

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

"NEW BEGINNINGS"

REGAL PLACE



<p>Enjoy A Morning Walk* 2</p> <p>9:00 Church Service IL MPR Rev. Bobby Bryant Attalla First Baptist</p> <p>2:00 LCR in IL MPR *</p> <p>Chit Chat in AL Lobby AL Lobby*</p>	<p>Enjoy A Morning Walk* 3</p> <p>9:30 Exercise AL MPR</p> <p>1:00 Walmart</p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p>6:15 Rummy in AL MPR</p>	<p>Enjoy A Morning Walk* 4</p> <p>9:30 Exercise IL MPR</p> <p>2:00 Bingo AL MPR</p> <p>3:00 Bible Study- AL MPR</p> <p>6:15 Rook in AL MPR</p>	<p>Energize in our exercise room next to beauty shop 5</p> <p>9:30 Exercise IL MPR</p> <p>1:00 "Helping Hands workshop "IL MPR</p> <p>2:00 Share "New Hope for New Year" AL MPR</p> <p>6:15 Bridge in AL MPR</p>	<p>Enjoy A Morning Walk* 6</p> <p>9:30 Exercise IL MPR</p> <p>3:00 Music with the Alexanders in AL lobby</p> <p>6:30 LCR IL MPR *</p>	<p>9:30 Exercise AL MPR</p> <p>10:00 Shopping in Rainbow City Area</p> <p>11:00 Activity meeting in AL Lobby</p> <p>2:00 Therapeutic Coloring</p> <p>5:00 Mingle in lobby with friends before dinner</p>	<p>1</p> <p>10:00 Pick Up Your Trivia AL Lobby</p> <p>1:00 Rummy AL MPR</p> <p>3:00 Movie in AL Lobby- Title of Movie will be posted weekly on activity board</p> <p>New Year's Day</p>
<p>Enjoy A Morning Walk* 9</p> <p>9:00 Church Service IL MPR Rev. Mike Aldridge</p> <p>2:00 LCR in IL MPR*</p> <p>5:00 Chit Chat In The Lobby*</p>	<p>Enjoy A Morning Walk* 10</p> <p>10:00 Grocery Shopping/Bank</p> <p>9:30 Exercise AL MPR</p> <p>1:00 Hobby Lobby</p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p>6:15 Rummy in AL MPR</p>	<p>Early Morning Walk 11</p> <p>9:30 Exercise AL MPR</p> <p>2:00 Goal setting for a new year with Encompass and Penny Auction</p> <p>3:00 Bible Study AL MPR</p> <p>6:15 Rook in AL MPR</p>	<p>Energize in our exercise room next to beauty shop 12</p> <p>9:30 Exercise AL MPR</p> <p>2:00 Penny Auction -Rehab First in IL MPR</p> <p>6:15 Bridge AL MPR</p>	<p>Enjoy A Morning Walk* 13</p> <p>9:30 Exercise AL MPR</p> <p>2:00 Music with Wayne Lowe in AL Lobby</p> <p>6:30 LCR IL MPR*</p>	<p>Enjoy A Morning Walk* 14</p> <p>10:00 Exercise AL MPR</p> <p>10:00 Shopping in Rainbow City Area</p> <p>2:00 Bingo AL MPR</p> <p>5:00 Mingle in lobby with friends before dinner</p>	<p>15</p> <p>10:00 Pick Up Your Trivia AL Lobby</p> <p>1:00 Rummy AL MPR</p> <p>3:00 Movie in AL Pool room- Title of Movie will be posted weekly on activity board</p>
<p>Enjoy A Morning Walk* 16</p> <p>9:00 Church Service IL MPR Rev. Lauil Thompson Southside Baptist</p> <p>2:00 LCR in IL MPR *</p> <p>5:00 Chit Chat In AL Lobby*</p>	<p>Enjoy A Morning Walk* 17</p> <p>10:00 Exercise AL MPR</p> <p>1:00 Walmart</p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p>6:15 Rummy in AL MPR</p> <p>Martin Luther King Jr. Day</p>	<p>Early Morning Walk 18</p> <p>10:00 Exercise AL MPR</p> <p>10:45 Lunch at Olive Garden in Oxford</p> <p>11:00 Music with Dee Pruitt AL Lobby</p> <p>2:00 Bingo AL MPR</p> <p>3:00 Bible Study AL MPR</p> <p>6:15 Rook in AL MPR</p>	<p>Energize in our exercise room next to beauty shop 19</p> <p>10:00 Exercise AL MPR</p> <p>2:00 Penny Auction/ Mike IL MPR</p> <p>6:15 Bridge AL MPR</p>	<p>Enjoy A Morning Walk* 20</p> <p>10:00 Exercise AL MPR</p> <p>2:30 Family Feud with Connie in AL Lobby</p> <p>6:30 LCR IL MPR*</p>	<p>Enjoy A Morning Walk* 21</p> <p>10:00 Exercise AL MPR</p> <p>10:00 Shopping in Rainbow City Area</p> <p>2:00 Therapeutic Coloring</p> <p>5:00 Mingle in lobby with friends before dinner</p>	<p>22</p> <p>10:00 Pick Up Your Trivia AL Lobby</p> <p>1:00 Rummy AL MPR</p> <p>3:00 Movie in AL Pool room- Title of Movie will be posted weekly on activity board</p>
<p>Enjoy A Morning Walk* 23</p> <p>9:00 Church Service IL MPR Rev. Larry Fuhrman Baptist</p> <p>2:00 LCR in IL MPR *</p> <p>Enjoy an Evening Walk</p> <p>5:00 Chit Chat In The Lobby*</p> <p>Activity Professionals Week</p>	<p>Enjoy A Morning Walk* 24</p> <p>10:00 Grocery Shopping/Bank</p> <p>10:00 Exercise AL MPR</p> <p>1:00 TJ Maxx</p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p>6:15 Rummy in AL MPR</p>	<p>Early Morning Walk 25</p> <p>10:00 Exercise AL MPR</p> <p>2:00 Bingo AL MPR</p> <p>3:00 Bible Study AL MPR</p> <p>6:15 Rook in AL MPR</p>	<p>Energize in our exercise room next to beauty shop 26</p> <p>10:00 Exercise AL MPR</p> <p>11:30 Monthly Resident Birthday Party lunch</p> <p>6:15 Bridge AL</p> <p>Australia Day (observed)</p>	<p>Enjoy A Morning Walk* 27</p> <p>10:00 Exercise AL MPR</p> <p>2:30 Corn Hole with Connie in AL Lobby</p> <p>6:30 LCR located in IL MPR*</p>	<p>Enjoy A Morning Walk* 28</p> <p>10:00 Exercise AL MPR</p> <p>10:00 Shopping in Rainbow City Area</p> <p>2:00 Therapeutic Coloring</p> <p>5:00 Mingle in lobby with friends before dinner</p>	<p>29</p> <p>10:00 Pick Up Your Trivia AL Lobby</p> <p>1:00 Rummy AL MPR</p> <p>3:00 Movie in AL Pool room- Title of Movie will be posted weekly on activity board</p>
<p>Enjoy A Morning Walk* 30</p> <p>9:00 Church Service IL MPR Rev. Lauil Thompson Southside Baptist</p> <p>2:00 LCR in IL MPR *</p> <p>5:00 Chit Chat in AL Lobby</p>	<p>Enjoy A Morning Walk* 31</p> <p>10:00 Exercise AL MPR</p> <p>1:00 Walmart</p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p>6:15 Rummy in AL MPR</p>	<p>Calendar is subject to change. See Bulletin Boards for any changes. If you have any questions, concerns, or suggestions, please see Debbie.</p> <p>AL- Assisted living IL- independent living MPR- multipurpose room Red print Independent living resident lead programs Blue print Activities staff lead Green-Trips out of community Please sign up for all trips out of the community</p>				

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January 2022

NEW BEGINNINGS



<p>Enjoy A Morning Walk* 2</p> <p>9:00 Church Service IL MPR Rev. Bobby Bryant Attalla First Baptist</p> <p>2:00 LCR IL MPR*</p> <p>Enjoy an Evening Walk</p> <p>5:00 Coffee/ Chit Chat In</p>	<p>Enjoy A Morning Walk* 3</p> <p>10:00 Exercise IL MPR</p> <p>10:30 Share Something positive 1:00 Walmart</p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p>6:30 Black Jack IL MPR*</p>	<p>Enjoy A Morning Walk* 4</p> <p>9:15 Coffee/ Pastry IL Lobby</p> <p>10:00 Exercise IL MPR</p> <p>12:30 Trivia Tuesday-Piano</p> <p>1:00 Share "New Hope for New Year" IL MPR</p> <p>3:00 Bible Study- AL MPR</p> <p>6:30 Rummikub- IL Card Room*</p>	<p>Enjoy A Morning Walk* 5</p> <p>10:00 Exercise IL MPR</p> <p>1:00 "Helping Hands workshop "IL MPR</p> <p>3:00 Bingo IL MPR</p> <p>6:30 Bridge / Mexican Dominos *</p>	<p>Enjoy A Morning Walk* 6</p> <p>9:15 Coffee /Chit Chat IL Lobby</p> <p>10:00 Exercise IL MPR</p> <p>11:00 Activity Meeting in IL MPR</p> <p>300 Music with the Alexanders in AL lobby</p> <p>6:30 LCR IL MPR *</p>	<p>Day of Gone with the Wind 7</p> <p>10:00 Exercise AL MPR</p> <p>10:00 Shopping in Rainbow City Area</p> <p>11:00 Croquet IL MPR</p> <p>1:30 "Gone with the Wind "Trivia IL Piano</p> <p>2:00 "Georgia Tea" IL MPR</p> <p>4:15 Wine social by IL Piano</p> <p>5:00 dinner with Harp Music with Marie Barnes</p>	<p>1</p> <p>10:00 Pick Up Your Trivia IL Lobby</p> <p>1:00 Fun with The Wii* IL MPR</p> <p>3:00 Movie in IL Pool room- Title of Movie will be posted weekly on activity board</p> <p>New Year's Day</p>
<p>Enjoy A Morning Walk* 9</p> <p>9:00 Church Service IL MPR Rev. Mike Aldridge</p> <p>2:00 LCR IL MPR*</p> <p>Enjoy an Evening Walk</p> <p>5:00 Coffee/ Chit Chat In The Lobby*</p>	<p>Enjoy A Morning Walk* 10</p> <p>10:00 Grocery Shopping/Bank</p> <p>10:00 Exercise IL MPR</p> <p>10:30 Share Something positive 1:00 Hobby Lobby</p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p>6:30 Black Jack IL MPR*</p>	<p>Early Morning Walk 11</p> <p>9:15 Coffee / Pastry IL Lobby</p> <p>10:00 Exercise IL MPR</p> <p>12:30 Trivia Tuesday-Piano</p> <p>1:00 Goal setting for a new year IL MPR</p> <p>3:00 Bible Study AL MPR</p> <p>6:30 Rummikub- IL Card Room*</p>	<p>Enjoy A Morning Walk* 12</p> <p>10:00 Exercise IL MPR</p> <p>2:00 Penny Auction -Rehab First IL MPR</p> <p>3:00 Bingo IL MPR</p> <p>6:30 Bridge / Mexican Dominos*</p>	<p>Enjoy A Morning Walk* 13</p> <p>9:15 Coffee/ Chit Chat IL Lobby</p> <p>10:00 Exercise IL MPR</p> <p>2:00 Penny Auction with Encompass in IL MPR</p> <p>6:30 LCR IL MPR*</p>	<p>Enjoy A Morning Walk* 14</p> <p>10:00 Exercise IL MPR</p> <p>10:00 Shopping in Rainbow City Area</p> <p>2:00 "Kick Back Friday" IL Lobby</p> <p>6:30 Chicken Foot / Rook * IL MPR</p>	<p>15</p> <p>10:00 Pick Up Your Trivia IL Lobby</p> <p>1:00 Fun with The Wii* IL MPR</p> <p>3:00 Movie in IL Pool room- Title of Movie will be posted weekly on activity board</p>
<p>Enjoy A Morning Walk* 16</p> <p>9:00 Church Service IL MPR Rev. Lauil Thompson Southside Baptist</p> <p>2:00 LCR IL MPR *</p> <p>Enjoy an Evening Walk</p> <p>5:00 Coffee/ Chit Chat In</p>	<p>Enjoy A Morning Walk* 17</p> <p>10:30 Share Something positive</p> <p>1:00 Walmart</p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p>6:30 Black Jack in IL MPR*</p> <p>Martin Luther King Jr. Day</p>	<p>Early Morning Walk 18</p> <p>9:15 Coffee / Pastry IL Lobby</p> <p>10:00 Exercise AL MPR</p> <p>10:45 lunch at Olive Garden in Oxford</p> <p>12:30 Trivia Tuesday-Piano</p> <p>3:00 Bible Study AL MPR</p>	<p>Enjoy A Morning Walk* 19</p> <p>10:00 Exercise AL MPR</p> <p>2:00 Penny Auction/ Mike IL MPR</p> <p>3:00 Bingo IL MPR</p> <p>6:30 Bridge / Mexican Dominos*</p>	<p>Enjoy A Morning Walk* 20</p> <p>9:15 Coffee/ Chit Chat IL Lobby</p> <p>10:00 Exercise AL MPR</p> <p>2:00 Cornhole and Popcorn in IL Lobby</p> <p>4:00 Dinner at Bama Bucks (overflow-trip from Dec.)</p> <p>6:30 LCR IL MPR*</p>	<p>Enjoy A Morning Walk* 21</p> <p>10:00 Exercise AL MPR</p> <p>10:00 Shopping in Rainbow City Area</p> <p>2:00 "Kick Back Friday" IL Lobby</p> <p>6:30 Chicken Foot / Rook * IL MPR</p>	<p>22</p> <p>10:00 Pick Up Your Trivia IL Lobby</p> <p>1:00 Fun with The Wii* IL MPR</p> <p>3:00 Movie in IL Pool room- Title of Movie will be posted weekly on activity board</p>
<p>Enjoy A Morning Walk* 23</p> <p>9:00 Church Service IL MPR Rev. Larry Fuhrman Baptist</p> <p>2:00 LCR IL MPR *</p> <p>Enjoy an Evening Walk</p> <p>5:00 Coffee/ Chit Chat In The Lobby*</p> <p>Activity Professionals Week</p>	<p>Enjoy A Morning Walk* 24</p> <p>10:00 Grocery Shopping/Bank</p> <p>10:00 Exercise IL MPR</p> <p>10:30 Share Something positive</p> <p>1:00 TJ Maxx</p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p>6:30 Black Jack in IL MPR*</p>	<p>Early Morning Walk 25</p> <p>9:15 Coffee / Pastry IL Lobby</p> <p>9:30 Meditation Before Exercise IL MPR</p> <p>10:00 Exercise AL MPR</p> <p>12:30 Trivia Tuesday-Piano</p> <p>3:00 Bible Study AL MPR</p> <p>6:30 Rummikub- IL Card Room*</p>	<p>Enjoy A Morning Walk* 26</p> <p>10:00 Exercise AL MPR</p> <p>2:00 Monthly Resident Birthday Party IL MPR</p> <p>Australia Day (observed)</p>	<p>Enjoy A Morning Walk* 27</p> <p>9:15 Coffee/ Chit Chat IL Lobby</p> <p>10:00 Exercise AL MPR</p> <p>2:00 Charity Bingo American Heart Association. - \$5 a card or 3 cards for \$10 IL MPR</p> <p>6:30 LCR IL MPR*</p>	<p>Enjoy A Morning Walk* 28</p> <p>10:00 Exercise AL MPR</p> <p>10:00 Shopping in Rainbow City Area</p> <p>2:00 "Kick Back Friday" IL Lobby</p> <p>6:30 Chicken Foot / Rook * IL MPR</p>	<p>29</p> <p>10:00 Pick Up Your Trivia IL Lobby</p> <p>1:00 Fun with The Wii* IL MPR</p> <p>3:00 Movie in IL Pool room- Title of Movie will be posted weekly on activity board</p>
<p>Enjoy A Morning Walk* 30</p> <p>9:00 Church Service IL MPR Rev. Lauil Thompson Southside Baptist</p> <p>2:00 LCR IL MPR *</p> <p>Enjoy an Evening Walk</p> <p>5:00 Coffee/ Chit Chat In</p>	<p>Enjoy A Morning Walk* 31</p> <p>10:00 Exercise AL MPR</p> <p>10:30 Share Something positive 1:00 Walmart</p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p>6:30 Black Jack in IL MPR*</p>	<p>Calendar is subject to change. See Bulletin Boards for any changes. If you have any questions, concerns, or suggestions, please see Debbie. IL= independent living MPR= multipurpose room Red print is resident lead programs Blue print Activities staff Green-Trips out of community Please sign up for all trips out of the community</p>				

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January 2022

										<p>9:00AM SIT AND FIT EXERCISE- 1</p> <p>10:00 ENJOY A MORNING STROLL IN ATRIUM</p> <p>3:00 ARMS IN MOTION DAILY CHRONICLES</p> <p>6:00 EASY LISTINING MUSIC</p> <p>New Year's Day</p>	
		<p>9:00 SUNDAY MORING EXERCISE 2</p> <p>GOSPEL HOUR</p> <p>10:00 DEVOTION TIME</p> <p>FUN WITH THE PARACHUTE</p> <p>1:00 HYMN SING</p> <p>2:00 SOCIAL & REFRESH</p> <p>3:00 SUNDAY MOVIE</p> <p>THERAPEUTRIC COLORING</p> <p>4:00DAILY CHRONICLES</p>	<p>9:00AM SIT AND FIT EXERCISE 3</p> <p>EASY STROLL</p> <p>10:00 DEVOTION TIME</p> <p>2:00 SOCIAL & REFRESH</p> <p>3:15 DAILY DISCUSSION</p> <p>6:00 MUSICAL MONDAY</p> <p>BEAUTY SHOP DAY</p>	<p>9:15AM SIT & FIT EXERCISE- 4</p> <p>CONNIE</p> <p>EASY STROLL</p> <p>1:00 CHILLING WITH CONNIE</p> <p>4:00 ARMS IN MOTION</p> <p>6:00 JEOPARDY</p> <p>6:00 MOVIE ON HALLMARK</p>	<p>9:15AM SIT & FIT EXERCISE- 5</p> <p>CONNIE</p> <p>EASY STROLL</p> <p>10:00 DEVOTIONAL TIME</p> <p>12:30 HAPPY NAIL TIME</p> <p>3:30 ARMS IN MOTION</p> <p>4:00 DAILY CHRONICLES</p>	<p>9:15AM SIT & FIT EXERCISE- 6</p> <p>CONNIE</p> <p>10:00 HYMN THURSDAY</p> <p>PARACHUTE FUN</p> <p>1:00 BINGO WITH CONNIE</p> <p>4:00 DAILY CHRONICLES</p> <p>6:00 MUSIC</p>	<p>9:15AM SIT & FIT EXERCISE- 7</p> <p>CONNIE</p> <p>BALLOON BADMITON</p> <p>1:30 PENNY ANTE WITH CONNIE</p> <p>3:30 DAILY CHRONICLES</p> <p>4:00PM ARMS IN MOTION</p> <p>6:00 WHEEL OF FORTUNE</p>	<p>9:00AM SIT AND FIT EXERCISE- 8</p> <p>10:00 ENJOY A MORNING STROLL IN ATRIUM</p> <p>3:00 ARMS IN MOTION DAILY CHRONICLES</p> <p>6:00 EASY LISTINING MUSIC</p>			
<p>9:00 SUNDAY MORING EXERCISE 9</p> <p>GOSPEL HOUR</p> <p>10:00 DEVOTION TIME</p> <p>FUN WITH THE PARACHUTE</p> <p>1:00 HYMN SING</p> <p>2:00 SOCIAL & REFRESH</p> <p>3:00 SUNDAY MOVIE</p> <p>THERAPEUTRIC COLORING</p> <p>4:00DAILY CHRONICLES</p>	<p>9:00AM SIT AND FIT EXERCISE 10</p> <p>EASY STROLL</p> <p>10:00 DEVOTION TIME</p> <p>SHUT THE BOX GAME</p> <p>3:15 DAILY DISCUSSION</p> <p>MIX MATCH GAME</p> <p>6:00 MUSICAL MONDAY</p> <p>BEAUTY SHOP DAY</p>	<p>9:15AM SIT & FIT EXERCISE- 11</p> <p>CONNIE</p> <p>EASY STROLL</p> <p>3:15 PENNY AUCTION WITH WENDY/ENCOMPASS</p> <p>4:00 PM ARMS IN MOTION</p> <p>6:00 MOVIE ON HALLMARK</p>	<p>9:15AM SIT & FIT EXERCISE- 12</p> <p>CONNIE</p> <p>EASY STROLL</p> <p>10:00 DEVOTIONAL TIME</p> <p>12:30 HAPPY NAIL TIME</p> <p>ARMS IN MOTION</p> <p>PUZZLE FUN</p> <p>6:00 GOSPEL HOUR</p>	<p>9:15AM SIT & FIT EXERCISE- 13</p> <p>CONNIE</p> <p>10:00 HYMN THURSDAY</p> <p>PARACHUTE FUN</p> <p>1:00 MUSIC WITH WAYNE LOWE</p> <p>2:00 BINGO WITH CONNIE</p> <p>4:00 DAILY CHRONICLES</p>	<p>9:15AM SIT & FIT EXERCISE- 14</p> <p>CONNIE</p> <p>BALLOON BADMITON</p> <p>1:30 WINTER TEA PARTY WITH CONNIE</p> <p>3:30 DAILY CHRONICLES</p> <p>4:00PM ARMS IN MOTION</p> <p>GATOR GOLF</p> <p>6:00 WHEEL OF FORTUNE</p>	<p>9:00AM SIT AND FIT EXERCISE- 15</p> <p>10:00 ENJOY A MORNING STROLL IN ATRIUM</p> <p>3:00 ARMS IN MOTION DAILY CHRONICLES</p> <p>6:00 EASY LISTINING MUSIC</p>					
<p>9:00 SUNDAY MORING EXERCISE 16</p> <p>GOSPEL HOUR</p> <p>10:00 DEVOTION TIME</p> <p>FUN WITH THE PARACHUTE</p> <p>1:00 HYMN SING</p> <p>2:00 SOCIAL & REFRESH</p> <p>3:00 SUNDAY MOVIE</p> <p>THERAPEUTRIC COLORING</p> <p>4:00DAILY CHRONICLES</p>	<p>9:00AM SIT AND FIT EXERCISE 17</p> <p>EASY STROLL</p> <p>10:00 DEVOTION TIME</p> <p>SHUT THE BOX GAME</p> <p>3:15 DAILY DISCUSSION</p> <p>MIX MATCH GAME</p> <p>6:00 MUSICAL MONDAY</p> <p>BEAUTY SHOP DAY</p> <p>Martin Luther King Jr. Day</p>	<p>9:15AM SIT & FIT EXERCISE- 18</p> <p>CONNIE</p> <p>EASY STROLL</p> <p>1:00 CRAFT WITH CONNIE- SNOWFLAKE DAY</p> <p>4:00 PM ARMS IN MOTION</p> <p>6:00 MOVIE ON HALLMARK</p>	<p>9:15AM SIT & FIT EXERCISE- 19</p> <p>CONNIE</p> <p>EASY STROLL</p> <p>10:00 DEVOTIONAL TIME</p> <p>12:30 HAPPY NAIL TIME</p> <p>ARMS IN MOTION</p> <p>PUZZLE FUN</p> <p>6:00 GOSPEL HOUR</p>	<p>9:15AM SIT & FIT EXERCISE- 20</p> <p>CONNIE</p> <p>10:00 HYMN THURSDAY</p> <p>PARACHUTE FUN</p> <p>1:00 BINGO WITH CONNIE</p> <p>4:00 DAILY CHRONICLES</p>	<p>9:15AM SIT & FIT EXERCISE- 21</p> <p>CONNIE</p> <p>BALLOON BADMITON</p> <p>1:30 ARMCHAIR TRAVELWITH CONNIE</p> <p>3:30 DAILY CHRONICLES</p> <p>4:00PM ARMS IN MOTION</p> <p>GATOR GOLF</p> <p>6:00 WHEEL OF FORTUNE</p>	<p>9:00AM SIT AND FIT EXERCISE- 22</p> <p>10:00 ENJOY A MORNING STROLL IN ATRIUM</p> <p>3:00 ARMS IN MOTION DAILY CHRONICLES</p> <p>6:00 EASY LISTINING MUSIC</p>					
<p>9:00 SUNDAY MORING EXERCISE 23</p> <p>GOSPEL HOUR</p> <p>10:00 DEVOTION TIME</p> <p>FUN WITH THE PARACHUTE</p> <p>1:00 HYMN SING</p> <p>2:00 SOCIAL & REFRESH</p> <p>3:00 SUNDAY MOVIE</p> <p>THERAPEUTRIC COLORING</p> <p>4:00DAILY CHRONICLES</p> <p>6:00 MUSIC RELAXATION</p>	<p>9:00AM SIT AND FIT EXERCISE 24</p> <p>EASY STROLL</p> <p>10:00 DEVOTION TIME</p> <p>SHUT THE BOX GAME</p> <p>3:15 DAILY DISCUSSION</p> <p>MIX MATCH GAME</p> <p>6:00 MUSICAL MONDAY</p> <p>BEAUTY SHOP DAY</p>	<p>9:15AM SIT & FIT EXERCISE- 25</p> <p>CONNIE</p> <p>EASY STROLL</p> <p>1:00 CRAFT WITH CONNIE</p> <p>4:00 PM ARMS IN MOTION</p> <p>6:00 MOVIE ON HALLMARK</p>	<p>9:15AM SIT & FIT EXERCISE- 26</p> <p>CONNIE</p> <p>EASY STROLL</p> <p>10:00 DEVOTIONAL TIME</p> <p>12:30 HAPPY NAIL TIME</p> <p>ARMS IN MOTION</p> <p>PUZZLE FUN</p> <p>6:00 GOSPEL HOUR</p> <p>Australia Day (observed)</p>	<p>9:15AM SIT & FIT EXERCISE- 27</p> <p>CONNIE</p> <p>10:00 HYMN THURSDAY</p> <p>PARACHUTE FUN</p> <p>1:00 BINGO WITH CONNIE</p> <p>4:00 DAILY CHRONICLES</p>	<p>9:15AM SIT & FIT EXERCISE- 28</p> <p>CONNIE</p> <p>BALLOON BADMITON</p> <p>1:30 PENNY ANTE WITH CONNIE</p> <p>3:30 DAILY CHRONICLES</p> <p>4:00PM ARMS IN MOTION</p> <p>GATOR GOLF</p> <p>6:00 WHEEL OF FORTUNE</p>	<p>9:00AM SIT AND FIT EXERCISE- 29</p> <p>10:00 ENJOY A MORNING STROLL IN ATRIUM</p> <p>3:00 ARMS IN MOTION DAILY CHRONICLES</p> <p>6:00 EASY LISTINING MUSIC</p>					
<p>9:00 SUNDAY MORING EXERCISE 30</p> <p>GOSPEL HOUR</p> <p>10:00 DEVOTION TIME</p> <p>FUN WITH THE PARACHUTE</p> <p>1:00 HYMN SING</p> <p>2:00 SOCIAL & REFRESH</p> <p>3:00 SUNDAY MOVIE</p> <p>THERAPEUTRIC COLORING</p> <p>4:00 DAILY CHRONICLES</p>	<p>9:00AM SIT AND FIT EXERCISE 31</p> <p>EASY STROLL</p> <p>10:00 DEVOTION TIME</p> <p>SHUT THE BOX GAME</p> <p>3:15 DAILY DISCUSSION</p> <p>MIX MATCH GAME</p> <p>6:00 MUSICAL MONDAY</p> <p>BEAUTY SHOP DAY</p>	 <p style="text-align: center;">“New Beginnings”</p> <p style="text-align: center;">Royal Haven</p>									