

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Morning: Daily Devotions Coffee, News, & Social Spiro 100- Mindful Moments Afternoon: Heritage Hikers Snack & Refreshments Sensory Spa & Massage New Year's Day	Morning: Daily Devotions Coffee, News, & Social Rhythm Band Baking Club Afternoon: Heritage Hikers Bingo Snacks & Refreshments	Morning: Daily Devotions Coffee, News, & Social Spiro 100-Strength & Flexibility Afternoon: Heritage Hikers Sensory Stations Glee Club	Morning: Daily Devotions Coffee, News, & Social Keepin' Fit Dynseo, Trivia & Fun Afternoon: Heritage Hikers Bingo Snacks & Refreshments Social	Morning: Daily Devotions Spiro 100: Morning Stretch & Meditation Coffee Social & Reminisce Afternoon: Heritage Hikers TGIF- Happy Hour Table Games	Morning: Daily Devotions Coffee, News, & Social Keepin' Fit Afternoon: Heritage Hikers Midday Matinee Snack & Refreshments
Morning: Mass on TV Coffee, News, & Social Keepin' Fit Afternoon: Heritage Hikers Glee Club Hot Chocolate Packers vs. Bears	Morning: Daily Devotions Coffee, News, & Social Spiro 100- Mindful Moments Afternoon: Heritage Hikers Snack & Refreshments Sensory Spa & Massage	Morning: Daily Devotions Coffee, News, & Social Rhythm Band Baking Club Afternoon: Heritage Hikers Bingo Snacks & Refreshments	Morning: Daily Devotions Coffee, News, & Social Spiro 100-Strength & Flexibility Afternoon: Heritage Hikers Sensory Stations Glee Club	Morning: Daily Devotions Coffee, News, & Social Keepin' Fit Dynseo, Trivia & Fun Afternoon: Heritage Hikers Bingo Snacks & Refreshments Social	Morning: Daily Devotions Spiro 100: Morning Stretch & Meditation Coffee Social & Reminisce Afternoon: Heritage Hikers TGIF- Happy Hour Table Games	Morning: Daily Devotions Coffee, News, & Social Keepin' Fit Afternoon: Heritage Hikers Midday Matinee Snack & Refreshments
Morning: Mass on TV Coffee, News, & Social Keepin' Fit Afternoon: Heritage Hikers Glee Club Hot Chocolate	Morning: Daily Devotions Coffee, News, & Social Spiro 100- Mindful Moments Afternoon: Heritage Hikers Snack & Refreshments Sensory Spa & Massage Martin Luther King	Morning: Daily Devotions Coffee, News, & Social Rhythm Band Baking Club Afternoon: Heritage Hikers Bingo Snacks & Refreshments	Morning: Daily Devotions Coffee, News, & Social Spiro 100-Strength & Flexibility Glee Club w/ Megan Afternoon: Heritage Hikers Winter Arts & Crafts Sensory Stations	Morning: Daily Devotions Coffee, News, & Social Keepin' Fit Dynseo, Trivia & Fun Afternoon: Heritage Hikers Bingo Snacks & Refreshments Social	Morning: Daily Devotions Spiro 100: Morning Stretch & Meditation Coffee Social & Reminisce Afternoon: Heritage Hikers TGIF- Happy Hour Table Games	Morning: Daily Devotions Coffee, News, & Social Keepin' Fit Afternoon: Heritage Hikers Midday Matinee Snack & Refreshments
Morning: Mass on TV Coffee, News, & Social Keepin' Fit Afternoon: Heritage Hikers Glee Club Hot Chocolate	Morning: Daily Devotions Coffee, News, & Social Spiro 100- Mindful Moments Afternoon: Heritage Hikers Snack & Refreshments Sensory Spa & Massage	Morning: Daily Devotions Coffee, News, & Social Rhythm Band Heritage Hounds Baking Club Afternoon: Heritage Hikers Bingo Snacks & Refreshments	Morning: Daily Devotions Coffee, News, & Social Spiro 100-Strength & Flexibility Afternoon: Heritage Hikers Sensory Stations Glee Club	Morning: Daily Devotions Coffee, News, & Social Keepin' Fit Dynseo, Trivia & Fun Afternoon: Heritage Hikers Bingo Snacks & Refreshments Social	Morning: Daily Devotions Spiro 100: Morning Stretch & Meditation Coffee Social & Reminisce Afternoon: Heritage Hikers TGIF- Happy Hour-Celebration of January Birthdays Table Games	Morning: Daily Devotions Coffee, News, & Social Keepin' Fit Afternoon: Heritage Hikers Midday Matinee Snack & Refreshments
Morning: Mass on TV Coffee, News, & Social Keepin' Fit Afternoon: Heritage Hikers Glee Club Hot Chocolate	Morning: Daily Devotions Coffee, News, & Social Spiro 100- Mindful Moments Afternoon: Heritage Hikers Snack & Refreshments Sensory Spa & Massage	Morning: Daily Devotions Coffee, News, & Social Rhythm Band Baking Club Afternoon: Heritage Hikers Bingo Snacks & Refreshments	Morning: Daily Devotions Coffee, News, & Social Spiro 100-Strength & Flexibility Glee Club w/ Megan Afternoon: Heritage Hikers Sensory Stations Glee Club		Happy Birthday David M. – January 11 th Barbara H. – January 20 th Janet F. – January 29 th	

Memory Care

Community Life Enrichment Calendar

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*

HERITAGE
SENIOR LIVING
Aspire | LINCOLN VILLAGE