

# January



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:30 Moves w/ Hymns Songs 10:30 Word Search 1:30 Hang Man 2:30 Jeopardy 3:30 Uno 	3 9:30 Chair Yoga 10:30 Loteria 1:30 Winter Collage 2:30 Jenga 3:30 Movie Monday	4 9:30 Sit & Wiggle Dance 10:30 National Trivia Day 1:30 Poetry Club 2:30 Travel Trivia 3:30 The Toss Game	5 9:30 Wake Up Moves 10:30 Name that Song! 1:30 Chocolate Tasting 2:30 Toss & Catch 3:30 Penny Ante	6 9:30 Sit Fit Aerobics 10:30 Jokes & Riddles 1:30 Minute Meditation 2:00 Live Concert with Rod Robles	7 9:30 Volley Ball 10:30 Sing with Lyrics 1:30 Word Search 2:30 Uno 3:30 Painting Class	1 9:30 New Year's Moves 10:30 Uno 1:30 Jenga Morn- ing Moves 10:30 Bingo 1:30 Elvis Trivia 8 9:30
9 9:30 Moves w/ Hymns Songs 10:30 Drawing Class 1:30 Bingo 2:30 Jeopardy 3:30 Wheel of Fortune	10 9:30 Chair Yoga 10:30 Jokes & Riddles 1:30 "Stained Glass" 2:30 Book Club 3:30 Movie Monday	11 9:30 Sit & Wiggle Dance 10:30 Hand Messages 1:30 Poetry Club 2:30 Brush Painting 3:30 Pictionary	12 9:30 Wake Up Moves 10:00 Travel w/Arden 1:30 Food Trivia 2:30 Sponge Painting 3:30 Karaoke Fun	13 9:30 Sit Fit Aerobics 10:30 Bingo 1:30 Sing w/ Lyrics 2:30 Arden's Fun Social	14 9:30 Volley Ball 10:30 Winter Wonderland Gathering 1:30 Paint to Music 2:30 Loteria 3:30 Apples to Apples	15 9:30 Morning Moves 10:30 Flower Arranging 1:30 Giant Cards 2:30 Ice Cream Social 3:30 Crossword
16 9:30 Move w/ Hymns Songs 10:30 Trivia Game 1:30 Hang Man 2:30 Jeopardy 3:30 Uno	17 9:30 Chair Yoga 10:30 Martin Luther King Trivia 1:30 The Brian Trio 2:30 Jenga 3:30 MLK Film	18 9:30 Sit & Wiggle Dance Group Puzzle 10:30 Match card Game 1:30 Poetry Club 2:30 Craft Corner 3:30 The Toss Game	19 9:30 Wake Up Moves 10:00 Travel w/Arden 1:30 National Popcorn Day Trivia 2:30 Toss & Catch 3:30 Penny Ante	20 9:30 Sit Fit Aerobics 10:30 Hand Messages 1:30 Minute Meditation 2:30 Arden's Fun Social	21 9:30 Volley Ball Musical Memories 10:30 Bean Bag Toss 1:30 Parachute Fun 2:30 Jokes & Riddles 3:30 Bingo	22 9:30 Morning Moves 10:30 Dominoes 1:30 Celebration of Life Day 2:30 Oldies Sing Along 3:30 Short Stories
23 9:30 Moves w/ Hymns Songs 10:30 Piano Music 1:30 Bingo 2:30 Jeopardy 3:30 Wheel of Fortune	24 9:30 Chair Yoga 10:30 Poetry Reading 1:30 Bracelet Making 2:30 Book Club 3:30 Movie Monday	25 9:30 Sit & Wiggle Dance 10:30 Live Music w/ Stefana 1:30 Poetry Club 2:30 Fun Parachute 3:30 Pictionary	26 9:30 Wake Up Moves 10:00 Travel w/Arden 1:30 Poetry Reading 2:30 Sponge Painting 3:30 Karaoke Fun	27 9:30 Sit Fit Aerobics 10:30 Art w/ Tonya 1:30 Bowling Club 2:30 Arden's Fun Social	28 9:30 Volley Ball 10:30 Jenga 1:30 Sing Along 2:30 Loteria 3:30 Uno 	29 9:30 Morning Moves 10:30 Puzzle Table 1:30 National Corn Chip Day—>Make Fresh Salsa 3:30 Toss & Catch
30 9:30 Moves w/ Hymns Songs 10:30 Name that Song 1:30 Bingo 2:30 Jenga 3:30 Wheel of Fortune	31 9:30 Chair Yoga 10:30 Poetry Reading 1:30 Card Games 2:30 Book Club 3:30 Movie Monday	 <p><b>Winter Wonderland</b> Friday, January 14th — 10:30 am - noon Join us as we commence the new year with a celebration of all the best things of Winter including hot chocolate, warm tea and all things sweet! Music by Carole — Treats by Chef Jesus</p> 				