

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Religious Services 30 11:00 Groundhogs Day Pick-A-Letter 4:00 Card Games	10:00 Move it or Lose it! 31 2:00 BINGO (MDR) 3:30 Afternoon Treats & Reminiscing: 6:00 Movie Night: Groundhogs Day	LOCATION KEY MDR – Main Dining Room AR – Activities Room O – Outside CD – Chittenden Dining Room CU – Champlain Unit MU – Mansfield Unit <i>*Activities and locations are subject to change*</i>				10:00 Chair Yoga 1 11:00 Ladies Tea 1:30 Target Toss New Year's Day
10:00 Religious Services 2 11:00 Watercolor Winter Scenes 4:00 Card Games <i>New Year, New Beginnings</i>	10:00 Move it or Lose it! 3 2:00 BINGO (MDR) 3:30 Afternoon Treats & Reminiscing: Cardinal in the Snow 6:00 Movie Night: My Fair Lady	10:00 Balloon Volleyball 4 11:00 Culinary: Lemon Blueberry Bars 1:00 Bowling 3:00 Scents & Senses 6:00 Neighborhood Visits	10:00 Move it or Lose it! 5 11:00 Planting Seeds 2:00 BINGO (MDR) 3:00 Stretching to the Oldies	10:00 Chair Yoga 6 11:00 Monarch Butterfly Craft 1:30 Manis & Hand Massages 3:00 Men's Group: Resolutions 6:00 Rehab Rounds	10:00 Move it or Lose it! 7 2:00 BINGO (MDR) 3:00 Happy Hour & Karaoke 6:00 Movie Night: My Fair Lady	10:00 Drumming 8 11:00 Puzzle Piece Collage 1:30 Ring Toss
10:00 Religious Services 9 11:00 Winter Watercolor Salt Trees 4:00 Card Games <i>Winter Wonderland</i>	10:00 Move it or Lose it! 10 2:00 BINGO (MDR) 3:30 Afternoon Treats & Reminiscing: Winter 6:00 Movie Night: Chronicles of Narnia	10:00 Chair Yoga 11 11:00 Culinary: Snowball Cookies 1:00 Bowling 2:00 Live Music with Cooper 3:00 Scents & Senses 6:00 Neighborhood Visits	10:00 Move it or Lose it! 12 11:00 Pinecone Snow Owl Craft 2:00 Live Music with Corey 3:00 Stretching to the Oldies	10:00 Balloon Volleyball 13 11:00 Spices of Winter 1:30 Resident Council 3:00 Men's Group: Winter Sports & Activities 6:00 Rehab Rounds	10:00 Move it or Lose it! 14 10:30 Live Music with Coocie 2:00 BINGO (MDR) 3:00 Happy Hour & Karaoke 6:00 Movie Night: Chronicles of Narnia	10:00 Chair Tai Chi 15 11:00 Tie-Dyed Coffee Filter Snowflakes 1:30 Darts
10:00 Religious Services 16 11:00 Mid Century Style Painting 4:00 Card Games <i>The 1960s</i>	10:00 Move it or Lose it! 17 2:00 BINGO (MDR) 3:00 Catholic Mass with Father Dallas (L) 3:30 Afternoon Treats & Reminiscing: MLK and 1960s 6:00 Movie Night: To Kill a Mockingbird <i>Martin Luther King Jr. Day</i>	10:00 Drumming 18 11:00 Culinary: Upside Down Pineapple Cake 1:00 Bowling 2:00 Music with the Butterfields 3:00 Scents & Senses 6:00 Neighborhood Visits	10:00 Move it or Lose it! 19 11:00 Decoupage Craft 2:00 BINGO (MDR) 3:00 Stretching to the Oldies	10:00 Chair Yoga 20 11:00 Name That 1960s Tune 1:30 Manis & Hand Massages 3:00 Men's Group: 1960's Boxers 6:00 Rehab Rounds	10:00 Move it or Lose it! 21 2:00 BINGO (MDR) 3:00 Happy Hour & Karaoke 6:00 Movie Night: To Kill a Mockingbird	10:00 Balloon Volleyball 22 11:00 Faux Flower Arranging 1:30 Corn Hole
10:00 Religious Services 23 11:00 Inspire Heart with Art 4:00 Card Games <i>Art & Peace</i>	10:00 Move it or Lose it! 24 2:00 BINGO (MDR) 3:30 Afternoon Treats & Reminiscing: 6:00 Movie Night: Pay it Forward	10:00 Chair Tai Chi 25 11:00 Culinary: Green & Healthy Smoothies 1:00 Bowling 3:00 Scents & Senses 6:00 Neighborhood Visits	10:00 Move it or Lose it! 26 11:00 Veteran's Club 2:00 BINGO (MDR) 3:00 Stretching to the Oldies	10:00 Balloon Volleyball 27 11:00 I Got It! 1:30 Manis & Hand Massages 3:00 Men's Group: 6:00 Rehab Rounds	10:00 Move it or Lose it! 28 2:00 BINGO (MDR) 3:00 Happy Hour & Karaoke 6:00 Movie Night: Pay it Forward	10:00 Chair Yoga 29 11:00 Dot Painting Doves 1:30 Hoop Shoot

Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Religious Services 30 11:00 Groundhogs Day Pick-A-Letter 1:30 Birdseed Ornaments 3:00 Sensory Balance (AR)	10:00 Move it or Lose it! 31 11:00 Finish the Phrase 2:00 BINGO (MDR) 3:30 Afternoon Treats & Reminiscing: 6:00 Movie Night: Groundhogs Day	LOCATION KEY MDR – Main Dining Room AR – Activities Room O – Outside CD – Chittenden Dining Room CU – Champlain Unit MU – Mansfield Unit <i>*Activities and locations are subject to change*</i>				10:00 Chair Yoga 1 11:00 Ladies Tea 1:30 Target Toss 3:00 Family Feud 4:00 January Fun Facts <i>New Year's Day</i>
10:00 Religious Services 2 11:00 Watercolor Winter Scenes 1:30 New Year's Cards 3:00 Sensory Balance (AR) <i>New Year, New Beginnings</i>	10:00 Move it or Lose it! 3 11:00 January Trivia 2:00 BINGO (MDR) 3:30 Afternoon Treats & Reminiscing: Cardinal in the Snow 6:00 Movie Night: My Fair Lady	10:00 Balloon Volleyball 4 11:00 Culinary: Lemon Blueberry Bars 3:00 Sensory Balance 4:00 Jokes & Humor	10:00 Move it or Lose it! 5 11:00 Planting Seeds 2:00 BINGO (MDR) 3:00 Sensory Balance 4:00 Celebrate Women Writers	10:00 Chair Yoga 6 11:00 Monarch Butterfly Craft 1:30 Manis & Hand Massages 3:00 Sensory Balance 4:00 Travelogue: Monarch Migration	10:00 Move it or Lose it! 7 11:00 New Beginnings Pick-a-Letter 2:00 BINGO (MDR) 3:00 Happy Hour Karaoke (AR) 4:00 Nature Exploration (AR) 6:00 Movie Night: My Fair Lady	10:00 Drumming 8 11:00 Puzzle Piece Collage 1:30 Ring Toss 3:00 Buzz Word 4:00 I Got It!
10:00 Religious Services 9 11:00 Winter Watercolor Salt Trees 1:30 Winter Sports Trivia 3:00 Sensory Balance (AR) <i>Winter Wonderland</i>	10:00 Move it or Lose it! 10 11:00 College Football Social 2:00 BINGO (MDR) 3:30 Afternoon Treats & Reminiscing: Winter 6:00 Movie Night: Chronicles of Narnia	10:00 Chair Yoga 11 11:00 Culinary: Snowball Cookies 2:00 Live Music with Cooper 3:00 Sensory Balance 4:00 Pinecone Bird Feeders	10:00 Move it or Lose it! 12 11:00 Pinecone Snow Owl Craft 2:00 Live Music with Corey 3:00 Sensory Balance 4:00 Winter Mad Libs	10:00 Balloon Volleyball 13 11:00 Spices of Winter 1:30 Resident Council 3:00 Sensory Balance 4:00 Travelogue: Life in the Arctic	10:00 Move it or Lose it! 14 10:30 Live Music with Cooie 11:00 Winter Pick-a-Letter 2:00 BINGO (MDR) 3:00 Happy Hour Karaoke (AR) 4:00 Ice Formation Nature Exploration (AR) 6:00 Movie Night: Chronicles of Narnia	10:00 Chair Tai Chi 15 11:00 Tie-Dyed Coffee Filter Snowflakes 1:30 Darts 3:00 Jeopardy 4:00 Snowstorm Sensory Bottle
10:00 Religious Services 16 11:00 Mid Century Style Painting 1:30 1960s Categories 3:00 Sensory Balance (AR) <i>The 1960s</i>	10:00 Move it or Lose it! 17 11:00 "I have a dream" 2:00 BINGO (MDR) 3:00 Catholic Mass with Father Dallas (L) 3:30 Afternoon Treats & Reminiscing: MLK and 1960s 6:00 Movie Night: To Kill a Mockingbird <i>Martin Luther King Jr. Day</i>	10:00 Drumming 18 11:00 Culinary: Upside Down Pineapple Cake 2:00 Music with the Butterfields 3:00 Sensory Balance 4:00 Thesaurus Word Games	10:00 Move it or Lose it! 19 11:00 Decoupage Craft 2:00 BINGO (MDR) 3:00 Sensory Balance 4:00 1960's Trivia	10:00 Chair Yoga 20 11:00 Name That 1960s Tune 1:30 Manis & Hand Massages 3:00 Sensory Balance 4:00 Travelogue: What Flying was like in the 60's	10:00 Move it or Lose it! 21 11:00 1960s Pick-a-Letter 2:00 BINGO (MDR) 3:00 Happy Hour Karaoke (AR) 4:00 Nature Exploration (AR) 6:00 Movie Night: To Kill a Mockingbird	10:00 Balloon Volleyball 22 11:00 Faux Flower Arranging 1:30 Corn Hole 3:00 Cartoon Saturday & Cereal: Popeye 4:00 1960s Price is Right
10:00 Religious Services 23 11:00 Inspire Heart with Art 1:30 Famous Acts of Peace 3:00 Sensory Balance (AR) <i>Art & Peace</i>	10:00 Move it or Lose it! 24 11:00 Cards of Gratitude 2:00 BINGO (MDR) 3:30 Afternoon Treats & Reminiscing: 6:00 Movie Night: Pay it Forward	10:00 Chair Tai Chi 25 11:00 Culinary: Green & Healthy Smoothies 3:00 Sensory Balance 4:00 'I Fall to Pieces' Day	10:00 Move it or Lose it! 26 11:00 Veteran's Club 2:00 BINGO (MDR) 3:00 Sensory Balance 4:00 I Got It!	10:00 Balloon Volleyball 27 11:00 Tea & Trivia 1:30 Manis & Hand Massages 3:00 Sensory Balance 4:00 Travelogue: Louvre at Night	10:00 Move it or Lose it! 28 11:00 Hearts of Kindness 2:00 BINGO (MDR) 3:00 Happy Hour Karaoke (AR) 4:00 Nature Exploration (AR) 6:00 Movie Night: Pay it Forward	10:00 Chair Yoga 29 11:00 Dot Painting Doves 1:30 Hoop Shoot 3:00 Wheel of Fortune 4:00 Science Experiment