



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>9:30 Catholic Communion Service-AR (SP) <b>6</b></p> <p>10:45 Church Service-AR(SP)</p> <p>1:30 Movie Matinee-AR(SO)</p> <p>6:00 Bible Study-AR(SP)</p>	<p>9:30 Coffee Klatch-AR(I) <b>7</b></p> <p>10:30 Fitness with Mark-AR(P)</p> <p>11:00 Cranium Crunches-AR (I)</p> <p>1:30 Prize Bingo-AR(SO)</p> <p>3:15 Food For Thought – Poppin' Good Food: Popovers vs. Pop-Tarts-AR (I)</p>	<p>New Year's Coloring Pages and 1 New Year's Day Puzzles- available in AR 6:15 Movie Night with Pat-AR(SO)</p> <p><b>HAPPY NEW YEAR</b></p>	<p>9:30 Coffee Klatch-AR(I) <b>2</b></p> <p>10:30 Fitness with Mark-AR(P)</p> <p>11:00 Monthly Gazette and IQ-AR(I)</p> <p>11:30 A First Time for Everything Trivia-AR (I)</p> <p>1:15 Walking Club-meet in 1FL(P)</p> <p>2:30 Prize Bingo-AR(SO)</p>	<p>9:30 Therapy Dog Betty Visits-AR(E) <b>3</b></p> <p>10:00 Coffee Klatch-AR(I)</p> <p>10:30 Train Room Tour at Heritage-Meet in L(V)</p> <p>1:30 Chair Challenge-AR(P)</p> <p>2:00 Cards and Games with Heritage Friends-AR(SO)</p> <p>6:30 Puzzle Time-AR(I)</p>	<p>9:30 Coffee Klatch-AR(I) <b>4</b></p> <p>10:30 Maureen Hagen On Piano-AR (E)</p> <p>1:30 Prize Bingo-AR(SO)</p> <p>3:15 Funny New Year's Resolutions &amp; Jokes-AR (E)</p>	<p>9:30 Coffee Klatch-AR(I) <b>5</b></p> <p>10:30 Chair Challenge-AR(P)</p> <p>11:00 Splish-Splash: A Brief History of the Rise, Fall, and Rise of the Bath-AR (I)</p> <p>1:30 Best Time of Year—College Bowl Games-AR (SO)</p> <p>2:30 Hobbies Trivia-AR (I)</p> <p>7:00 Lawrence Welk-1FL(SO)</p>
<p>9:30 Catholic Communion Service-AR (SP) <b>13</b></p> <p>10:45 Church Service-AR(SP)</p> <p>1:30 Movie Matinee-AR(SO)</p> <p>6:00 Bible Study-AR(SP)</p>	<p>9:30 Coffee Klatch-AR(I) <b>14</b></p> <p>10:30 Fitness with Mark-AR(P)</p> <p>11:00 Singalong with Heritage Singers-AR (SO)</p> <p>1:30 Prize Bingo-AR(SO)</p> <p>3:15 The Champagne Music Maker-AR (I)</p>	<p>9:30 Therapy Dog Grappa Visits-AR (E) <b>15</b></p> <p>10:00 Coffee Klatch-AR(I)</p> <p>10:30 Craft: Beaded Snowflake Charm Pin- AR(E)</p> <p>1:30 Music Entertainment by Tom Kriczky-AR(SO)</p> <p>3:00 Chair Challenge-AR (P)</p> <p>3:45 Champagne Corks Mining-AR(I)</p> <p>6:15 Movie Night with Pat-AR(SO)</p>	<p>9:30 Coffee Klatch-AR(I) <b>16</b></p> <p>10:30 Fitness with Mark-AR(P)</p> <p>11:00 Bubblegum Blowing Contest-AR(SO)</p> <p>12:15 Resident Council-DR(V)</p> <p>1:15 Scenic Drive with Treat Stop-meet in L(E)</p>	<p>9:30 Therapy Dog Betty Visits-AR(E) <b>17</b></p> <p>10:00 Coffee Klatch-AR(I)</p> <p>11:00 Cooking Class: Lemon Whip-AR(E)</p> <p>1:30 Chair Challenge-AR(P)</p> <p>2:00 Cards for St. Jude's with Heritage Friends-AR(V)</p> <p>3:30 Twin Valley FFA Pet Visits-AR(EN)</p> <p>6:30 Puzzle Time-AR(I)</p>	<p>9:30 Coffee Klatch-AR(I) <b>18</b></p> <p>10:30 Exercise-AR(P)</p> <p>11:00 Rosary with Rodney-AR(SP)</p> <p>1:30 Prize Bingo-AR(SO)</p> <p>3:15 January Puzzles-AR(I)</p>	<p>9:30 Coffee Klatch-AR(I) <b>19</b></p> <p>10:30 Chair Challenge-AR(P)</p> <p>11:00 Junk Drawer Detective-AR(I)</p> <p>1:30 January Birthday Party-AR (SO)</p> <p>2:30 Armchair Travel-Discovering Latvia-AR (I)</p> <p>7:00 Lawrence Welk-1FL(SO)</p>
<p>9:30 Catholic Communion Service-AR (SP) <b>20</b></p> <p>10:45 Church Service-AR(SP)</p> <p>1:30 Movie Matinee-AR(SO)</p> <p>6:00 Bible Study-AR(SP)</p>	<p>9:30 Coffee Klatch-AR(I) <b>21</b></p> <p>10:30 Fitness with Mark-AR(P)</p> <p>11:00 From Selma to Montgomery-AR (I)</p> <p>1:30 Prize Bingo-AR(SO)</p> <p>3:15 Martin Luther King Jr. Trivia-AR (I)</p> 	<p>9:30 Therapy Dog Grappa Visits-AR (E) <b>22</b></p> <p>10:00 Coffee Klatch-AR(I)</p> <p>10:30 Craft: Blue Magic Color Scratch Snowflake-AR (E)</p> <p>1:30 Music Entertainment by Cindy Robertson-AR(SO)</p> <p>3:00 Chair Challenge-AR (P)</p> <p>3:45 Category Trivia-AR(I)</p> <p>6:15 Movie Night with Pat-AR(SO)</p>	<p>9:30 Coffee Klatch-AR(I) <b>23</b></p> <p>10:30 Fitness with Mark-AR(P)</p> <p>11:00 Jeopardy-AR(I)</p> <p>1:15 Walking Club-meet in 1FL(P)</p> <p>2:30 Resident's Rights Bingo-AR(SO)</p>	<p>9:30 Therapy Dog Betty Visits-AR(E) <b>24</b></p> <p>10:00 Coffee Klatch-AR(I)</p> <p>11:00 Random Trivia-AR(I)</p> <p>1:30 Chair Challenge-AR(P)</p> <p>2:00 Manicures and Massage with Heritage Friends-AR(H)</p> <p>6:30 Puzzle Time-AR(I)</p> <p>Happy Birthday Mary Ann!</p>	<p>9:30 Coffee Klatch-AR(I) <b>25</b></p> <p>10:30 Exercise-AR(P)</p> <p>11:00 Hymn Sing with Diane-AR(SP)</p> <p>1:30 Prize Bingo-AR(SO)</p> <p>3:15 Who am I?-AR(I)</p>	<p>9:30 Coffee Klatch-AR(I) <b>26</b></p> <p>10:30 Chair Challenge-AR(P)</p> <p>11:00 What am I?-AR(I)</p> <p>1:30 Welcome Social-AR(SO)</p> <p>3:00 Fishwrapper-AR(SO)</p> <p>7:00 Lawrence Welk-1FL(SO)</p>
<p>9:30 Catholic Communion Service-AR (SP) <b>27</b></p> <p>10:45 Church Service-AR(SP)</p> <p>1:30 Movie Matinee-AR(SO)</p> <p>6:00 Bible Study-AR(SP)</p>	<p>9:30 Coffee Klatch-AR(I) <b>28</b></p> <p>10:30 Fitness with Mark-AR(P)</p> <p>11:00 YouTube Entertainment-1FL(I)</p> <p>1:30 Prize Bingo-AR(SO)</p> <p>3:15 Sing along-AR(E)</p> <p>Australia Day (observed)</p>	<p>9:30 Therapy Dog Grappa Visits-AR (E) <b>29</b></p> <p>10:00 Coffee Klatch-AR(I)</p> <p>10:30 Craft: Round Snowflake Craft-AR(E)</p> <p>1:30 Music Entertainment by Joe Soltysik-AR(SO)</p> <p>3:00 Chair Challenge-AR (P)</p> <p>3:45 Picture It – What's Wrong with This Picture?-AR (I)</p> <p>6:15 Movie Night with Pat-AR(SO)</p>	<p>9:30 Coffee Klatch-AR(I) <b>30</b></p> <p>10:30 Fitness with Mark-AR(P)</p> <p>11:00 Table Games: Scattergories-AR(I)</p> <p>1:15 Walking Club-meet in 1FL(P)</p> <p>2:30 Prize Bingo-AR(SO)</p>	<p>9:30 Therapy Dog Betty Visits-AR(E) <b>31</b></p> <p>10:00 Coffee Klatch-AR(I)</p> <p>10:30 Shopping: Big Lots-meet in L</p> <p>11:00 The Zebra Plant-AR (EN)</p> <p>1:30 Chair Challenge-AR(P)</p> <p>2:00 Making Cat Toys for Animal Rescue League with Heritage Friends-AR(V)</p> <p>6:30 Puzzle Time-AR(I)</p>	<p><b>Dimensions of Wellness:</b>  <b>SO-Social, P-Physical,</b>  <b>I-Intellectual, E-Emotional, V-Vocational,</b>  <b>SP-Spiritual</b>  <b>H-Health Services, EN-Environmental</b>  <b>Locations:</b>  <b>AR- Activity Room, DR-Dining Room, L-Lobby, 1FL-First Floor Lounge, O-Outside</b></p>	