

MON	TUE	WED	THU	FRI
2 Holiday: New Year	3 Virtual: Family Traditions	4 9:00 Welcome Chat & Walk & Talk 9:45 Yoga Meditation 10:15 Holiday Movie 12:00 Lunch	5 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games ## Art w/ Leslee 11:00 Seated Volleyball 12:00 Lunch	6 9:00 Welcome Chat & Walk & Talk 10:00 Move & Groove 11:00 Chair Dance Yoga with Marissa 12:00 Lunch 1:30 Dementia Spotlight- RSVP
9 9:00 Welcome Chat & Walk & Talk 10:15 Chair Dance Yoga with Marissa 11:15 Thank You Cards 12:00 Lunch	10 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 10:30 GA Cares 11:00 Pilates with Janice 12:00 Lunch	11 9:00 Welcome Chat & Walk & Talk 10:00 Walking Club 10:45 Field Trip: CiCi's Pizza \$ 12:00 Lunch	12 9:00 Welcome Chat & Walk & Talk 10:00 Seated Kickball 11:00 Trivia with Oaks @ Shiloh Park 12:00 Lunch	13 9:00 Welcome Chat & Walk & Talk 9:30 Art w/ Leslee 10:00 Nutrition Talk w/ Open Hand 10:45 Chair Dance Yoga with Marissa 12:00 Lunch
16 Holiday: MLK	17 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch	18 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Chat, & Games 10:00 Health Event- Vascular Health 11:00 Bingo 12:00 Lunch	19 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 9:45 Art w/ Leslee 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	20 9:00 Welcome Chat & Walking Club 10:00 Site Council 10:30 Exercise: Vote 11:00 Petals of Love 12:00 Lunch 1:30 Dementia Spotlight- RSVP
23 9:00 Welcome Chat & Walk & Talk 10:00 High Museum 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	24 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 10:00 Ed Talk: Avoiding Scams with 11:00 Pilates with Janice 12:00 Lunch	25 9:00 Welcome Chat & Walk & Talk 10:00 Walking Club 10:45 Field Trip: Walmart 12:00 Lunch	26 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Brain Games 9:4 BINGO 11:00 The Fitness Factory w/ Aditi 12:00 Lunch	27 9:00 Welcome Chat & Walk & Talk 9:30 Art w/ Leslee 11:00 Move and Groove 12:00 Lunch
30 9:00 Welcome Chat & Walk & Talk 10:00 Brain Games 10:45 Yoga w/ Paul Eugene 11:15 Fall Prevention Jeopardy 12:00 Lunch	31 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club / Board Games 10:00 Morning Meditation 11:00 Pilates with Janice 12:00 Lunch			