

MON	TUE	WED	THU	FRI
<b>3</b> <b>CLOSED</b> <b>NEW YEARS</b> <b>HOLIDAY</b>	<b>4</b> 9:00 Check-in, Visit, Walk 9:15 Word/Picture Puzzles 10:00 Chair Yoga 11:00 Inspirations	<b>5</b> 9:00 Check-in & visit 9:15 Walking Club 10:00 Word/Picture Puzzles 10:30 Craft Creations	<b>6</b> 9:00 Check-in, Visit, Walk 9:15 Word Puzzles 9:30 Senior Stretch 10:30 Bingo w/ Bob January B'day Celebration	<b>7</b> <b>Via Teleconference</b>  11:00 Chair Aerobics with Heidi
<b>10</b> 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:45 Year of Invention 10:45 Tai Chi	<b>11</b> 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Word Puzzles 10:00 Chair Yoga 11:00 Inspirations	<b>12</b> 9:00 Check-in & visit 9:15 Walking Club 10:00 Word Puzzles, Color 10:30 Bingo w/ Bob	<b>13</b> 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color 9:30 Senior Stretch 10:30 Wheel of Fortune	<b>14</b> <b>Via Teleconference</b>  11:00 Chair Aerobics with Heidi
<b>17</b> <b>CLOSED</b> <b>MARTIN LUTHER KING JR.</b> <b>HOLIDAY</b>	<b>18</b> 9:00 Check-in & Visit 9:15 Word Puzzles 9:30 Health Minute 10:00 Chair Yoga 11:00 Inspirations	<b>19</b> 9:00 Check-in & visit 9:15 Walking Club 10:00 Word Puzzles, Color 10:45 Nutrition w/Michelle Open Hand	<b>20</b> 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color 9:30 Senior Stretch 10:30 Bingo w/ Sue	<b>21</b> <b>Via Teleconference</b>  11:00 Chair Aerobics with Heidi
<b>24</b> 9:00 Check-in, Visit, Walk 9:15 Word/Picture Puzzles 9:30 Senior Stretch 10:30 Hang Man 11:30 Cards and Games 12:00 Lunch	<b>25</b> 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color 10:00 Chair Yoga 11:00 Inspirations 12:00 Lunch	<b>26</b> 9:00 Check-in & visit 9:15 Walking Club 10:00 Word Puzzles 10:30 Family Feud 11:30 Cards and Games 12:00 Lunch	<b>27</b> 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color 9:30 Senior Strength 10:30 Bingo 11:30 Cards and Games 12:00 Lunch	<b>28</b> 9:00 Check-in, Visit, Walk 9:15 Word Puzzles, Color Cards and Games 10:30 Corn Hole 12:00 Lunch
<b>31</b> 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Senior Strength 10:30 Wheel of Fortune 11:30 Cards and Games				Remote Programming: <b>Via Teleconference</b> <b>From Your Phone</b> <b>Dial: 701-802-5184</b> <b>Access code:</b>

12:00 Lunch

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