

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

31 JANUARY

- 10:00 Church/Mass- Virtual
- 10:30 Rosary
- 11:00 Sunday Chronicle
- 1:00 Eversound Meditation
- 1:30 Chair Exercise
- 2:30 Social Hour
- 3:00 Moving to the Music
- 4:00 Conversations & Cards
- 5:30 Classics and Comedy
- 6:30 Sunday Night at the Movies



3 Unforgettable 40's

- 10:00 Church/Mass- Virtual
- 10:30 Rosary
- 11:00 Sunday Chronicle
- 1:00 Meditation Music
- 1:30 Chair Exercise
- 2:30 Social Hour
- 3:00 Moving to the Music
- 4:00 Conversations & Cards
- 5:30 Classics and Comedy
- 6:30 Sunday Night at the Movies

4 Trivia Day

- 9:30 Morning Chronicle
- 10:00 Chair Exercise
- 11:00 Name 10
- 1:00 Eversound Meditation
- 2:00 Walking group
- 2:30 Social Hour
- 3:00 Trivia
- 4:00 Music and Dance Party
- 6:30 Monday Night Hallmarks

5

- 9:30 Current Events
- 10:00 Aces Exercise
- 11:00 Favorite Memories
- 1:00 Eversound Meditation
- 2:30 Social Hour
- 3:00 Chair Exercise
- 4:00 Book Club
- 5:30 Reminisce Discussions

6 Wheel of Fortune Day

- 9:30 Morning Stretch
- 10:00 Soul Train Exercise
- 11:00 On this day in History
- 1:00 Eversound Meditation
- 1:30 Wheel of Fortune
- 2:30 Social Hour
- 3:00 You Tube & Eversound
- 4:00 Jeopardy Trivia
- 6:00 After Dinner Discussions

7

- 9:30 Coffee & Cooking
- 10:00 Stretch and Strength
- 10:00 Game Time
- 11:00 Memories Discussion
- 1:00 Walking Club
- 1:00 Eversound Meditation
- 2:30 Thirsty Thursday Social
- 3:00 Large Crossword Puzzle
- 4:00 Virtual Vacation
- 5:30 Classic Movies

8 Happy Birthday Elvis

- 9:30 Morning Chronicle
- 10:00 Elvis Exercise
- 10:30 Tia Chi/ You Tube
- 11:00 History of Elvis
- 11:00 Name 10
- 1:00 Eversound Meditation
- 2:00 Walking group
- 2:30 Social Hour
- 3:00 Elvis Fun Facts
- 5:30 Elvis Movies

9

- 9:30 On This Day/History
- 10:00 Exercise
- 11:00 Poetry Reading
- 1:00 Eversound Meditation
- 2:00 Moving to the Music
- 2:30 Social Hour
- 3:30 Open Art Studio
- 5:30 Nostalgic Memories
- 6:30 Manicures and Movies

10

- 10:00 Church/Mass- Virtual
- 10:30 Rosary
- 11:00 Sunday Chronicle
- 1:00 Eversound Meditation
- 1:30 Chair Exercise
- 2:30 Social Hour
- 3:00 Moving to the Music
- 4:00 Conversations & Cards
- 5:30 Classics and Comedy
- 6:30 Sunday Night at the Movies

11

- 9:30 Morning Chronicle
- 10:00 Chair Exercise
- 11:00 Name 10
- 1:00 Eversound Meditation
- 2:00 Walking group
- 2:30 Social Hour
- 3:00 Short Stories
- 4:00 Music and Dance Party
- 6:30 Monday Night Hallmarks

12 New Moon

- 9:30 Current Events
- 10:00 Aces Exercise
- 11:00 Favorite Memories
- 1:00 Eversound Meditation
- 2:30 Social Hour
- 3:00 Chair Exercise
- 4:00 New Moon you tube
- 5:30 Reminisce Discussions

13

- 9:30 Morning Stretch
- 10:00 Soul Train Exercise
- 11:00 On this day in History
- 1:00 Eversound Meditation
- 1:30 History Today
- 2:30 Social Hour
- 3:00 You Tube & Eversound
- 4:00 Jeopardy Trivia
- 6:00 After Dinner Discussions

14

- 9:30 Coffee & Cooking
- 10:00 Stretch and Strength
- 10:00 Game Time
- 11:00 Memories Discussion
- 1:00 Walking Club
- 1:00 Eversound Meditation
- 2:30 Thirsty Thursday Social
- 3:00 Large Crossword Puzzle
- 4:00 Virtual Vacation
- 5:30 Classic Movies

15

- 9:30 Morning Chronicle
- 10:00 Chair Exercise
- 10:30 Tia Chi/ You Tube
- 11:00 Book Club
- 11:00 Name 10
- 1:00 Eversound Meditation
- 2:00 Walking group
- 2:30 Social Hour
- 3:00 Fun Facts
- 5:30 Friday Night Movies/

16

- 9:30 On This Day/History
- 10:00 Exercise
- 11:00 Daily Reading
- 1:00 Eversound Meditation
- 2:00 Moving to the Music
- 2:30 Social Hour
- 3:30 Open Art Studio
- 5:30 Nostalgic Memories
- 6:30 Manicures and Movies

17 H/B Betty White

- 10:00 Church/Mass- Virtual
- 10:30 Rosary
- 11:00 Sunday Chronicle
- 1:00 Eversound Meditation
- 1:30 Chair Exercise
- 2:30 Social Hour
- 3:00 Moving to the Music
- 4:00 Conversations & Cards
- 5:30 Classics and Comedy
- 6:30 Sunday Night at the Movies

18 MLK Day

- 9:30 Morning Chronicle
- 10:00 Chair Exercise
- 11:00 MLK discussion
- 1:00 Eversound Meditation
- 2:00 Walking group
- 2:30 Social Hour
- 3:00 MLK Facts Trivia
- 4:00 Music and Dance Party
- 6:30 Monday Night Hallmarks

19 H/B Dolly Parton

- 9:30 Current Events
- 10:00 Dolly Music Exercise
- 10:30 Trivia
- 11:00 Dolly Day Discussion
- 1:00 Eversound Meditation
- 2:30 Social Hour
- 3:00 Chair Exercise
- 4:00 Dolly Facts Trivia

20

- 9:30 Morning Stretch
- 10:00 Soul Train Exercise
- 11:00 On this day in History
- 1:00 Eversound Meditation
- 1:30 History Today
- 2:30 Social Hour
- 3:00 You Tube & Eversound
- 4:00 Jeopardy Trivia
- 6:00 After Dinner Discussions

21

- 9:30 Coffee & Cooking
- 10:00 Stretch and Strength
- 10:00 Game Time
- 11:00 Memories Discussion
- 1:00 Walking Club
- 1:00 Eversound Meditation
- 2:30 Thirsty Thursday Social
- 3:00 Large Crossword Puzzle
- 4:00 Virtual Vacation
- 5:30 Classic Movies

22

- 9:30 Morning Chronicle
- 10:00 Chair Exercise
- 10:30 Tia Chi/ You Tube
- 11:00 Book Club
- 11:00 Name 10
- 1:00 Eversound Meditation
- 2:00 Walking group
- 2:30 Social Hour
- 3:00 Fun Facts
- 5:30 Friday Night Movies/

23

- 9:30 On This Day
- 10:00 Exercise
- 11:00 Readers Digest
- 1:00 Eversound Meditation
- 2:00 Moving to the Music
- 2:30 Social Hour
- 3:30 Open Art Studio
- 5:30 Nostalgic Memories
- 6:30 Manicures and Movies

24 Activities Week

- 10:00 Church/Mass- Virtual
- 10:30 Rosary
- 11:00 Sunday Chronicle
- 1:00 Eversound Meditation
- 1:30 Chair Exercise
- 2:30 Social Hour
- 3:00 Moving to the Music
- 4:00 Conversations & Cards
- 5:30 Classics and Comedy
- 6:30 Sunday Night at the Movies

25 Marshmallow Day

- 9:30 Morning Chronicle
- 10:00 Chair Exercise
- 11:00 Name 10
- 1:00 Eversound Meditation
- 2:00 Walking group
- 2:30 Social Hour
- 3:00 Short Stories
- 4:00 Music and Dance Party
- 6:30 Monday Night Hallmarks

26

- 9:30 Current Events
- 10:00 Aces Exercise
- 11:00 Favorite Memories
- 1:00 Eversound Meditation
- 2:30 Activities Celebration
- 3:00 Chair Exercise
- 4:00 Short Stories
- 5:30 Reminisce Discussions

27

- 9:30 Morning Stretch
- 10:00 Soul Train Exercise
- 11:00 On this day in History
- 1:00 Eversound Meditation
- 1:30 History Today
- 2:30 Social Hour
- 3:00 You Tube & Eversound
- 4:00 Jeopardy Trivia
- 6:00 After Dinner Discussions

28 Full Wolf Moon

- 9:30 Coffee & Cooking
- 10:00 Stretch and Strength
- 10:00 Game Time
- 11:00 Memories Discussion
- 1:00 Walking Club
- 1:00 Eversound Meditation
- 2:30 Thirsty Thursday Social
- 3:00 Full Moon Canvas Art
- 4:00 Virtual Vacation
- 5:30 Classic Movies

29 Resident Council

- 9:30 Morning Chronicle
- 10:00 Chair Exercise
- 10:30 Tia Chi/ You Tube
- 11:00 Book Club
- 11:00 Name 10
- 1:00 Eversound Meditation
- 2:00 Walking group
- 2:30 Social Hour
- 3:00 Fun Facts
- 5:30 Friday Night Movies/

30 H/B Pat Powers

- 9:30 On This Day
- 10:00 Exercise
- 11:00 Daily Reading
- 1:00 Eversound Meditation
- 2:00 Moving to the Music
- 2:30 Social Hour
- 3:30 Open Art Studio
- 5:30 Nostalgic Memories
- 6:30 Manicures and Movies

January Happenings

- January 1- New Years Day
- January 8- Elvis Presely Birthday
- January 17- Betty White Birthday
- January 18- Martin Luther King Day
- January 19- Dolly Parton Birthday
- January 24- Activites Week Begins
- January 29- Resident Council
- January 31- Pat Powers Birthday

PROGRAM

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

Events are subject to change.