

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All activities are held in The Dining Room</p> <p>Therapy Dog Visits “Duke” Every Thursday</p>	<p>1</p> <p>10:00 Daily Chronicle & Monthly Gazette</p> <p>10:30 Morning Stretch</p> <p>11:00 January IQ & Refreshments</p> <p>2:00 New Year’s Resolutions</p> <p>3:00 Keeping It Sharp</p> <p>New Year’s Day</p>	<p>2</p> <p>10:00 Daily Chronicle</p> <p>10:30 Balloon Noodle</p> <p>11:00 Music & Refreshments</p> <p>2:00 Bingo w/ Prizes</p> <p>3:00 Trivia Time</p>	<p>3</p> <p>10:00 Daily Chronicle</p> <p>10:30 Burger Pile Up</p> <p>11:00 Keeping It Sharp & Refreshments</p> <p>2:00 Shake Awake Your Taste Game</p> <p>3:00 Table Hockey</p>	<p>4</p> <p>10:00 Daily Chronicle</p> <p>10:30 Move to Music</p> <p>11:00 Adult Coloring & Refreshments</p> <p>2:00 Spring Garden Band</p> <p>3:00 Pet Therapy Circle</p>	<p>5</p> <p>10:00 Daily Chronicle</p> <p>10:30 Morning Stretch</p> <p>11:00 Keeping It Sharp & Refreshments</p> <p>2:00 Hidden in Plain Sight</p> <p>3:00 Paint & Sip Detective</p>	<p>6</p> <p>10:00 Daily Chronicle</p> <p>10:30 Shake Awake Your Taste</p> <p>11:00 Keeping It Sharp & Refreshments</p> <p>2:30 Music w/ Conrad Haller</p> <p>3:00 Ball Toss</p>
<p>7</p> <p>10:00 Daily Chronicle</p> <p>10:30 Prayers & Blessings</p> <p>11:00 Refreshments & Sing Along</p> <p>2:00 Bingo w/ Prizes</p> <p>3:00 Nurturing Touch “Shoulder Massage”</p>	<p>8</p> <p>10:00 Daily Chronicle</p> <p>10:30 Move to Music</p> <p>11:00 Categories & Refreshments</p> <p>2:00 Pong Toss</p> <p>3:00 Balloon Noodle</p>	<p>9</p> <p>10:00 Daily Chronicle</p> <p>10:30 Pong Toss</p> <p>11:00 Let’s Chat & Refreshments</p> <p>2:00 Music w/ Linda Forster</p> <p>3:00 Keeping It Sharp</p>	<p>10</p> <p>10:00 Daily Chronicle</p> <p>10:30 Morning Stretch</p> <p>11:00 Music & Refreshments</p> <p>2:00 Pretty Nails w/ Sing Along</p>	<p>11</p> <p>10:00 Daily Chronicle</p> <p>10:30 Sit & Be Fit</p> <p>11:00 Let’s Chat & Refreshments</p> <p>2:00 Fishing Game</p> <p>3:00 Pet Therapy Circle</p>	<p>12</p> <p>10:00 Daily Chronicle</p> <p>10:30 Balloon Noodle</p> <p>11:00 Simon Says & Refreshments</p> <p>2:00 Pictionary</p> <p>3:00 Sensory Scents</p>	<p>13</p> <p>10:00 Daily Chronicle</p> <p>10:30 Coffee & Donut Social</p> <p>11:00 Music & Refreshments</p> <p>2:00 Categories</p> <p>3:00 Spelling Bee</p>
<p>14</p> <p>10:00 Daily Chronicle</p> <p>10:30 Prayers & Blessings</p> <p>11:00 Music & Refreshments</p> <p>2:00 Balloon Noodle</p> <p>3:00 Word Opposites</p>	<p>15</p> <p>10:00 Daily Chronicle</p> <p>10:30 Balloon Noodle</p> <p>11:00 Music & Refreshments</p> <p>2:00 Can You Picture This?</p> <p>3:00 Sculpting w/ Play Dough</p> <p>Martin Luther King Jr. Day</p>	<p>16</p> <p>10:00 Daily Chronicle</p> <p>10:30 Fishing Game</p> <p>11:00 Trivia & Refreshments</p> <p>2:00 Craft Time</p> <p>“Painted Bubbles”</p> <p>3:00 Would You Rather?</p>	<p>17</p> <p>10:00 Daily Chronicle</p> <p>10:30 Categories</p> <p>11:00 Eye Spy & Refreshments</p> <p>2:00 Pictionary</p> <p>3:00 Eye Spy Game</p>	<p>18</p> <p>10:00 Daily Chronicle</p> <p>10:30 Nurturing Touch “Hand Massage”</p> <p>11:00 Music & Refreshments</p> <p>2:00 Spring Garden Band</p> <p>3:00 Pet Therapy Circle</p>	<p>19</p> <p>10:00 Daily Chronicle</p> <p>10:30 Washer Toss</p> <p>11:00 Music & Refreshments</p> <p>2:00 Improve Your Grove Detective</p> <p>3:00 Hot Cocoa & Chicken Soup For The Soul Story</p>	<p>20</p> <p>10:00 Daily Chronicle</p> <p>10:30 Balloon Noodle</p> <p>11:00 Riddles & Refreshments</p> <p>2:00 Bingo w/ Prizes</p> <p>3:00 Let’s Chat – Snow Days</p>
<p>21</p> <p>10:00 Daily Chronicle</p> <p>10:30 Prayers & Blessings</p> <p>11:00 Jokes & Refreshments</p> <p>2:00 Adult Coloring & Cookies</p> <p>3:00 Simon Says</p> <p>Activity Professionals Week</p>	<p>22</p> <p>10:00 Daily Chronicle</p> <p>10:30 Ball Toss</p> <p>11:00 Adult Coloring & Refreshments</p> <p>2:00 Burger Pile Up</p> <p>3:00 Keeping It Sharp</p>	<p>23</p> <p>10:00 Daily Chronicle</p> <p>10:30 Move to Music</p> <p>11:00 Word Opposites & Refreshments</p> <p>2:00 January Birthday Party w/ Holly Prather “Musical Entertainment”</p> <p>3:00 Birthday Bingo</p>	<p>24</p> <p>10:00 Daily Chronicle</p> <p>10:30 Pong Toss</p> <p>11:00 Music & Refreshments</p> <p>2:00 Pretty Nails w/ Sing Along</p> <p>Tu B'Shevat Begins</p>	<p>25</p> <p>10:00 Daily Chronicle</p> <p>10:30 Chair Exercise</p> <p>11:00 Word Opposites & Refreshments</p> <p>2:00 Nurturing Touch “Hand Massage”</p> <p>3:00 Pet Therapy Circle</p>	<p>26</p> <p>10:00 Daily Chronicle</p> <p>10:30 Nurturing Touch “Hand Massage”</p> <p>11:00 Jokes & Refreshments</p> <p>2:00 Matinee Movie w/ Snacks “The King And I”</p> <p>Australia Day (Observed)</p>	<p>27</p> <p>10:00 Daily Chronicle</p> <p>10:30 Table Hockey</p> <p>11:00 Categories & Refreshments</p> <p>2:00 Pong Toss</p> <p>3:00 Balloon Noodle</p>
<p>28</p> <p>10:00 Daily Chronicle</p> <p>10:30 Prayers & Blessings</p> <p>11:00 Let’s Chat – Winter Outdoor Activities& Refreshments</p> <p>2:00 Card Sorting</p> <p>3:00 Sensory Scents</p>	<p>29</p> <p>10:00 Daily Chronicle</p> <p>10:30 Simon Says</p> <p>11:00 Keeping It Sharp & Refreshments</p> <p>2:00 Pong Toss</p> <p>3:00 Categories</p>	<p>30</p> <p>10:00 Daily Chronicle</p> <p>10:30 Music In Motion</p> <p>11:00 Sing Along & Refreshments</p> <p>2:00 Bingo w/ Prizes</p> <p>3:00 Helping Hands “Laundry Folding”</p>	<p>31</p> <p>10:00 Daily Chronicle</p> <p>10:30 Ball Toss</p> <p>11:00 Trivia & Refreshments</p> <p>2:00 Cookie Decorating</p> <p>3:00 Reminiscing</p>	<p>January 2024</p> <p>Altenheim Senior Living – Spring Garden</p>		

*Activities are subject to change