


January 2025 - Assisted Living/Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CR Community Room FF First Floor Community Room SF second floor pub SP second floor pub		New Year's Day 1 1:30 Popcorn & Coco Movie marathon in the Pub!	10:00 Chair Yoga! [SF] 2 10:30 Womens Group-Coffee & Pastry chats 1:00 Tie Blankets in the Pub! 3:30 Happy Hour! [SF]	10:00 Chair Yoga! [SF] 3 1:30 Chef Chat! 2:00 Bingo! [FF] 3:00 Team Trivia!	10:00 Chair Yoga! [SF] 4 10:30 Coco & Coffee and Donuts in the Pub!
	10:00 Chair Yoga! [SF] 5 10:30 Coco & Coffee in the Pub! 1:30 Popcorn Movie Marathon in the Pub!	10:00 Chair Yoga! [SF] 6 10:30 Trivia Time! [SP] 1:30 Story Telling Circle 3:00 Sip & Paint!- Paint your own Vase!	10:00 Meet Chaplain Jody! [CR] 7 10:00 Cribbage Group! [SP] 11:00 Chair Yoga! 3:30 Happy Hour! [SF]	6:00 PODIATRY DAY! 8 10:00 Chair Yoga! [SF] 10:30 Mens Group-Coffee & Pastry chats! 1:00 Resident Ambassator Meeting 2:00 Bingo! [CR] 3:00 Team Trivia!	10:00 Chair Yoga! [SF] 9 10:30 Womens Group-Coffee & Pastry chats 1:00 Tie blankets in the Pub! 3:30 Happy Hour! [SF]	10:00 Chair Yoga! [SF] 10 12:00 Cub Foods Shopping trip! 2:00 Bingo! [FF] 3:00 Team Trivia!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Chair Yoga! [SF] 12</p> <p>10:30 Trivia with Toni!</p> <p>10:30 Coco & Coffee in the Pub!</p> <p>1:00 Bingo!</p>	<p>10:00 Chair Yoga! [SF] 13</p> <p>10:30 Trivia Time! [SP]</p> <p>1:30 Story Telling Circle</p> <p>3:00 Sip & Paint!- Ceramic Coasters!</p>	<p>10:00 Church Service [CR] 14</p> <p>10:00 Cribbage Group! [SP]</p> <p>11:00 Chair Yoga!</p> <p>1:00 Spark Challenge- Who can get the most steps?</p> <p>3:30 Happy Hour! [SF]</p>	<p>10:00 Chair Yoga! [SF] 15</p> <p>10:30 Mens Group- Coffee & Pastry chats!</p> <p>2:00 Bingo! [CR]</p> <p>3:00 Team Trivia!</p>	<p>10:00 Chair Yoga! [SF] 16</p> <p>10:30 Womens Group- Coffee & Pastry chats</p> <p>1:00 Spark Challenge- Arm Crank!</p> <p>3:30 Happy Hour! [SF]</p>	<p>10:00 Chair Yoga! [SF] 17</p> <p>1:00 Spark Challenge- Really Big Show</p> <p>2:00 Bingo! [FF]</p> <p>3:00 Team Trivia!</p>	<p>10:00 Chair Yoga! [SF] 18</p> <p>11:00 Trivia with LaQuinta in the Pub!</p> <p>10:30 Coco & Coffee in the Pub!</p>
<p>10:00 Chair Yoga! [SF] 19</p> <p>10:30 Coco & Coffee and Donurs in the Pub!</p>	<p>Martin Luther King Jr. Day 20</p> <p>10:00 Chair Yoga! [SF]</p> <p>10:30 Trivia Time! [SP]</p> <p>1:30 Story Telling Circle</p> <p>2:00 Resident Council- Resident led</p> <p>3:00 Sip & Paint!- Flower arrangements!</p>	<p>10:00 Church Service [CR] 21</p> <p>10:00 Cribbage Group! [SP]</p> <p>11:00 Chair Yoga!</p> <p>1:00 Spark Challenge- Who can get the most steps?</p> <p>3:30 Happy Hour! [SF]</p>	<p>10:00 Chair Yoga! [SF] 22</p> <p>10:30 Mens Group- Coffee & Pastry chats!</p> <p>2:00 Bingo! [CR]</p> <p>3:00 Team Trivia!</p>	<p>10:00 Chair Yoga! [SF] 23</p> <p>10:30 Womens Group- Coffee & Pastry chats</p> <p>1:00 Spark Challenge- Arm Crank!</p> <p>3:30 Happy Hour! [SF]</p>	<p>10:00 Chair Yoga! [SF] 24</p> <p>11:30 Brunch at Norther Tap House!</p> <p>1:00 Spark Challenge- Really Big Show</p> <p>2:00 Bingo! [FF]</p> <p>3:00 Team Trivia!</p>	<p>10:00 Chair Yoga! [SF] 25</p> <p>10:30 Trivia with Toni in the Pub!</p> <p>10:30 Coco & Coffee in the Pub!</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Chair Yoga! 26 [SF] 10:30 Coco & Coffee in the Pub! 1:00 Bingo!	10:00 Chair 27 Yoga! [SF] 10:30 Trivia Time! [SP] 1:30 Story Telling Circle 3:00 Sip & Paint!- Art Fair meeting	10:00 Church 28 Service [CR] 10:00 Cribbage Group! [SP] 11:00 Chair Yoga! 1:00 Spark Challenge- Who can get the most steps? 3:30 January Birthday Happy Hour! [SF]	10:00 Chair Yoga! 29 [SF] 10:30 Mens Group- Coffee & Pastry chats! 2:00 Bingo! [CR] 3:00 Team Trivia!	10:00 Chair Yoga! 30 [SF] 10:30 Womens Group- Coffee & Pastry chats 1:00 Spark Challenge- Arm Crank! 3:30 Happy Hour! [SF]	10:00 Chair Yoga! 31 [SF] 1:00 Spark Challenge- Really Big Show 2:00 Bingo! [FF] 3:00 Team Trivia!	