

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>LOCATIONS Dining Room, DR Front Lobby Patio, FP Hallways, H</p>	Patio, P Station 4, ST 4			NEW YEAR'S DAY	
					<p>1 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercises, H 11:15 Music Therapy, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Word & Table Games, H</p>	<p>2 9:30 Morning Visits/ News & Menu, H 11:15 Table Game Social, ST 4 1:15 Virtual Pet Therapy, ST 4 1:15 Face Time, H</p>
<p>3 9:15 Virtual Catholic Mass, ST 4 10:00 Face Time, H 10:30 Spiritual Services, ST 4 1:00 Outdoor Social/ Face Time, P</p>	<p>4 9:30 Morning Visits/ News & Menu, H 10:30 FIT Exercises/ Face Time, H 11:30 Virtual Word Game, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/FIT Exercise, H</p>	<p>5 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 History Comedy & Humor, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Creative Arts, H 3:30 Manicure Social, H 5:00 Roaming Cart/Face Time, H</p>	<p>6 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 Music History, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Outdoor Social, P 3:15 Face Time/Creative Crafts, H 5:00 Roaming Cart/Face Time, H</p>	<p>7 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 Health & Wellness Exercises, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Food & Nutrition, H 3:15 Manicure/FIT, H 5:00 Roaming Cart/Face Time, H</p>	<p>8 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercises, H 11:15 Music Therapy, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Word & Table Games, H</p>	<p>9 9:30 Morning Visits/ News & Menu, H 11:15 Table Game Social, ST 4 1:15 Virtual Pet Therapy, ST 4 1:15 Face Time, H</p>
<p>10 9:15 Virtual Catholic Mass, ST 4 10:00 Face Time, H 10:30 Spiritual Services, ST 4 1:00 Outdoor Social/ Face Time, P</p>	<p>11 9:30 Morning Visits/ News & Menu, H 10:30 FIT Exercises/ Face Time, H 11:30 Virtual Word Game, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/FIT Exercise, H</p>	<p>12 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 History Comedy & Humor, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Creative Arts, H 3:30 Manicure Social, H 5:00 Roaming Cart/Face Time, H</p>	<p>13 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 Music History, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Outdoor Social, P 3:15 Face Time/Creative Crafts, H 5:00 Roaming Cart/Face Time, H</p>	<p>14 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 Health & Wellness Exercises, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Food & Nutrition, H 3:15 Manicure/FIT, H 5:00 Roaming Cart/Face Time, H</p>	<p>15 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercises, H 11:15 Music Therapy, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Word & Table Games, H</p>	<p>16 9:30 Morning Visits/ News & Menu, H 11:15 Table Game Social, ST 4 1:15 Virtual Pet Therapy, ST 4 1:15 Face Time, H</p>
<p>17 9:15 Virtual Catholic Mass, ST 4 10:00 Face Time, H 10:30 Spiritual Services, ST 4 1:00 Outdoor Social/ Face Time, P 2:00 Bible Study, DR</p>	<p>MARTIN LUTHER KING JR. DAY 18 9:30 Morning Visits/ News & Menu, H 10:30 FIT Exercises/ Face Time, H 11:30 Virtual Word Game, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/FIT Exercise, H</p>	<p>19 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 History Comedy & Humor, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Creative Arts, H 3:30 Manicure Social, H 5:00 Roaming Cart/Face Time, H</p>	<p>20 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 Music History, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Outdoor Social, P 3:15 Face Time/Creative Crafts, H 5:00 Roaming Cart/Face Time, H</p>	<p>21 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 Health & Wellness Exercises, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Food & Nutrition, H 3:15 Manicure/FIT, H 5:00 Roaming Cart/Face Time, H</p>	<p>22 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercises, H 11:15 Music Therapy, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Word & Table Games, H</p>	<p>23 9:30 Morning Visits/ News & Menu, H 11:15 Table Game Social, ST 4 1:15 Virtual Pet Therapy, ST 4 1:15 Face Time, H</p>
<p>24 9:15 Virtual Catholic Mass, ST 4 10:00 Face Time, H 10:30 Spiritual Services, ST 4 1:00 Outdoor Social/ Face Time, P</p>	<p>25 9:30 Morning Visits/ News & Menu, H 10:30 FIT Exercises/ Face Time, H 11:30 Virtual Word Game, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/FIT Exercise, H</p>	<p>26 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 History Comedy & Humor, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Creative Arts, H 3:30 Manicure Social, H 5:00 Roaming Cart/Face Time, H</p>	<p>27 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 Music History, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Outdoor Social, P 3:15 Face Time/Creative Crafts, H 5:00 Roaming Cart/Face Time, H</p>	<p>28 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercise, H 11:15 Health & Wellness Exercises, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Food & Nutrition, H 3:15 Manicure/FIT, H 5:00 Roaming Cart/Face Time, H</p>	<p>29 9:30 Morning Visits/ News & Menu, H 10:30 Face Time/FIT Exercises, H 11:15 Music Therapy, ST 4 1:15 Roaming Cart Rounds, H 2:15 Face Time/Word & Table Games, H</p>	<p>30 9:30 Morning Visits/ News & Menu, H 11:15 Table Game Social, ST 4 1:15 Virtual Pet Therapy, ST 4 1:15 Face Time, H</p>
<p>31 9:15 Virtual Catholic Mass, ST 4 10:00 Face Time, H 10:30 Spiritual Services, ST 4 1:00 Outdoor Social/ Face Time, P</p>	<p align="center"> “In three words, I can sum up everything I’ve learned about life: It goes on.” — Robert Frost Attention Residents: It is important to us that you feel informed about Alamitos West. As a resident, you have the right to review survey results at any time. The survey results are readily accessible to you and are located in the Main Dining Room. CALENDAR EVENTS SUBJECT TO CHANGE. </p>					