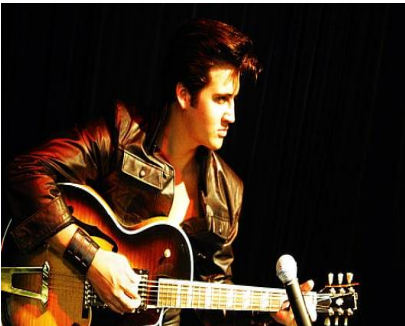


# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Musical Monday- Sing a longs 1 Coffee & Chronicles  Move & Groove Exercises  Holiday Pictionary  New Year Resolutions Prayer  1-1 visit <b>New Year's Day</b>	Talk about it Tuesday – 2  Group Discussion/ <b>Orange Sensory Bin</b>  Sit & Fit Exercise  Coffee and Trivia  Bingo/Cingo	Wellness wakeup w/ fruit 3 smoothies  Sensory Fruit Bin  This Day in History  Sit &Stretch- <b>Holiday- Jeopardy /Reminisce</b>	Thoughtful Thursday 4  Positive Affirmation  Move & Groove Exercise  Coffee & Conversations <b>National Trivia Day</b> <b>Matinee/Trivia Time</b>	Flash Back Friday: 5  This Day in History  Spiro Exercise  followed by Hangman. <b>2:00 Happy Hour Featuring: Elvis Drink- Brandy Old Fashioned</b>	Something New Saturdays 6  Group Discussion  Sit & Stretch Exercises  Coffee and Conversations followed by Boggle.
Spiritual Sundays 7 Motivational Stories  Golden Yoga  11:00 Catholic Mass -Theater  <b>Manicures</b>  Sundaes on Sundays	Musical Monday- Sing a longs 8 Coffee & Chronicles  Move & Groove Exercises  <b>Elvis Presley Birthday</b> <b>2:00 Lutheran Service</b>  Elvis Movie Series	Talk about it Tuesday – 9  Group Discussion/ <b>Orange Sensory Bin</b>  Sit & Fit Exercise  Coffee and Trivia  Bingo/Cingo	Wellness wakeup w/ fruit 10 smoothies  Sensory Fruit Bin  This Day in History  Sit &Stretch- <b>Holiday- Jeopardy /Reminisce</b>	Thoughtful Thursday 11  Positive Affirmations  Move & Groove Exercise  Coffee & Conversations  <b>National Milk Day</b> <b>Matinee/Milkshakes</b>	Flash Back Friday: 12  This Day in History  Spiro Exercise  followed by Hangman. <b>2:00 Happy Hour Featuring: Dan Sullivan Drink- Tequilla Sun Rise</b>	Something New Saturdays 13  Group Discussion  Sit & Stretch Exercises  Coffee and Conversations followed by Boggle.
Spiritual Sundays 14 Motivational Stories  Golden Yoga  11:00 Catholic Mass -Theater  <b>Manicures</b>  Sundaes on Sundays	Musical Monday- Sing a longs 15 Coffee & Chronicles  Move & Groove Exercises  Holiday Pictionary <b>Martin Luther King- Discussion</b> <b>BowlingMartin Luther King</b>	Talk about it Tuesday – 16  Group Discussion/ <b>Orange Sensory Bin</b>  Sit & Fit Exercise  Coffee and Trivia <b>6pm Barber Shop Quartet</b>	Wellness wakeup w/ fruit 17 smoothies  Sensory Fruit Bin  This Day in History – Butter Rum  Sit &Stretch- <b>National Hot Butter Rum Day</b>	Thoughtful Thursday 18  Positive Affirmations  Move & Groove Exercise  Coffee & Conversations  Crafting Corner <b>Matinee &amp; Rootbeer floats</b>	Flash Back Friday: 19  This Day in History  Spiro Exercise  followed by Hangman. <b>2:00 Happy Hour Featuring: Micheal Tiernay Drink- Rum &amp; Coke</b>	Something New Saturdays 20  Group Discussion  Sit & Stretch Exercises  Coffee and Conversations followed by Boggle  2:00 Bingo – Lower EC
Spiritual Sundays 21 Motivational Stories  Golden Yoga  11:00 Catholic Mass -Theater  <b>Manicures</b>  Sundaes on Sundays	Musical Monday- Sing a longs 22 Coffee & Chronicles  Move & Groove Exercises  Holiday Pictionary <b>Martin Luther King- Discussion</b> <b>2:00 Lutheran Service</b>	Talk about it Tuesday – 23  Group Discussion/ <b>Orange Sensory Bin</b>  Sit & Fit Exercise  Coffee and Trivia  Bingo/Cingo	Wellness wakeup 24  <b>Sensory- Fat Elvis</b> <b>Sandwich Peanut Butter Banna</b>  This Day in History – P.B  Sit &Stretch- <b>Holiday- Jeopardy /Reminisce</b>	Thoughtful Thursday 25  Positive Affirmations  Move & Groove Exercise  Coffee & Conversations <b>Popcorn and Matinee</b>	National Spouses Day!!! 26  This Day in History  Spiro Exercise  followed by Hangman. <b>2:00 Happy Hour Featuring: Joe Kadelic Drink- Wine Cooler</b>	Something New Saturdays 27  Group Discussion  Sit & Stretch Exercises  Coffee and Conversations followed by Boggle.  2:00 Bingo – Lower EC
Spiritual Sundays 28 Motivational Stories  Golden Yoga  11:00 Catholic Mass -Theater  <b>Manicures</b>  Sundaes on Sundays	Musical Monday- Sing a longs 29 Coffee & Chronicles  Move & Groove Exercises  Holiday Pictionary <b>Martin Luther King- Discussion</b>  Bowling	Talk about it Tuesday – 30  Group Discussion/ <b>Orange Sensory Bin</b>  Sit & Fit Exercise  Coffee and Trivia  Bingo/Cingo	Wellness wakeup w/ fruit 31 smoothies  Sensory Fruit Bin  This Day in History  Sit &Stretch- <b>Holiday- Jeopardy /Reminisce</b>	<b>Happy Birthday!</b> Sam C. 1/07 LuAnn 01/12 Bert L. 01/15 Harold 01/20 Mary Ann S. 01/24	Barbara 1/29	

Memory Care

Community Life Enrichment Calendar

SPECIAL EVENTS  
National Spouses Day 1/26

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

HERITAGE  
SENIOR LIVING  
Aspire | LINCOLN VILLAGE