


# JANUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>LOCATION</b> Dining Room (DR) Front or Back Porch (FOBP) Garden View (GV) Mountain View (MV) Mountain View Library (MVL) Oak Cottage (OC) Oak View (OV) Oak View Bar (OVB) Oak View, Mountain View, Garden View (OVMVG) Oak View/ Mountain View (OVMV) Oak View/Mountain View (OVV)	<b>ACTIVITY LEGEND</b> 🍌 Be Adventurous 🍌 Be Challenged 🍌 Be Connected 🍌 Be Family 🍌 Be Inspired 🍌 Be Social 🍌 Be Well			10:00am 🍌 Chair Yoga (OVV) 11:00am 🍌 Brain Exercise Initiative (OV) 11:00am 🍌 <b>New Year, New You (OV)</b> 12:00pm Lunch (DR) 1:30pm 🍌 New Year's Day Parade (OV) 1:30pm 🍌 Getting to Know You (One Day Video) (MV) 2:30pm PM Snack (DR) 3:00pm 🍌 New Year's Day Dance Party! (OV) 3:30pm 🍌 Poetry Corner (GV) 4:00pm 🍌 New Year's Day Movie Special (OV)	10:00am 🍌 Morning Meditation and Stretches (OV) 11:00am 🍌 Paper Crafting (OVB) 11:00am 🍌 Piano Bar (Music) (OV) 12:00pm Lunch (DR) 1:30pm 🍌 Brain Exercise Initiative (MV) 1:30pm 🍌 Floral Arrangement (GV) 1:30pm 🍌 Music & Art Therapy (OV) 2:30pm PM Snack (DR) 3:00pm 🍌 Weekend Dance Party (OV) 3:30pm 🍌 Evening Cinema (OV)
10:00am 🍌 AM Warm Up (OVMVG) 10:30am AM Snack (DR) 11:00am 🍌 Online Crosswords (OV) 11:30am 🍌 Nature Walk/Bird Watching (FOBP) 11:30am 🍌 Music & Memory (MV) 12:00pm Lunch (DR) 1:30pm 🍌 Brain Exercise Initiative (OV) 2:00pm 🍌 Getting to Know You- One Day Video (OC) 2:00pm 🍌 Holiday Concert (OVMV) 2:30pm PM Snack (DR) 2:40pm 🍌 Tea Time/Social Hour (OVB) 3:00pm 🍌 Mindful Meditation (OV) 3:30pm 🍌 Sunday Matinee (OV)	10:00am 🍌 Chair Tai Chi (OVV) 10:30am AM Snack (DR) 11:00am 🍌 Brain Exercise Initiative (OV) 11:30am 🍌 Classical Music (MV) 12:00pm Lunch (DR) 1:30pm 🍌 New Year's Trivia (OV) 2:00pm 🍌 Getting to Know You- One Day Video (OC) 2:30pm PM Snack (DR) 2:40pm 🍌 Tea Time/Social Hour (OVB) 3:00pm 🍌 Chair Yoga (OV) 3:30pm 🍌 Nature Walk (FOBP) 4:00pm 🍌 National Geographic (OV)	10:00am 🍌 Chair Zumba (OVV) 10:30am AM Snack (DR) 11:00am 🍌 Creative Corner (OV) 11:30am 🍌 Nature Walk (FOBP) 12:00pm Lunch (DR) 1:30pm 🍌 Brain Exercise Initiative (OV) 2:00pm 🍌 Pictionary (OV) 2:30pm PM Snack (DR) 2:40pm 🍌 Tea Time/Social Hour (OVB) 3:00pm 🍌 Chair Ballet (OV) 3:30pm 🍌 Getting to Know You- One Day App (MV) 3:30pm 🍌 Hallmark Movie (OV) 4:00pm 🍌 Book Club (MVL)	<b>Mary H's Birthday!</b> 10:00am 🍌 Morning Meditation (OV) 10:30am AM Snack (DR) 11:00am 🍌 Charades (OV) 11:30am 🍌 Name that Tune (OV) 12:00pm Lunch (DR) 1:30pm 🍌 Brain Exercise Initiative (OV) 1:30pm 🍌 Music Therapy (MV) 2:00pm 🍌 Nature Walk (FOBP) 2:30pm PM Snack (DR) 2:40pm 🍌 Tea Time/Social Hour (OVB) 3:00pm 🍌 Chair Cardio (OV) 3:30pm 🍌 Riddler's Challenge (OV) 4:00pm 🍌 Cinema Hour (OV)	10:00am 🍌 Chair Dancing (OVV) 10:30am AM Snack (DR) 11:00am 🍌 Watercolor painting (OVB) 12:00pm Lunch (DR) 1:15pm 🍌 Turbo Math (OV) 2:00pm 🍌 Common Sayings (OV) 2:30pm PM Snack (DR) 2:40pm 🍌 Tea Time/Social Hour (OVB) 3:00pm 🍌 Chair Tai Chi (OV) 3:30pm 🍌 Getting to Know You- One Day Video (MV) 3:30pm 🍌 Documentary (OV) 4:00pm 🍌 Classical Music Concert (OV)	10:00am 🍌 Chair Yoga (OVV) 10:30am AM Snack (DR) 11:00am 🍌 Brain Exercise Initiative (OV) 11:00am 🍌 Brain Exercise Initiative (OV) 11:00am 🍌 Music & Memory (MV) 12:00pm Lunch (DR) 1:30pm 🍌 Chair Travel (OV) 1:30pm 🍌 Floral Arrangement (GV) 1:30pm 🍌 Music & Art Therapy (OV) 2:30pm PM Snack (DR) 2:40pm 🍌 Tea Time/Social Hour (OVB) 3:00pm 🍌 Meditation/Aromatherapy (MV) 3:30pm 🍌 Oldies but Goodies (Music) (MV) 3:30pm 🍌 Poetry Corner (GV) 3:30pm 🍌 Animal Documentary (OV)	
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