


| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|---|---|---|---|---|---|
|  <p><b>HAPPY BIRTHDAY</b><br/><b>Lidia R. - 01/08</b><br/><b>Kim J. - 01/11</b></p>  |   |   | <p>CLOSED</p>    |   |   |   |
|  <p>5<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Bands Stretching Exercise<br/>11:00 Stacking Cups Challenge<br/>1:00 Bingo \$\$\$<br/>2:00 Mini Golf<br/>3:00 Ice Cream Social<br/>4:00 Relaxation/Table Games</p> | <p>6<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Bands Stretching Exercise<br/>11:00 Stacking Cups Challenge<br/>1:00 Bingo \$\$\$<br/>2:00 Mini Golf<br/>3:00 Ice Cream Social<br/>4:00 Relaxation/Table Games</p>  | <p>7<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Tuesday Yoga<br/>11:00 Corn Hole Toss<br/>1:00 Bingo \$\$\$<br/>2:00 Painting with Twist<br/>3:00 Snack/Scrabble Letters<br/>4:00 Relaxation/Table Games</p>   | <p>8<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Sing Along Exercise<br/>11:00 Target Shuffleboard<br/>1:00 Bingo \$\$\$<br/>2:00 Balloon Badminton<br/>3:00 Teatime/Box it<br/>4:00 Relaxation/Table Games</p>   | <p>9<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Chair Stretching Exercise<br/>11:00 Bouncing Ball Fun!<br/>1:00 Bingo \$\$\$<br/>2:00 Musical Chairs<br/>3:00 Snack/Riddle Me This?<br/>4:00 Relaxation/Table Games</p>  | <p>10<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Friday Zumba!<br/>11:00 Jewelry Making Craft<br/>1:00 Bingo \$\$\$<br/>2:00 Bowling<br/>3:00 Snack/Word Search<br/>4:00 Relaxation/Table Games</p>  | <p>11<br/></p>   |
| <p><b>JANUARY TRIVIA:</b><br/><i>January is the first month of the year in the Julian and Gregorian calendar. It was added to the original Roman calendar along with February in 713 BC.</i></p> <p>12</p>  | <p>13<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Relaxation Yoga<br/>11:00 Indoor Croquet<br/>1:00 Bingo \$\$\$<br/>2:00 Carnival Games<br/>3:00 Snack/Coloring Art<br/>4:00 Relaxation/Table Games</p>  | <p>14<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Noodle Exercise<br/>11:00 Travel to ICELAND<br/>1:00 Bingo \$\$\$<br/>2:00 Bean Bag Baskets<br/>3:00 Snack/Healthy Trivia<br/>4:00 Relaxation/Table Games</p>  | <p>15<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Chair Stretching Exercise<br/>11:00 Basketball<br/>1:00 Bingo \$\$\$<br/>2:00 Winter Craft<br/>3:00 Snack/TEA SOCIAL<br/>4:00 Relaxation/Table Games</p>                   | <p>16<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Yoga Exercise<br/>11:00 Newspaper Craft<br/>1:00 Bingo \$\$\$<br/>2:00 Volleyball<br/>3:00 Snack/Music Therapy<br/>4:00 Relaxation/Table Games</p>  | <p>17<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Bands Stretching Exercise<br/>11:00 Soccer Tournament<br/>1:00 Bingo \$\$\$<br/>2:00 Twister Bean Bag Toss<br/>3:00 Snack/Happy Hour<br/>4:00 Relaxation/Table Games</p>  | <p>18</p>   |
| <p></p> <p>19</p>  | <p>20<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Chair Stretching Exercise<br/>11:00 Winter Craft<br/>1:00 Bingo \$\$\$<br/>2:00 Balloon Bash<br/>3:00 Snack/Martin Luther King Trivia<br/>4:00 Relaxation/Table Games</p>   | <p>21<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Chair Aerobic Exercise<br/>11:00 Indoor Bocce<br/>11:00 Bingo \$\$\$<br/>2:00 Joke Time/Laughter Yoga!<br/>3:00 Snack/Guess the Job<br/>4:00 Relaxation/Table Games</p>   | <p>22<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Bands Stretching Exercise<br/>11:00 Disco Day<br/>1:00 Bingo \$\$\$<br/>2:00 LIVE MUSIC With Valery<br/>3:00 Snack/Scrabble Letters<br/>4:00 Relaxation/Table Games</p>  | <p>23<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Noodle Exercise<br/>11:00 Charades!<br/>1:00 Bingo \$\$\$<br/>2:00 Basketball Pong Game<br/>3:00 Snack/60's Trivia<br/>4:00 Relaxation/Table Games</p>  | <p>24<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Relaxation Yoga<br/>11:00 Crazy Socks Day!<br/>1:00 Bingo \$\$\$<br/>2:00 Target Shuffleboard<br/>3:00 Snack/Hot Cocoa Social<br/>4:00 Relaxation/Table Games</p>      | <p>25<br/></p>  |
| <p></p> <p>26</p>   | <p>27<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Noodle Exercise<br/>11:00 Air Hockey<br/>1:00 Bingo \$\$\$<br/>2:00 Racquet Ball<br/>3:00 Snack/Jewelry Craft<br/>4:00 Relaxation/Table Games</p>   | <p>28<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Bands Stretching Exercise<br/>11:00 January Craft<br/>1:00 Bingo \$\$\$<br/>2:00 Moneyball<br/>3:00 Snack/Painting<br/>4:00 Relaxation/Table Games</p>  | <p>29<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Friday Zumba!<br/>11:00 Skill Ball Contest<br/>1:00 Bingo \$\$\$<br/>2:00 Penguin Game<br/>3:00 Snack/Music Trivia<br/>4:00 Relaxation/Table Games</p>  | <p>30<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Relaxation Yoga<br/>11:00 Pictionary<br/>1:00 Bingo \$\$\$<br/>2:00 Hot Seat Game<br/>3:00 Ice Cream Social<br/>4:00 Relaxation/Table Games</p>  | <p>31<br/>8:00 Breakfast, Coffee &amp; Social<br/>9:00 Daily Chronicles<br/>10:00 Chair Stretching Exercise<br/>11:00 Multicultural Travel<br/>1:00 Bingo \$\$\$<br/>2:00 LIVE MUSIC<br/>3:00 Snack/Geographic Game<br/>4:00 Relaxation/Table Games</p>  | <p>31<br/></p> <p>Welcome to the<br/><b>TLC FUN CLUB</b></p> |