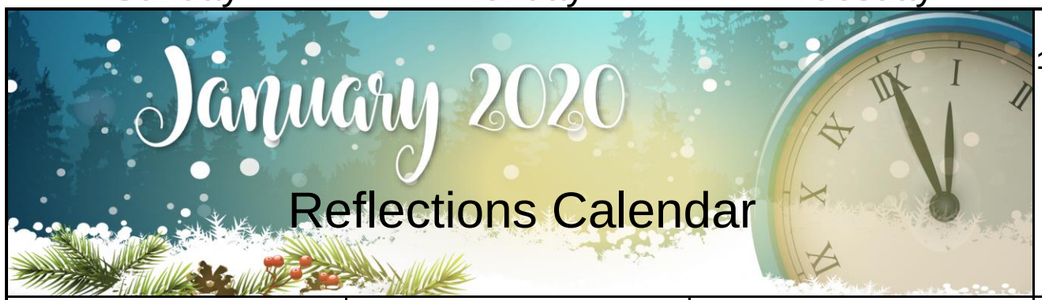
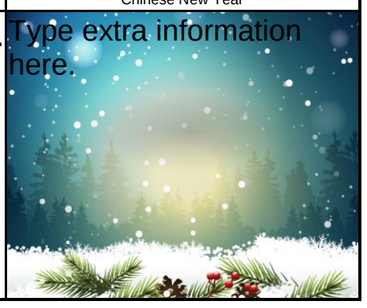


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 **11:00 New Year's Mass (C)** 2:00 Knitting Group (L) New Year's Day	**2** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Montessori (L) 4:30 Wine Social (DR) 6:30 Soothing Exercise (L)	**3** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Montessori (L) 4:30 What's in the Box (L) 6:30 Soothing Exercise (L)	**4** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Brain Aerobics (L) 4:00 Sing Along with Allen Charney (L) 6:30 Soothing Exercise (L)
5 10:00 Morning Moves (L) 11:00 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Brain Aerobics (L) 4:30 Reminiscing (L) 6:30 Soothing Exercise(DR)	**6** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Brain Aerobics (L) 4:30 No Bake Recipes (DR) 6:30 Soothing Exercises (L)	**7** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:00 Arts and Crafts with Kristin (CT) 4:00 Hot Potato (L) 6:30 Soothing Exercise (L)	**8** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Hand Massage 4:00 Brain Aerobics (CT) 6:30 Soothing Exercise (L)	**9** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Montessori (L) 4:30 Wine Social (DR) 6:30 Soothing Exercise (L)	**10** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Montessori (L) 4:30 What's in the Box (L) 6:30 Soothing Exercise (L)	**11** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Brain Aerobics (L) 4:00 Sing Along with Allen Charney (L) 6:30 Soothing Exercise (L)
12 10:00 Morning Moves (L) 11:00 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Brain Aerobics (L) 4:30 Reminiscing (L) 6:30 Soothing Exercise(DR)	**13** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Brain Aerobics (L) 4:30 No Bake Recipes (DR) 6:30 Soothing Exercises (L)	**14** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:00 Arts and Crafts with Kristin (CT) 4:00 Hot Potato (L) 6:30 Soothing Exercise (L)	**15** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Hand Massage 4:00 Brain Aerobics (CT) 6:30 Soothing Exercise (L)	**16** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Montessori (L) 4:30 Wine Social (DR) 6:30 Soothing Exercise (L)	**17** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Montessori (L) 4:30 What's in the Box (L) 6:30 Soothing Exercise (L)	**18** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Brain Aerobics (L) 4:00 Sing Along with Allen Charney (L) 6:30 Soothing Exercise (L)
19 10:00 Morning Moves (L) 11:00 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Brain Aerobics (L) 4:30 Reminiscing (L) 6:30 Soothing Exercise(DR) Activity Professionals Week	**20** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Brain Aerobics (L) 4:30 No Bake Recipes (DR) 6:30 Soothing Exercises (L) Martin Luther King Day	**21** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:00 Arts and Crafts with Kristin (CT) 4:00 Hot Potato (L) 6:30 Soothing Exercise (L)	**22** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Hand Massage 4:00 Brain Aerobics (CT) 6:30 Soothing Exercise (L)	**23** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time **2:00 January Birthday Party With Mike and Darlene (DA)** 4:30 Wine Social (DR) 6:30 Soothing Exercise (L)	**24** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Montessori (L) 4:30 What's in the Box (L) 6:30 Soothing Exercise (L)	**25** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Brain Aerobics (L) 4:00 Sing Along with Allen Charney (L) 6:30 Soothing Exercise (L) Chinese New Year
26 10:00 Morning Moves (L) 11:00 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Brain Aerobics (L) 4:30 Reminiscing (L) 6:30 Soothing Exercise(DR)	**27** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Brain Aerobics (L) 4:30 No Bake Recipes (DR) 6:30 Soothing Exercises (L) Australia Day (observed)	**28** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:00 Arts and Crafts with Kristin (CT) 4:00 Hot Potato (L) 6:30 Soothing Exercise (L)	**29** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Hand Massage 4:00 Brain Aerobics (CT) 6:30 Soothing Exercise (L)	**30** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Montessori (L) 4:30 Wine Social (DR) 6:30 Soothing Exercise (L)	**31** 10:00 Morning Moves (L) 11:15 Morning Mass (C) 1:00 – 2:00 Quiet Time 2:30 Energy Exercise (DR) 3:30 Montessori (L) 4:30 What's in the Box (L) 6:30 Soothing Exercise (L)	Type extra information here. 

Chapel- (C) Crafts Table- (CT) Dining Room- (DR) Dining Area- (DA) Lounge- (L)