

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Birthdays Antonietta M., 8th</p>	<p>NEW YEAR'S DAY 1 10:00 Meet & Greet 10:15 Paws for Friends 10:30 Music Notes 11:00 FIT to Stretch® 11:15 Reminiscing 2:15 Happy New Year Cookie & Dave, MDR 3:00 Movie</p>	<p>2 10:00 Meet & Greet 10:30 Massages by Kim 11:00 Music w/Shirley Hand 11:15 Trivia 2:15 Spiritual Music w/ David, MDR 3:00 Movie 3:30 FIT to Be Strong®, MDR</p>	<p>3 10:00 Meet & Greet 10:30 Active Games 11:00 Treasures of the Heart® 11:15 Sensory Sensations 2:00 Bingo 3:00 Movie 3:30 FIT to Pedal®, MDR</p>	<p>4 10:00 Meet & Greet 10:30 Table Top Games/Activities 11:15 FIT to Stretch® 2:00 Armchair Travel/ Coffee Social 3:00 Movie 3:30 FIT to Be Strong®, MDR</p>	<p>5 9:30 Catholic Communion (RR) 10:00 Meet & Greet 10:30 Group Games 11:00 FIT to Stretch® 11:15 Sensory Sensations 2:00 Brain Games 2:15 Music w/Frank, MDR 4:00 Bingo</p>	<p>6 10:00 Meet & Greet 10:30 Active Games 11:00 FIT to Stretch® 11:15 Treasures of the Heart® 2:00 Bingo 2:00 Bob & Friends Karaoke, L 2:45 Coffee Social 3:00 Reminiscing</p>
<p>7 10:15 Hymns & Singalong 11:00 Move & Groove 11:15 Trivia 2:15 Creative Arts 3:15 Reflections</p>	<p>8 10:00 Meet & Greet 10:30 Music Notes 11:00 FIT to Stretch® 11:15 Reminiscing 2:00 Bingo 3:00 Movie 3:30 FIT to Pedal®, MDR</p>	<p>9 10:00 Meet & Greet 10:30 Massages by Kim 11:00 Music w/Shirley Hand 11:15 Trivia 2:00 Creative Arts 3:00 Movie 3:00 Music w/Donna & Brandyn 3:30 FIT to Be Strong®, MDR</p>	<p>10 10:00 Meet & Greet 10:30 Active Games 11:00 Treasures of the Heart® 11:15 Sensory Sensations 2:00 Bingo 3:00 Movie 3:30 FIT to Pedal®, MDR</p>	<p>11 10:00 Meet & Greet 10:30 Table Top Games/Activities 10:30 Outing 11:15 FIT to Stretch® 2:00 Trivia 2:30 Hot Cocoa & Cookies 3:00 Movie 3:30 FIT to Be Strong®, MDR</p>	<p>12 9:30 Catholic Communion (RR) 10:00 Meet & Greet 10:30 Group Games 11:00 FIT to Stretch® 11:15 Sensory Sensations 2:00 Brain Games 2:15 Music w/Kat & Tom, MDR 4:00 Bingo</p>	<p>13 10:00 Meet & Greet 10:30 Active Games 11:00 FIT to Stretch® 11:15 Reminiscing 2:15 Music w/Sharon Bales 2:45 Coffee Social 3:00 Sensory Sensations</p>
<p>14 10:15 Hymns & Singalong 11:00 Move & Groove 11:15 Trivia 2:15 Bingo 3:15 Reflections</p>	<p>MARTIN LUTHER KING JR. DAY 15 10:00 Meet & Greet 10:30 FIT to Stretch® 10:45 Music Therapy w/ Jan or Tim 11:15 Reminiscing 2:15 Old-Time Music Band, MDR 3:00 Movie 3:30 FIT to Pedal®, MDR</p>	<p>16 10:00 Meet & Greet 10:30 Massages by Kim 11:00 Music w/Shirley Hand 11:15 Trivia 2:00 Reflections & Coffee Social 3:00 Movie 3:30 FIT to Be Strong®, MDR</p>	<p>17 10:00 Meet & Greet 10:30 Active Games 11:00 Treasures of the Heart® 11:15 Sensory Sensations 2:00 Bingo 3:00 Movie 3:30 FIT to Pedal®, MDR</p>	<p>18 10:00 Meet & Greet 10:00 Spoon Man, MDR 10:15 Singalong w/Janis 11:15 FIT to Stretch® 2:00 Armchair Travel/ Coffee Social 3:00 Movie 3:30 FIT to Be Strong®, MDR</p>	<p>19 9:30 Catholic Communion (RR) 10:00 Meet & Greet 10:30 Group Games 11:00 FIT to Stretch® 11:15 Sensory Sensations 2:00 Brain Games 2:15 Happy Hour w/Dale, MDR 4:00 Bingo</p>	<p>20 10:00 Meet & Greet 10:30 Active Games 11:00 FIT to Stretch® 11:15 Treasures of the Heart® 2:00 Bingo 2:00 Bob & Friends Karaoke, L 2:45 Coffee Social 3:00 Reminiscing</p>
<p>21 10:15 Hymns & Singalong 11:00 Move & Groove 11:15 Trivia 2:15 Creative Arts 3:15 Reflections</p>	<p>22 10:00 Meet & Greet 10:30 Music Notes 11:00 FIT to Stretch® 11:15 Reminiscing 2:15 Music w/Alicia Ramos, MDR 3:00 Movie 3:30 FIT to Pedal®, MDR</p>	<p>23 10:00 Meet & Greet 10:30 Massages by Kim 10:30 Music w/Shirley Hand 11:15 Trivia 2:00 Creative Arts 3:00 Movie 3:30 FIT to Be Strong®, MDR</p>	<p>24 10:00 Meet & Greet 10:30 Active Games 11:00 Treasures of the Heart® 11:15 Sensory Sensations 1:30 Dist. Resident Council@Cypress 2:00 Bingo 3:00 Movie 3:30 FIT to Pedal®, MDR</p>	<p>25 10:00 Meet & Greet 10:30 Table Top Games/Activities 11:15 FIT to Stretch® 2:00 Trivia 3:00 Movie 3:30 FIT to Be Strong®, MDR</p>	<p>26 9:30 Catholic Communion (RR) 10:00 Meet & Greet 10:30 Group Games 11:00 FIT to Stretch® 11:15 Sensory Sensations 2:00 Brain Games 2:15 B-Day/Anniversary w/Larry, MDR 4:00 Bingo</p>	<p>27 10:00 Meet & Greet 10:30 Active Games 11:00 FIT to Stretch® 11:15 Reminiscing 2:00 Trivia 2:45 Coffee Social 3:00 Sensory Sensations</p>
<p>28 10:15 Hymns & Singalong 11:00 Move & Groove 11:15 Trivia 2:15 Bingo 3:15 Reflections</p>	<p>29 10:00 Meet & Greet 10:30 Music Notes 11:00 FIT to Stretch® 11:15 Reminiscing 2:15 The Narrows Birds of Prey, MDR 3:00 Movie 3:30 FIT to Pedal®, MDR</p>	<p>30 10:00 Meet & Greet 10:30 Massages by Kim 11:00 Music w/Shirley Hand 11:15 Trivia 2:15 Luncheon – Sandwiches, MDR 3:00 Movie 3:30 FIT to Be Strong®, MDR</p>	<p>31 10:00 Meet & Greet 10:30 Active Games 11:00 Treasures of the Heart® 11:15 Sensory Sensations 2:00 Bingo 3:00 Movie 3:30 FIT to Pedal®, MDR</p>	<p>Locations 200 Dining Area, 200 D R Courtyard, CY Front Entrance, FE Lobby (1st Floor), L Main Dining Room (1st Floor), MDR Room To Room, RR Screened In Porch, P</p>		<p>“Reflections” is a multi-sensory program for a select resident population. The program was created to awaken the residents’ senses by providing adaptive group activities in a small setting. Calendar events subject to change.</p>