

Monday

Tuesday

Wednesday

Thursday

Friday

**January 2019**

**CLOSED FOR NEW YEAR'S DAY**

**1**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE & ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM MID- WEEK MOVIE & POPCORN IN ENGLISH & SPANISH; KNITTING SOCIAL; POKER; CRAFTS & POLISHING NAILS  
 2:45 PM SENSORY VIDEO & MARKER ART

**2**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH HEATHER & ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM CHARADES  
 2:00 PM BINGO & LOTERIA  
 2:45 PM SENSORY VIDEO & TABLEGAMES  
 3:00 PM (IGP) FUNDAMENTALS OF MUSIC

**3**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE & ERICKA  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG- ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM ARTS & CRAFTS; POKER GAME W/ REFRESHMENTS; POLISHING NAILS; MUSIC SOCIAL & MAGAZINES  
 2:45 PM SENSORY VIDEO & MARKER ART

**7**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR YOGA EXERCISE TO MUSIC W/ ALYSE AND ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM CIRCLE GAME (PASS THE SNOWBALL); ARTS & CRAFTS; POKER  
 2:15 PM JANUARY WORD PLAY W/ BOARD  
 2:45 PM SENSORY VIDEO & TABLEGAMES

**8**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE WITH ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:30 PM PING PONG CLUB W/ TRISHA  
 1:40 PM NICE & EASY STRETCHING; TABLE GAMES & MUSIC  
 2 PM NEW YEARS COED TEA & REMINISCING  
 2:45 PM SENSORY VIDEO & TABLEGAMES

**9**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE & ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM MID- WEEK MOVIE & POPCORN IN ENGLISH & SPANISH; KNITTING SOCIAL; POKER; CRAFTS; POLISHING NAILS  
 2:45 PM SENSORY VIDEO & MARKER ART

**9**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH HEATHER & ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM SHAKE LOOSE A MEMORY  
 2:00 PM SENIORS ENTERTAINING SENIORS  
 2:45 PM SENSORY VIDEO & TABLEGAMES  
 3:00 PM (IGP) FUNDAMENTALS OF MUSIC

**10**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE & ERICKA  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM BINGO & LOTERIA; MUSIC SOCIAL & MAGAZINES  
 2:45 PM SENSORY VIDEO; MARKER ART & TABLEGAMES

**14**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR YOGA EXERCISE TO MUSIC WITH ALYSE & ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM CIRCUS GAMES; BASKETBALL HOOPS; BASEBALL; PAINTING; POKER  
 2:15 PM MEMORY GAME (GREAT MEN IN HISTORY); SENSORY VIDEO & TABLEGAMES

**15**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE WITH CHARLIE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:30 PM MUSIC THERAPY SESSION W/ TRISHA  
 1:40 PM NICE & EASY STRETCHING; TABLE GAMES & MUSIC  
 2:00 PM MEN'S TEA SOCIAL & REMINISCING  
 2:45 PM SENSORY VIDEO & TABLEGAMES

**16**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE & ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM BIRTHDAY PARTY W/ DJ WINFIELD  
 2:45 PM SENSORY VIDEO & MAGAZINES

**17**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH HEATHER & ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 2:00 PM BINGO & LOTERIA  
 2:45 PM SENSORY VIDEO; MARKER ART; TABLEGAMES  
 3:00 PM (IGP) FUNDAMENTALS OF MUSIC

**18**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH ERICKA & ANDREE  
 11 AM -11:30 AM WINTER MUSICAL PERFORMANCE W/ THE WOMEN'S VOLUNTEER LEAGUE  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM MID- WEEK MOVIE & POPCORN IN ENGLISH & SPANISH; KNITTING SOCIAL; POKER & CRAFTS

**CLOSED FOR MARTIN LUTHER KING JR. DAY**

**NATIONAL**  
**22**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE WITH CHARLIE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:30 PM PING PONG CLUB W/ TRISHA  
 1:40 PM NICE & EASY STRETCHING & TABLE GAMES & MUSIC  
 2:00 PM LADIES TEA SOCIAL & REMINISCING

**ACTIVITY**  
**23**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE & ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM MID- WEEK MOVIE; KNITTING; POKER GAME; CRAFTS

**PROFESSIONAL**  
**24**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH HEATHER & ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM I HEAR MEMORIES  
 2:00 PM BINGO & LOTERIA  
 2:45 PM SENSORY VIDEO & TABLEGAMES

**WEEK 20-26**  
**25**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE & ERICKA  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM ARTS & CRAFTS; POKER; MUSIC SOCIAL & MAGAZINES  
 2:45 PM SENSORY VIDEO & MARKER ART

**28**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR YOGA W/ ALYSE TO MUSIC  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM CIRCUS GAMES ( BOWLING & TOSS GAME); ARTS & CRAFTS; POKER GAME  
 2:15 PM MEMORY GAME (WORD IN A WORD)  
 2:45 PM SENSORY VIDEO & TABLEGAMES

**29**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE WITH CHARLIE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:30 PM MUSIC THERAPY SESSION W/ TRISHA  
 1:40 PM NICE & EASY STRETCHING & TABLE GAMES & MUSIC  
 2:00 PM COED TEA SOCIAL & REMINISCING  
 2:45 PM SENSORY VIDEO & TABLEGAMES

**30**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH CHARLIE & ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM MID- WEEK MOVIE & POPCORN; KNITTING SOCIAL; POKER GAME & CRAFTS  
 2:45 PM SENSORY VIDEO & MARKER ART

**31**  
 9:30 AM DAILY ORIENTATION  
 10:15 AM CHAIR EXERCISE TO MUSIC WITH HEATHER & ANDREE  
 11:00 AM DAILY CHRONICLES IN ENGLISH & SPANISH  
 11:30 AM SING A LONG - ENGLISH & SPANISH  
 1:00 PM BRAIN FITNESS - ENGLISH & SPANISH  
 1:40 PM REMINISCENCE W/MAGAZINES  
 2:00 PM BINGO & LOTERIA  
 2:45 PM SENSORY VIDEO & TABLEGAMES  
 3:00 PM (IGP) FUNDAMENTALS OF MUSIC

**JANUARY ACTIVITY EVENTS**

10<sup>TH</sup> **MUSICAL PERFORMERS SENIORS ENTERTAINING SENIORS**

16<sup>TH</sup> **MONTHLY BIRTHDAY PARTY W/ WINFIELD**

18<sup>TH</sup> **VOCAL CHOIR GROUP FROM WOMEN'S VOLUNTEER LEAGUE**