



Keeping warm in winter, inside and out!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>January Calendar of Events</b>						<b>1</b> 10:30 Morning Buzz 11:00 Music Therapy 3:15 Bingo! 4:00 Music Concert <i>New Year's Day</i>
<b>2</b> 10:30 Christian Worship Service 11:15 Fitness 1:30 Walking Club 2:00 Refreshments 2:30 Bingo! 4:00 Music Concert	<b>3</b> 10:30 Dance Therapy 11:30 Reflections on Art 1:30 Walking Club 2:00 Bingo! 2:45 Refreshments 3:00 Trivia & Chat 3:30 Art Therapy	<b>4</b> 10:30 Morning Stretch 11:30 New Years' Stories 1:30 Walking Club 2:00 Name that Tune 2:45 Refreshments 3:15 Bingo! 4:00 Let's Travel!	<b>5</b> 10:30 Music Imagery 11:30 Spiritual Service 1:30 Walking Club 2:00 Dance Therapy 2:45 Refreshments 3:15 Bingo! 4:00 Music & Meditation	<b>6</b> 10:30 Music Therapy 11:15 News & Views 2:00 Yoga & Tai Chi 3:00 Refreshments & Documentary Hour 4:15 Bingo and Smart-board Games	<b>7</b> 10:30 Music Therapy 11:15 Fitness 1:30 Walking Club 2:00 January Birthday Celebration! 3:15 Bingo! 4:00 Evening Stretch	<b>8</b> 10:30 Morning Buzz 11:00 Music Therapy 1:30 Walking Club 2:00 Saturday Matinee & Refreshments 3:15 Bingo! 4:00 Music Concert
<b>9</b> 10:30 Christian Worship Service 11:15 Fitness 1:30 Walking Club 2:00 Refreshments 2:30 Bingo! 4:00 Music Concert	<b>10</b> 10:30 Dance Therapy 11:30 Reflections on Art 1:30 Walking Club 2:00 Bingo! 2:45 Refreshments 3:00 Trivia & Chat 3:30 Art Therapy	<b>11</b> 10:30 Morning Stretch 11:30 New Years' Stories 1:30 Walking Club 2:00 Name that Tune 2:45 Refreshments 3:15 Bingo! 4:00 Let's Travel!	<b>12</b> 10:30 Music Imagery 11:30 Spiritual Service 1:30 Walking Club 2:00 Dance Therapy 2:45 Refreshments 3:15 Bingo! 4:00 Music & Meditation	<b>13</b> 10:30 Music Therapy 11:15 News & Views 2:00 Yoga & Tai Chi 3:00 Refreshments & Documentary Hour 4:15 Bingo and Smart-board Games	<b>14</b> 10:30 Music Therapy 11:15 Fitness 1:30 Walking Club 2:00 Shabbat, Reflection, & Refreshments 3:15 Bingo! 4:00 Evening Stretch	<b>15</b> 10:30 Morning Buzz 11:00 Music Therapy 1:30 Walking Club 2:00 Saturday Matinee & Refreshments 3:15 Bingo! 4:00 Music Concert
<b>16</b> 10:30 Christian Worship Service 11:15 Fitness 1:30 Walking Club 2:00 Refreshments 2:30 Bingo! 4:00 Music Concert	<b>17</b> 10:30 Dance Therapy 11:30 Reflections on Art 2:00 Bingo! 2:45 Refreshments 3:00 MLK Program 3:30 Art Therapy 4:30 Karaoke	<b>18</b> 10:30 Morning Stretch 11:30 New Years' Stories 1:30 Walking Club 2:00 Name that Tune 2:45 Refreshments 3:15 Bingo! 4:00 Let's Travel!	<b>19</b> 10:30 Music Imagery 11:30 Spiritual Service 1:30 Walking Club 2:00 Dance Therapy 2:45 Refreshments 3:15 Bingo! 4:00 Music & Meditation	<b>20</b> 10:30 Music Therapy 11:15 Who's In The Kitchen w/ Sheila 2:00 Yoga & Tai Chi 3:00 Refreshments 4:15 Bingo and Smart-board Games	<b>21</b> 10:30 Music Therapy 11:15 News & Views 1:30 Walking Club 2:00 Shabbat, Reflection, & Refreshments 3:15 Bingo! 4:00 Evening Stretch	<b>22</b> 10:30 Morning Buzz 11:00 Music Therapy 1:30 Walking Club 2:00 Saturday Matinee & Refreshments 3:15 Bingo! 4:00 Music Concert
<b>23</b> 10:30 Christian Worship Service 11:15 Fitness 1:30 Walking Club 2:00 Refreshments 2:30 Bingo! 4:00 Music Concert	<b>24</b> 10:30 Dance Therapy 11:30 Reflections on Art 1:30 Walking Club 2:00 Bingo! 2:45 Refreshments 3:00 Trivia & Chat 3:30 Art Therapy 4:30 Karaoke	<b>25</b> 10:30 Morning Stretch 11:30 New Years' Stories 1:30 Walking Club 2:00 Name that Tune 2:45 Refreshments 3:15 Bingo! 4:00 Let's Travel!	<b>26</b> 10:30 Music Imagery 11:30 Spiritual Service 1:30 Walking Club 2:00 Dance Therapy 2:45 Refreshments 3:15 Bingo! 4:00 Music & Meditation	<b>27</b> 10:30 Music Therapy 11:15 News & Views 1:30 Walking Club 2:00 Yoga & Tai Chi 3:00 Refreshments & Documentary Hour 4:15 Bingo and Smart-board	<b>28</b> 10:30 Music Therapy 11:15 Fitness 1:30 Walking Club 2:00 Shabbat, Reflection, & Refreshments 3:15 Bingo! 4:00 Evening Stretch	<b>29</b> 10:30 Morning Buzz 11:00 Music Therapy 1:30 Walking Club 2:00 Saturday Matinee & Refreshments 3:15 Bingo! 4:00 Music Concert
<b>30</b> 10:30 Christian Worship Service 11:15 Fitness 2:30 Bingo! 4:00 Music Concert	<b>31</b> 10:30 Dance Therapy 11:30 Reflections on Art 2:00 Bingo! 3:00 Trivia & Chat 3:30 Art Therapy					