

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Assisted Living <span style="float: right;">*Activities may vary</span>  <h1 style="text-align: center;">January 2025</h1> <p style="text-align: center;">"The Beginning Is Always Today."</p>			<u>New Year's Day</u> <u>Bowl Me Over Day.</u> 1 8:00 Rose Parade Live Broadcast- LR 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex 1:30 Movie Matinee- LR	<u>Science Fiction Day.</u> 2 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR	<u>Lord of The Rings Day.</u> 3 9:15 Morning Walk 10:30 Volleyball- LR <b>10:30 Ralph's</b> 11:15 Stretch & Flex- LR <b>1:15 Trivia- AR</b> <b>2:00 Marshall's</b> 2:30 Rummikub- AR 3:30 Poker- AR	<u>Billboard Day.</u> 4 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advance Volleyball- LR 5:30 Movie Night- LR (See Posting)
5 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 82nd Annual Golden Globe Awards Broadcast Live- LR	<u>Epiphany Day.</u> 6 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR	<u>Trivia Day.</u> 7 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR <b>1:30 Dollar Tree</b> <b>2:30 Exercise w/ music for                your mind, heart &amp; Soul - LR</b> 3:30 Poker- AR	<u>Show &amp; Tell Day.</u> 8 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR <b>1:15 Rummikub- AR</b> 3:30 Show & Tell- LR	<u>Dear Abby Day.</u> 9 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit <b>11:15 Brent's Deli</b> 1:30 Bingo- AR <b>2:00 Ralph's</b> 3:30 Advanced Volleyball- LR	10 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR <b>1:15 Fab &amp; Fit Yoga- LR</b> 2:15 Arts & Crafts- AR 3:30 Poker- AR	11 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting)
12 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)	<u>Cézanne Day.</u> 13 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR <b>3:30 Painting w/ Oscar- AR</b>	<u>Poetry Day.</u> 14 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR <b>1:30 Mid-Valley Library</b> <b>2:30 Unity In Motion- LR</b> 3:30 Poker-AR	<u>Humanitarian Day</u> <u>First Super Bowl Anniversary.</u> 15 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR <b>1:30 Show &amp; Tell- LR</b> 3:00 Happy Hour!- AR	<u>Super Hero Day.</u> 16 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:00 Advanced Volleyball- LR	<u>Gourmet Coffee Day.</u> 17 9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 Trader Joe's</b> 11:15 Stretch & Flex- LR <b>1:15 Fab &amp; Fit Yoga- LR</b> <b>2:00 Walmart</b> 2:30 Arts & Crafts- AR 3:30 Poker- AR	18 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting)
<u>Activities Professionals Week</u> 19 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)	<u>Martin Luther King Jr. Day.</u> 20 9:15 Morning Walk 10:30 Volleyball - LR <b>11:15 Lido's Pizza</b> 11:15 Stretch & Flex- LR <b>1:00 History Biography-                Martin Luther King- LR</b> 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 4:30 College National Championship Game- LR	21 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR <b>12:30 Hobby Lobby</b> 1:15 Trivia Tuesday- AR <b>2:30 Exercise w/ music for                your mind, heart &amp; soul - LR</b> 3:30 Poker- AR	<u>Hot Tea Day.</u> <u>Minnie Mouse Day.</u> 22 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR <b>1:30 Unity In Motion- LR</b> 3:00 Spa Hour- AR	23 9:15 Walk & Chat 10:30 Volleyball- LR <b>11:00 Celebration of Jewish                Life w/ Rabbi Jim- AR</b> 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:00 Advanced Volleyball- LR	<u>World Day for African          Afro-descendant Culture</u> 24 9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 Ralph's Market</b> 11:15 Stretch & Flex- LR <b>1:15 Fab &amp; Fit Yoga- LR</b> <b>2:00 Ross/ DD's</b> <b>2:30 Suzanne's Travels- LR</b> 3:30 Poker- AR	<u>Casa Blanca Day.</u> 25 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting)
<u>Paul Newman Day.</u> 26 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting) Australia Day (Observed)	<u>Holocaust Memorial Day.</u> <u>Mozart's Birthday.</u> 27 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:00 Holocaust Documentary- LR 1:30 Bingo- AR <b>3:30 Painting w/ Oscar- AR</b>	<u>Strange Socks Day.</u> 28 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR <b>2:30 Rummikub For                Beginners- AR</b> 3:30 Poker- AR	<u>Chinese New Year!</u> 29 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR <b>1:00 Resident                Council Meeting- LR</b> <b>1:30 Town Hall Meeting- LR</b>	<u>Favorite Sports Team Day.</u> 30 <b>8:00 Solvang City</b> 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:00 Advanced Volleyball- LR	<u>Japanese History Day.</u> 31 9:15 Morning Walk 10:30 Volleyball - LR <b>10:30 Ralph's Market</b> 11:15 Stretch & Flex- LR <b>1:15 Fab &amp; Fit Yoga- LR</b> <b>1:30 Westfield Mall</b> 2:30 Trivia w/ Oscar- AR 3:30 Poker- AR	<div style="text-align: center;"> <u>Key Note</u>            Living Room= LR            Dining Room= DR            Activity Room= AR   </div>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Memory Care

\*Activities may vary

# January 2025

New Year's Day

1

9:15 Happy Feet Walk  
 9:45 Soothing Exercise  
 10:30 Garden Chat  
 12:45 Bingo  
 2:30 Sing-along  
 3:00 Racquetball  
 4:30 New Year's Day Celebration!

2

9:15 Walk & Chat  
 9:45 Sit & Fit  
**10:30 Balloon Volleyball**  
 12:45 Let's Chat!  
 1:45 Lake Balboa Outing!  
 3:30 History Lesson & Hot Chocolate

3

9:15 Happy Feet Walk  
 9:45 Soothing Exercise  
 10:30 Balloon Racquetball  
 12:45 Arts & Crafts  
**2:30 Card Match**  
 3:30 Getting To Know You

4

9:15 Happy Feet Walk  
 9:45 Stretch & Flex  
**10:30 Sing-Along**  
 11:30 Balloon Volleyball  
 12:45 Home Trivia  
 2:00 Garden Ice Cream Social  
 3:00 Outdoor Reading 101

5

Epiphany Day

6

9:15 Sit & Fit  
 9:45 Walk & Chat  
 12:45 Bullseye  
 2:30 Sing-along  
 3:30 Racquetball

9:15 Morning Walk  
 9:45 Soothing Exercise  
 10:30 Balloon Toss/ Kick  
 12:45 Art & Impact  
 1:45 English 101  
 2:30 Bingo!  
**3:30 Math w/ Emma**

Trivia Day

7

9:15 Happy Feet Walk  
 9:45 Stretch & Flex  
 10:30 Balloon Volleyball  
**1:00 Trivia**  
 1:45 Kickball  
 2:30 Bingo!  
**3:30 Exercise w/ music for your mind, heart & soul.**

Show & Tell Day

8

9:15 Happy Feet Walk  
 9:45 Soothing Exercise  
**10:30 Arts & Crafts**  
 12:45 Sing-along  
**1:00 Ice Cream Social**  
 2:30 Show & Tell  
 3:00 Bingo!

Dear Abby Day

9

9:15 Walk & Chat  
 9:45 Sit & Fit  
 10:30 Warm Chocolate Social  
 12:45 Garden Chat  
 1:45 Balloon Volleyball  
 2:30 Pretty Nails  
 3:30 Bingo!

10

9:15 Happy Feet  
 9:45 Soothing Exercise  
 10:30 Let's Travel  
 12:45 Show & Tell  
 1:45 Garden Chat  
**2:30 Yoga w/ Jenny!**  
 3:30 Sing Along

11

The Price Is Right  
 9:15 Happy Feet Walk  
 9:45 Stretch & Flex  
 10:30 Music Videos  
 12:45 Sing-Along  
 2:00 History Lesson  
**2:30 Volleyball**

12

Cézanne Day

13

9:15 Sit & Fit  
 9:45 Walk & Chat  
 12:45 Bullseye  
 1:45 Card Match  
 2:30 Sing-along  
 3:00 Travel w/ Emma

9:15 Morning Walk  
 9:45 Soothing Exercise  
 10:30 Balloon Toss/ Kick  
**12:45 Art & Fun!**  
 1:45 Bingo!  
 3:30 Manicure Monday

Poetry Day

14

9:15 Stretch & Flex  
 9:45 Let's Dance!  
 10:30 Sing-along  
 12:45 Trivia 101  
 1:45 Outdoor Volleyball  
 2:30 History 101  
**3:30 Unity In Motion**

Humanitarian Day  
First Super Bowl Anniversary

15

9:15 Happy Feet Walk  
 9:45 Soothing Exercise  
 10:30 Sing-along  
**12:45 Arts & Crafts**  
 1:30 Bingo!  
 3:30 Racquetball

Super Hero Day

16

9:15 Walk & Chat  
 9:45 Sit & Fit  
**11:00 Celebration of Jewish Life w/ Rabbi Jim- AR**  
**10:00 Donuts & Sight Seeing**  
 12:45 Sing-along  
**1:30 Travel w/ Armando**  
 3:00 Card Match

17

9:15 Happy Feet  
 9:45 Soothing Exercise  
**10:30 Let's Dance!**  
 12:45 Trivia w/ Emma  
**2:30 Yoga w/ Jenny!**  
 3:30 Lots of Dots

18

Snow White Day  
 9:15 Happy Feet Walk  
 9:45 Stretch & Flex  
**10:30 Aroma Therapy**  
 12:45 Sing-along  
 2:00 History Lesson  
 3:00 Kickball

Activity Professionals Week

19

9:15 Sit & Fit  
 9:45 Walk & Chat  
 1:45 Karaoke  
 2:00 History 101  
 3:15 Racquetball  
 4:00 Travel w/ Emma

Martin Luther King Jr. Day

20

9:15 Morning Walk  
 9:45 Soothing Exercise  
 10:30 Kickball  
**12:45 Arts & Crafts**  
 1:45 Bingo!  
 2:30 Let's Bake Cookies!  
 3:30 History w/ Emma

21

9:15 Happy Feet Walk  
 9:45 Stretch & Flex  
 10:30 Ball Toss  
 12:45 Sing-along  
 1:45 Puzzle Pieces & Hot Chocolate  
**2:30 Art with Impact**  
**3:30 Exercise w/ music for your mind, heart & soul.**

Hot Tea Day  
Minnie Mouse Day

22

9:15 Happy Feet Walk  
 9:45 Soothing Exercise  
 10:30 Card Match  
 1:00 Sing-along  
 1:30 Racquetball  
**2:30 Unity In Motion**  
 3:00 Movie Matinee

23

9:15 Walk & Chat  
 9:45 Sit & Fit  
 10:30 Puzzle Pieces  
 12:45 Sing-along  
**1:00 Resident Council Meeting**  
**1:30 Town Hall Meeting**  
 1:45 Lots of Dots Art  
 2:30 Math 101  
**3:30 Aroma Therapy**

24

World Day for Afro-Descendant Culture  
 9:15 Happy Feet  
 9:45 Soothing Exercise  
 10:30 Balloon Volleyball  
 12:45 Let's Travel  
**1:30 Drawing 101**  
**2:30 Yoga W/ Jenny!**  
 3:30 Bullseye!

25

Casa Blanca Day  
 9:15 Happy Feet Walk  
 9:45 Stretch & Flex  
**10:30 Sing-along**  
 12:45 History Lesson  
 2:00 Let's Bake Cookies  
 3:00 Show & Tell

26

Mozart's Birthday

27

9:15 Sit & Fit  
 10:30 Walk & Chat  
 12:45 Bullseye  
**1:45 Let's Decorate Cupcakes**  
 2:30 Sing-along  
 3:30 Racquetball  
 4:00 Movie- Night

9:15 Morning Walk  
 9:45 Soothing Exercise  
 10:30 Balloon Toss/ Kick  
 12:45 Card Match  
 2:30 Bingo!  
 3:30 Manicure Monday

Strange Socks Day

28

9:15 Happy Feet  
 9:45 Stretch & Flex  
 10:30 Let's Dance!  
 12:45 Trivia Tuesday  
 1:30 Bingo!  
**3:30 Sing-along**

29

9:15 Happy Feet Walk  
 9:45 Soothing Exercise  
 10:30 Let's Dance!  
 12:45 Balloon Stamping  
**1:30 Ice Cream Social**  
 2:30 History Lesson  
 3:00 Bingo!  
 4:30 Chinese New Year

Favorite Sports Team

30

9:15 Walk & Chat  
 9:45 Sit & Fit  
 10:30 Sing-along  
 12:45 Garden Chat  
 1:45 Balloon Volleyball  
 2:30 Pretty Nails  
 3:30 Bingo!

31

9:15 Happy Feet  
 9:45 Soothing Exercise  
 10:30 Balloon Volleyball  
 12:45 Let's Travel  
**1:30 Drawing 101**  
**2:30 Yoga W/ Jenny!**  
 3:30 Bullseye!

"All You Need Is Love."

Australia Day (Observed)

Chinese New Year