


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:00 Tai Chi 1:30 Mindful Meditation 2:00 Music with Mark West 2:30 Afternoon Stretch/ Refreshments 3:00 Monthly Gazette 4:00 Sing Along with Dolly Parton 6:15 Evening Game/Movie	<b>2</b> 10:00 Sit and be Fit 11:00 Word Search Competition 1:30 Cooking Engagement: Oatmeal Raisin Cookies 2:30 Afternoon Stretch/ Refreshments 3:00 Coffee and Tea Social 4:00 Sing Along with Frank Sinatra 6:15 Evening Game/Movie	<b>3</b> 10:00 Zumba 11:00 Armchair Travel: Hawaii 1:30 Art Class 2:30 Afternoon Stretch/ Refreshments 3:00 New Year Resolution 4:00 Sing Along with Eldersong 6:15 Evening Game/Movie	<b>4</b> 10:00 Tai Chi 11:00 Trivia Time 1:30 Mindful Meditation 3:00 Happy Hour Fun! (Wine and Music) 4:00 Sing Along with Frank Sinatra 6:15 Evening Game/Movie	<b>5</b> 10:00 Sit and Be Fit! 11:00 Chain Word Game 1:15 Hand Massage and Nails 2:00 Parachute Fun 2:30 Afternoon Stretch/ Refreshments 3:00 Spinwheel Word Game 3:30 Color Relaxation 4:00 Sing-a-long 6:15 Evening Game/Movie
<b>6</b> 9:00 Mass 10:00 Fun Fitness 11:00 Bingo! 1:30 The Walking Club 2:15 Sunday Sundaes 2:30 Afternoon Stretch/ Refreshments 4:00 Bingo for Prizes 6:30 Rosary	<b>7</b> 10:00 Morning Exercise: Weight Strengthening 10:30 Mystery Ride with Leon 1:30 Art Corner 2:30 Afternoon Stretch/ Refreshments 3:00 Bowling 4:00 Sing Along with Elvis 6:15 Evening Game/Movie	<b>8</b> 10:00 Tai Chi 11:00 Lunch Outing to Grassfields 1:30 Mindful Meditation 2:30 Afternoon Stretch/ Refreshments 3:00 Bingo 4:00 Sing Along with Eldersong 6:15 Evening Game/Movie	<b>9</b> 10:00 Sit and be Fit 11:00 Word Search Competition 1:30 Cooking Engagement: Cinnamon Rolls 2:30 Afternoon Stretch/ Refreshments 3:00 Broadway Seated Dance 3:00 Coffee and Tea Social 4:00 Sing Along 6:15 Evening Game/Movie	<b>10</b> 10:00 Zumba 11:00 Armchair Travel: Okinawa Island 1:30 Art Class 2:30 Afternoon Stretch/ Refreshments 3:00 Poetry Reading 4:00 Sing Along 6:15 Evening Game/Movie	<b>11</b> 10:00 Tai Chi 11:00 Trivia Time 1:30 Mindful Meditation 3:00 Happy Hour Fun! (Wine and Music) 4:00 Sing Along with Nat King Cole 6:15 Evening Game/Movie 6:30 Reminiscing Group	<b>12</b> 10:00 Sit and Be Fit! 11:00 Chain Word Game 1:15 Hand Massage and Nails 2:00 Parachute Fun 2:30 Afternoon Stretch/ Refreshments 3:00 Spinwheel Word Game 3:30 Color Relaxation 4:00 Sing-a-long 6:15 Evening Game/Movie
<b>13</b> 9:00 Mass 10:00 Fun Fitness 11:00 Bingo! 1:30 The Walking Club 2:15 Sunday Sundaes 2:30 Afternoon Stretch/ Refreshments 4:00 Bingo for Prizes 6:30 Rosary	<b>14</b> 10:00 Morning Exercise: Weight Strengthening 10:30 Mystery Ride with Leon 1:30 Art Corner 2:30 Afternoon Stretch/ Refreshments 3:00 Golf 4:00 Sing Along 6:15 Evening Game/Movie	<b>15</b> 10:00 Tai Chi 11:00 Lunch Outing to Celebrity Pizza 1:30 Mindful Meditation 2:30 Afternoon Stretch/ Refreshments 3:00 Bingo 4:00 Sing Along with Eldersong 6:15 Evening Game/Movie	<b>16</b> 10:00 Sit and be Fit 11:00 Word Search Competition 1:30 Cooking Engagement: Fruit Salad 2:30 Afternoon Stretch/ Refreshments 3:00 Broadway Seated Dance 3:00 Coffee and Tea Social 3:00 Rob Natoli String Swing 4:00 Sing Along	<b>17</b> 10:00 Zumba 11:00 Armchair Travel: Kenya 1:30 Art Class 2:30 Afternoon Stretch/ Refreshments 3:00 Poetry Reading 4:00 Sing Along 6:15 Evening Game/Movie	<b>18</b> 10:00 Tai Chi 11:00 Trivia Time 1:30 Mindful Meditation 3:00 Happy Hour Fun! (Wine and Music) 4:00 Sing Along with Dean Martin 6:15 Evening Game/Movie	<b>19</b> 10:00 Sit and Be Fit! 11:00 Chain Word Game 1:15 Hand Massage and Nails 2:00 Parachute Fun 2:30 Afternoon Stretch/ Refreshments 3:00 Spinwheel Word Game 3:30 Color Relaxation 4:00 Sing-a-long 6:15 Evening Game/Movie
<b>20</b> 9:00 Mass 10:00 Fun Fitness 11:00 Bingo! 1:30 The Walking Club 2:15 Sunday Sundaes 2:30 Afternoon Stretch/ Refreshments 4:00 Bingo for Prizes 6:30 Rosary	<b>21</b> 10:00 Morning Exercise: Weight Strengthening 10:30 Mystery Ride with Leon 1:30 National Hug Day History 2:30 Afternoon Stretch/ Refreshments 3:00 Martin Luther King Jr Celebration 4:00 Sing Along 6:15 Evening Game/Movie	<b>22</b> 10:00 Tai Chi 11:00 Bowling & Lunch Outing 1:30 Mindful Meditation 2:30 Afternoon Stretch/ Refreshments 3:00 Bingo 4:00 Sing Along with Dolly Parton 6:15 Evening Game/Movie	<b>23</b> 10:00 Sit and be Fit 11:00 Word Search Competition 1:30 Cooking Engagement 2:30 Afternoon Stretch/ Refreshments 3:00 Sing-a-Long 3:00 Coffee and Tea Social 4:00 Sing Along 6:15 Evening Game/Movie	<b>24</b> 10:00 Zumba 11:00 Armchair Travel: Caribbean Islands 1:30 Art Class 2:30 Afternoon Stretch/ Refreshments 3:00 Poetry Reading 4:00 Sing Along 6:15 Evening Game/Movie	<b>25</b> 10:00 Tai Chi 11:00 Trivia Time 1:30 Mindful Meditation 3:00 Happy Hour Fun! (Wine and Music) 4:00 Sing Along with Neil Diamond 6:15 Evening Game/Movie 6:30 Reminiscing Group	<b>26</b> 10:00 Sit and Be Fit! 11:00 Chain Word Game 1:15 Hand Massage and Nails 2:00 Parachute Fun 2:30 Afternoon Stretch/ Refreshments 3:00 Spinwheel Word Game 3:30 Color Relaxation 4:00 Sing-a-long 6:15 Evening Game/Movie
<b>27</b> 9:00 Mass 10:00 Fun Fitness 11:00 Bingo! 1:30 The Walking Club 2:15 Sunday Sundaes 2:30 Afternoon Stretch/ Refreshments 4:00 Bingo for Prizes 6:30 Rosary	<b>28</b> 10:00 Morning Exercise: Weight Strengthening 10:30 Mystery Ride with Leon 1:30 Art Corner 2:30 Afternoon Stretch/ Refreshments 3:00 Bowling 4:00 Sing Along 6:15 Evening Game/Movie	<b>29</b> 10:00 Tai Chi 11:00 Lunch Outing to Chateau 1:30 Mindful Meditation 2:30 Afternoon Stretch/ Refreshments 3:00 Birthday Party 4:00 Sing Along with Eldersong 6:15 Evening Game/Movie	<b>30</b> 10:00 Sit and be Fit 11:00 Word Search Competition 1:30 Cooking Engagement: Chocolate Pastry 2:30 Afternoon Stretch/ Refreshments 3:00 Sing-a-Long 3:00 Broadway Seated Dance 3:00 Coffee and Tea Social 4:00 Sing Along	<b>31</b> 10:00 Zumba 11:00 Armchair Travel: Thailand 1:30 Art Class 2:30 Afternoon Stretch/ Refreshments 3:00 Poetry Reading 4:00 Sing Along 6:15 Evening Game/Movie		

## Resident Birthdays

January 29th  
Anne Delvecchio

## PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

LCB Senior Living strengthens its programming through collaborations with notable health care leaders, including McLean Hospital, Harvard Medical School and Brigham and Women's Hospital.

