

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



<p>6</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Sunday Morning Mass 10:00 Moving to the Music 10:30 Word in a Word 11:15 Balloon Tennis 2:15 Tea and Trivia 3:00 This Day in History 4:00 Afternoon Sing-a-Long 6:00 Puzzles and Games 	<p>7</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Movin' & Groovin' 10:30 Wheel of Fortune 10:30 Shopping Trip 11:30 Chair Volleyball 1:15 Book Club 3:00 Knitting Club 3:00 Planning Committee 4:00 Chair Yoga 6:00 Card Club 	<p>8</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Fun Fitness 10:30 Watercolor Art 11:30 Communion & Prayers 11:30 Chair Volleyball 1:15 Craft Corner 2:00 Trivia Challenge 3:00 Afternoon Tea & Reminisce 4:00 Book Club 6:00 Poetry Club 	<p>9</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Chair Aerobics 10:30 Travel to France 11:15 Balloon Volleyball 1:15 Movie Trip 2:00 Paint Class w/Chris 3:00 Afternoon Social 3:30 You Be the Judge 4:30 Sing-a-Long Before Dinner 6:00 Comedy Hour 	<p>10</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Sit & Be Fit Exercise 10:30 Wheel of Fortune 11:15 Poetry Club 1:15 Craft Corner 2:00 Target Toss 3:00 Afternoon Social 3:30 This Day in History 6:00 Card Club 	<p>11</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Moving to the Music 10:30 What Would You Do? 11:15 Finish the Phrase 1:15 Baking Club 2:30 Afternoon Social 3:00 Therapeutic Art 4:00 Bowling 6:30 Movie Night 	<p>12</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Chair Aerobics 10:30 Bingo 11:30 Chair Volleyball 1:15 Craft Corner 2:30 Hot Chocolate Social 3:30 Hand and Foot Spa 4:30 Afternoon Sing-a-Long 6:00 Puzzles and Games
<p>13</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Sunday Morning Mass 10:00 Moving to the Music 10:30 Word in a Word 11:15 Balloon Tennis 2:15 Tea and Trivia 3:00 This Day in History 4:00 Afternoon Sing-a-Long 6:00 Puzzles and Games 	<p>14</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Movin' & Groovin' 10:30 Wheel of Fortune 11:15 Lunch Outing 11:30 Chair Volleyball 1:15 Book Club 3:00 Knitting Club 4:00 Chair Yoga 6:00 Card Club 	<p>15</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Fun Fitness 10:30 Watercolor Art 11:15 Communion with Ann Marie 11:30 Chair Volleyball 1:15 Craft Corner 2:00 Trivia Challenge 3:00 Afternoon Tea & Reminisce 4:00 Book Club 6:00 Poetry Club 	<p>16</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Chair Aerobics 10:30 Travel to Scotland 11:15 Balloon Volleyball 1:15 Bowling Tournament 2:00 Paint Class w/Chris 3:00 Afternoon Social 3:30 You Be the Judge 4:30 Sing-a-Long Before Dinner 6:00 Comedy Hour 	<p>17</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Sit & Be Fit Exercise 10:30 Wheel of Fortune 11:15 Poetry Club 1:15 Craft Corner 2:00 Target Toss 3:00 Afternoon Social 3:30 This Day in History 6:00 Card Club 	<p>18</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Moving to the Music 10:30 What Would You Do? 11:15 Finish the Phrase 1:15 Baking Club 2:30 Afternoon Social 3:00 Therapeutic Art 4:00 Bowling 6:30 Movie Night 	<p>19</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Chair Aerobics 10:30 Bingo 11:30 Chair Volleyball 1:15 Craft Corner 1:30 Up Beat Music with Emily* 2:30 Hot Chocolate Social 3:30 Hand and Foot Spa 4:30 Afternoon Sing-a-Long 6:00 Puzzles and Games
<p>20</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Sunday Morning Mass 10:00 Moving to the Music 10:30 Word in a Word 11:15 Balloon Tennis 2:15 Tea and Trivia 3:00 This Day in History 4:00 Afternoon Sing-a-Long 6:00 Puzzles and Games 	<p>21</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Movin' & Groovin' 10:30 Wheel of Fortune 11:15 Lunch Outing 11:30 Chair Volleyball 1:15 Book Club 3:00 Knitting Club 4:00 Chair Yoga 6:00 Card Club 	<p>22</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Fun Fitness 10:30 Watercolor Art 11:30 Communion & Prayers 11:30 Chair Volleyball 1:15 Craft Corner 2:00 Trivia Challenge 3:00 Bruce & Jonathan Entertain 4:00 Book Club 6:00 Poetry Club 	<p>23</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Chair Aerobics 10:30 Travel to Greece 11:00 ~RESIDENT COUNCIL~ 11:15 Balloon Volleyball 1:15 Bowling Tournament 2:00 Paint Class w/Chris 3:00 Afternoon Social 3:30 You Be the Judge 6:00 Comedy Hour 	<p>24</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Sit & Be Fit Exercise 10:30 Wheel of Fortune 11:15 Poetry Club 1:15 Craft Corner 2:00 Target Toss 3:00 Afternoon Social 3:30 This Day in History 6:00 Card Club 	<p>25</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Moving to the Music 10:30 What Would You Do? 11:15 Finish the Phrase 1:15 Baking Club 2:30 Afternoon Social 3:00 Therapeutic Art 4:00 Bowling 6:30 Movie Night 	<p>26</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Chair Aerobics 10:30 Bingo 11:30 Chair Volleyball 1:15 Craft Corner 2:30 Hot Chocolate Social 3:30 Hand & Foot Spa 4:30 Afternoon Sing-a-Long 6:00 Puzzles and Games
<p>27</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Sunday Morning Mass 10:00 Moving to the Music 10:30 Word in a Word 11:15 Balloon Tennis 2:15 Tea and Trivia 3:00 This Day in History 4:00 Afternoon Sing-a-Long 6:00 Puzzles and Games 	<p>28</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Movin' & Groovin' 10:30 Wheel of Fortune 11:15 Lunch Outing 11:30 Chair Volleyball 1:15 Book Club 3:00 Knitting Club 4:00 Chair Yoga 6:00 Card Club 	<p>29</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Fun Fitness 10:30 Watercolor Art 11:15 Communion with Ann Marie 11:30 Chair Volleyball 1:15 Craft Corner 2:00 Trivia Challenge 3:00 Afternoon Tea & Reminisce 4:00 Book Club 6:00 Poetry Club 	<p>30</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Chair Aerobics 10:30 Travel to London 11:15 Balloon Volleyball 1:15 Museum Outing 2:00 Paint Class w/Chris 3:00 Afternoon Social 3:30 You Be the Judge 4:30 Sing-a-Long Before Dinner 6:00 Comedy Hour 	<p>31</p> <ul style="list-style-type: none"> 9:30 Coffee and Current Events 10:00 Sit & Be Fit Exercise 10:30 Wheel of Fortune 11:15 Poetry Club 1:15 Craft Corner 2:00 Target Toss 3:00 Afternoon Social 3:30 This Day in History 6:00 Card Club 		

Title

Winter is here but in Reflections it is heating up. January will be a very busy month. Shopping Trips and Lunch Outings to area restaurants along with a trip to a movie and the Peabody Essex Museum are included on the January calendar. An exciting fun filled month is planned for our Residents. Happy January! Roberta

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.