

January 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Subject To Change

There is an appointment sheet for nail care on the ACTIVITY OFFICE window.
This is for if you need assistance with your TOENAILS
You will need your own nail clippers.

New Years Day! 1
No Admin Staff on Site

2
10 Flexibility
11 Silver Sneakers
1 Golden Rewards Pop-Up Shop
2:30 Happy Hour with Cribbage

3
10 Standing Balance
11 Uptown Errands and Lunch Out Grande Cache Hotel
1 JW Bible Study
2:30 Tele Rehab
4 Catholic Services

4
2 Movie Matinee

5
1:30 Silver Sneakers
2:30 Board Games

6
10 Standing Balance
10:30 Choir Practice with Laura
11:15 -12 Uptown Errands
1 Bingo with 50/50
3 Hand Massage

7
10 Hand Strength
11 Silver Sneakers
1 Library Program
3 Tele Rehab Check In

8
10 Senior Strength (Bands)
11 Words that Start with J
1:30 Billiards with Phil
6-8 Letter Writing Club with Cassie

9
10 Flexibility
11 Silver Sneakers
1:15 Nail Care
2:30 Happy Hour with Yahtzee

10
10 Standing Balance
11 Drumming with Susan
1 JW Bible Study
2:30 Tele Rehab
4 Catholic Services

11
2 Movie Matinee

12
1:30 Silver Sneakers
2:30 Board Games

13
10 Standing Balance
10:30 Choir Practice with Laura
1 Bingo with 50/50
3 Hand Massage

14
10 Hand Strength
11 Silver Sneakers
1 Library Program
3 Tele Rehab Check In

15
10 Senior Strength (Weights)
11 Word Scramble
1:30 Shuffleboard

16
10 Flexibility
11 Silver Sneakers
1:15 Pet Visit with Coco
2:30 Happy Hour with Giant Jenga

17
10 Standing Balance
11 Uptown Errands and Lunch at The Bighorn
1 JW Bible Study
2:30 Tele Rehab
4 Catholic Services

18
2 Movie Matinee

19
1:30 Silver Sneakers
2:30 Board Games

20
10 Standing Balance
10:30 Choir Practice with Laura
1 Bingo with 50/50
3 Hand Massage

21
10 Hand Strength
11 Silver Sneakers
1 Library Program
3 Tele Rehab Check In
International Hug Day!

22
10 Senior Strength (Joint Rotation)
11 Words in a Word
1:30 Corn Hole
6-8 Letter Writing Club with Cassie

23
10 Flexibility
11 Silver Sneakers
1:15 Nail Care
2:30 Happy Hour with Dice Games

24
10 Standing Balance
11 Uptown Errands
1 JW Bible Study
2:30 Tele Rehab
4 Catholic Services

25
2 Art Corner with Colleen

26
1:30 Silver Sneakers
2:30 Board Games

27
10 Standing Balance
10:30 Choir Practice with Laura
1 Bingo with 50/50
3 Hand Massage

28
10 Hand Strength
11 Silver Sneakers
1 Library Program
3 Tele Rehab Check In

29
10 Senior Strength (Mixed Equipment)
11 Word Association Game
1:30 Ladder Ball
3 Ice Cream Social

30
10 Flexibility
11 Silver Sneakers
1:15 Pet Visit with Coco
2:30 Happy Hour with Minute to Win It Games

31
10 Standing Balance
11 Uptown Errands and Lunch at Subway
1 JW Bible Study
2:30 Tele Rehab
4 Catholic Services