

REFLECTIONS - JANUARY 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Monthly Highlights

Daily Exercise
Wednesdays Baking Club with Kathy
1/1-New Years Day
1/9-Live Music:Allan & Eve Duo
1/16-Live Music:Craig Satchell
1/20-Martin Luther King Jr. Day
1/23-Live Music:Senatra "Sinatra" Reilly

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care



- 6**
- 10:15 Scenic Excursion
 - 10:30 Morning Mindfulness
 - 10:30 Tai Chi for Arthritis
 - 11:00 Jewelry Workshop
 - 1:00 Balloon Toss
 - 2:00 Words & Friends
 - 3:00 Mix & Mingle
 - 4:00 Short stories
 - 4:30 Trivia

- 13**
- 10:15 Scenic Excursion
 - 10:30 Morning Mindfulness
 - 10:30 Tai Chi for Arthritis
 - 11:00 Jewelry Workshop
 - 1:00 Balloon Toss
 - 2:00 Words & Friends
 - 3:00 Mix & Mingle
 - 4:00 Short stories
 - 4:30 Trivia

- 20** MLK Jr. Day
- 10:15 Scenic Excursion
 - 10:30 Morning Mindfulness
 - 10:30 Tai Chi for Arthritis
 - 11:00 Jewelry Workshop
 - 1:00 Balloon Toss
 - 2:00 Words & Friends
 - 3:00 Mix & Mingle
 - 4:00 Short stories
 - 4:30 Trivia

- 27**
- 10:15 Scenic Excursion
 - 10:30 Morning Mindfulness
 - 10:30 Tai Chi for Arthritis
 - 11:00 Jewelry Workshop
 - 1:00 Balloon Toss
 - 2:00 Words & Friends
 - 3:00 Mix & Mingle
 - 4:00 Short stories
 - 4:30 Trivia

- 1** New Years Day
- 10:00 Tai Chi for Arthritis
 - 10:30 Inspirational Devotions
 - 11:00 Bowling
 - 1:00 Floral Design
 - 1:00 Bar & Balance
 - 2:00 Baking Club
 - 3:00 Social Hour
 - 4:00 Finishing Lines
 - 6:00 Evening table games: Connect Four

- 8**
- 10:00 Tai Chi for Arthritis
 - 10:30 Inspirational Devotions
 - 11:00 Bowling
 - 1:00 Floral Design
 - 1:00 Bar & Balance
 - 2:00 Baking Club
 - 3:00 Social Hour
 - 4:00 Finishing Lines
 - 6:00 Evening table games: Connect Four

- 15**
- 10:00 Tai Chi for Arthritis
 - 10:30 Inspirational Devotions
 - 11:00 Bowling
 - 1:00 Floral Design
 - 1:00 Bar & Balance
 - 2:00 Baking Club
 - 3:00 Social Hour
 - 4:00 Finishing Lines
 - 6:00 Evening table games: Connect Four

- 22**
- 10:00 Tai Chi for Arthritis
 - 10:30 Inspirational Devotions
 - 11:00 Bowling
 - 1:00 Floral Design
 - 1:00 Bar & Balance
 - 2:00 Baking Club
 - 3:00 Social Hour
 - 4:00 Finishing Lines
 - 6:00 Evening table games: Connect Four

- 29**
- 10:00 Tai Chi for Arthritis
 - 10:30 Inspirational Devotions
 - 11:00 Bowling
 - 1:00 Floral Design
 - 1:00 Bar & Balance
 - 2:00 Baking Club
 - 3:00 Social Hour
 - 4:00 Finishing Lines
 - 6:00 Evening table games: Connect Four

- 2**
- 10:00 Dancercise
 - 11:00 Color Me Healthy
 - 11:30 Guided Meditation
 - 1:00 Bowling Tournament
 - 2:00 Singing our Favorites
 - 3:00 Signature Cocktail Hour
 - 4:00 Word & Search Challenge
 - 6:00 Wheel of Fortune

- 9**
- 10:00 Dancercise
 - 11:00 Color Me Healthy
 - 11:00 Resident Council
 - 11:30 Guided Meditation
 - 1:00 Bowling Tournament
 - 2:00 Vocalists:Allan & Eve Duo
 - 3:00 Signature Cocktail Hour
 - 4:00 Word & Search Challenge
 - 6:00 Wheel of Fortune

- 16**
- 10:00 Dancercise
 - 11:00 Color Me Healthy
 - 11:30 Guided Meditation
 - 1:00 Bowling Tournament
 - 2:00 Live Music: Craig Satchell
 - 3:00 Signature Cocktail Hour
 - 4:00 Word & Search Challenge
 - 6:00 Wheel of Fortune

- 23**
- 10:00 Dancercise
 - 11:00 Color Me Healthy
 - 11:30 Guided Meditation
 - 1:00 Bowling Tournament
 - 2:00 Singing our Favorites
 - 3:00 Vocalist:Sean "Sinatra" Reilly
 - 4:00 Word & Search Challenge
 - 6:00 Wheel of Fortune

- 30**
- 10:00 Dancercise
 - 11:00 Color Me Healthy
 - 11:30 Guided Meditation
 - 1:00 Bowling Tournament
 - 2:00 Singing our Favorites
 - 3:00 Signature Cocktail Hour
 - 4:00 Word & Search Challenge
 - 6:00 Wheel of Fortune

- 3**
- 10:00 Nail Spa
 - 10:00 Barr & Balance
 - 11:00 Scenic Excursion
 - 12:00 Fresh Flicks Cinema!
 - 1:00 Jigsaw Puzzle Hour
 - 3:00 Signature Cocktail Hour
 - 4:00 All About:Blue Ridge Mountains
 - 6:00 Chicken soup stories

- 10**
- 10:00 Nail Spa
 - 10:00 Barr & Balance
 - 11:00 Scenic Excursion
 - 12:00 Fresh Flicks Cinema!
 - 1:00 Jigsaw Puzzle Hour
 - 3:00 Signature Cocktail Hour
 - 4:00 All About:Niagra Falls
 - 6:00 Chicken soup stories

- 17**
- 10:00 Nail Spa
 - 10:00 Barr & Balance
 - 11:00 Scenic Excursion
 - 12:00 Fresh Flicks Cinema!
 - 1:00 Jigsaw Puzzle Hour
 - 3:00 Signature Cocktail Hour
 - 4:00 All About:Smithsonian National Institute
 - 6:00 Chicken soup stories

- 24**
- 10:00 Nail Spa
 - 10:00 Barr & Balance
 - 11:00 Scenic Excursion
 - 12:00 Fresh Flicks Cinema!
 - 1:00 Jigsaw Puzzle Hour
 - 3:00 Signature Cocktail Hour
 - 4:00 All About:Yellowstone National Park
 - 6:00 Chicken soup stories

- 31**
- 10:00 Nail Spa
 - 10:00 Barr & Balance
 - 11:00 Scenic Excursion
 - 12:00 Fresh Flicks Cinema!
 - 1:00 Jigsaw Puzzle Hour
 - 3:00 Signature Cocktail Hour
 - 4:00 All About:Grand Canyon
 - 6:00 Chicken soup stories

- 4**
- 10:00 Stretch and Flex
 - 10:30 Morning Mindfulness
 - 11:00 Watercolor Art Class
 - 1:00 Short Stories
 - 1:00 High Stakes Bingo
 - 2:30 Walking with friends
 - 3:00 Conversation and Jazz Social
 - 4:00 Healing Hand Massage
 - 6:00 UNO & Friends

- 11**
- 10:00 Stretch and Flex
 - 10:30 Morning Mindfulness
 - 11:00 Watercolor Art Class
 - 1:00 Short Stories
 - 1:00 High Stakes Bingo
 - 2:30 Walking with friends
 - 3:00 Conversation and Jazz Social
 - 4:00 Healing Hands Massage
 - 6:00 UNO & Friends

- 18**
- 10:00 Stretch and Flex
 - 10:30 Morning Mindfulness
 - 11:00 Watercolor Art Class
 - 1:00 Short Stories
 - 1:00 High Stakes Bingo
 - 2:30 Walking with friends
 - 3:00 Conversation and Jazz Social
 - 4:00 Healing Hand Massage
 - 6:00 UNO & Friends

- 25**
- 10:00 Stretch and Flex
 - 10:30 Morning Mindfulness
 - 11:00 Watercolor Art Class
 - 1:00 Short Stories
 - 1:00 High Stakes Bingo
 - 2:30 Walking with friends
 - 3:00 Conversation and Jazz Social
 - 4:00 Healing Hand Massage
 - 6:00 UNO & Friends



- 5**
- 10:30 Spiritual Services
 - 10:30 Morning Stretch
 - 11:00 Reminiscing Ball
 - 1:00 Low Cardio Workout
 - 2:00 Baking Club
 - 3:00 Social Hour
 - 4:00 Balloon Toss
 - 6:00 Broadway Hits

- 12**
- 10:30 Spiritual Services
 - 10:30 Morning Stretch
 - 11:00 Reminiscing Ball
 - 1:00 Low Cardio Workout
 - 2:00 Baking Club
 - 3:00 Social Hour
 - 4:00 Balloon Toss
 - 6:00 Broadway Hits

- 19**
- 10:30 Spiritual Services
 - 10:30 Morning Stretch
 - 11:00 Reminiscing Ball
 - 1:00 Low Cardio Workout
 - 2:00 Baking Club
 - 3:00 Social Hour
 - 4:00 Balloon Toss
 - 6:00 Broadway Hits

- 26**
- 10:30 Spiritual Services
 - 10:30 Morning Stretch
 - 11:00 Reminiscing Ball
 - 1:00 Low Cardio Workout
 - 2:00 Baking Club
 - 3:00 Social Hour
 - 4:00 Balloon Toss
 - 6:00 Broadway Hits

Events are subject to change.