax<br>2:00-Fancy Nails<br>3:00-Snack Time<br>4:00-Story Sharing<br>6:00- Movie Time  | <b>19</b><br>10:00- Exercise /Devotions<br>10:45-Hallway Stroll<br>11:00-BBET<br>1:00-Cool Down<br>2:00-Games<br>3:30-BBET Program<br>5:00-Dinner<br>6:00-Lawrence Welk                             |
| <b>20</b><br>10:00- Exercise /Devotions<br>10:45-Hallway Stroll<br>11:00-BBET<br>1:30-Craft<br>2:00-Movie & Popcorn<br>3:30-BBET Program<br>5:00-Dinner<br>6:00-Puzzles          | <b>21</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Floating Scarves<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Feet & Leg Massages<br>3:00-Snack Time<br>4:00-Gathering Wisdom<br>6:00- Movie Time<br>Martin Luther King Day<br>Tu B'Shevat | <b>22</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30-Chair Dancing<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Bowling<br>3:00-Snack Time<br>4:00- True Facts<br>6:00- Movie Time                  | <b>23</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Stretchy Bands<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Crafty Things<br>3:00-Snack Time<br>4:00- True Facts<br>6:00- Movie Time                 | <b>24</b><br><b>1</b> Birthday-Mary H24<br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Favorite Memories<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Switch It Up<br>3:00-Snack Time<br>4:00-Table Talk<br>6:00- Movie Time | <b>25</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Wind it Up<br>11:00-Kitchen Time<br>1:00- Rest & Relax<br>2:00-Fancy Nails<br>3:00-Snack Time<br>4:00-Monica Time<br>6:00- Movie Time   | <b>26</b><br>10:00- Exercise /Devotions<br>10:45-Hallway Stroll<br>11:00-BBET<br>1:00-Cool Down<br>2:00-Games<br>3:30-BBET Program<br>5:00-Dinner<br>6:00-Lawrence Welk                             |
| <b>27</b><br>10:00- Exercise /Devotions<br>10:45-Hallway Stroll<br>11:00-BBET<br>1:30-Lifeway Church<br>2:00-Movie & Popcorn<br>3:30-BBET Program<br>5:00-Dinner<br>6:00-Puzzles | <b>28</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- Stretchy Bands<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Foam Painting<br>3:00-Snack Time<br>4:00- True Facts<br>6:00- Movie Time<br>Australia Day (observed)                           | <b>29</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30-Walk It Off<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Hot Cocoa & Hot Topics<br>3:00-Snack Time<br>4:00-Table Talk<br>6:00- Movie Time      | <b>30</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30- String Art<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Feet & Leg Massages<br>3:00-Snack Time<br>4:00- True Facts<br>6:00- Movie Time               | <b>31</b><br>9:30-Starting-up<br>10:00-Morning Moves<br>10:30-Tea & Talk<br>11:00- BBET<br>1:00- Rest & Relax<br>2:00-Beach Party<br>3:00-Snack Time<br>4:00- True Facts<br>6:00- Movie Time                                       |  <p>January Birthdays<br/>           1-2 Doris &amp; Mary Lou<br/>           1-12 Sandra<br/>           1-24 Marianne<br/>           Breakfast Lunch Dinner<br/>           8:00am 12:00pm 5:00pm</p> |   |

Activities and Times are Subject to Change "Forget Me Not Dementia Support Group" Mon. Jan 21st @ 6:00pm