


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:45 Mass on Ch 18 10:00 Church services on TV 3:00 Movies or TV sports <u>New Year's Day</u>	2 10:00 Rose Bowl parade 2:30 Snacks on unit and watch the bowl games on TV.	3 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Bingo and sodas	4 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Nail care	5 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Bingo and Hot chocolate	6 10:00 Magi Art sheets 10:30 Devotion 2:45 Hymns with Nancy on S1 <u>Epiphany</u>	7 10:00 Room visits /Exercise video/Art sheets/ Inspiration of the day 1:00 Rest time 3:00 Movie or games on units
8 8:45 Mass on Ch 18 10:00 Church services on TV 1:00 Relaxation time 3:00 Movies or TV sports	9 10:00 Current events & coffee 10:15 Exercise 10:30 Devotion 1:00 Aromatherapy time 2:00 Foot spa and nail care	10 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Snacks with Hot Toddies and Bingo	11 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Arts & crafts- Making snowflakes and snacks	12 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Cup of Hot Tea and Bingo	13 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 <u>Friday the 13th Social and trivia</u>	14 10:00 Room visits /Exercise video/Art sheets/ Inspiration of the day 1:00 Rest time 3:00 Movie or games on units
15 8:45 Mass on Ch 18 10:00 Church services on TV 1:00 Relaxation time 3:00 Movies or TV sports	16 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Watch movie- <u>Selma Martin Luther King, Jr. Day</u>	17 10:00 Golden Girls trivia 10:15 Betty White's birthday 10:30 Devotion 2:30 Cheesecake and Bingo	18 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Musical Bingo	19 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Dolly Parton music and movie	20 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:45 Hymns with Nancy on S1	21 10:00 Room visits /Exercise video/Art sheets/ Inspiration of the day 1:00 Rest time 3:00 Movie or games on units
22 8:45 Mass on Ch 18 10:00 Church services on TV 3:00 Movies or TV sports <u>Chinese New Year</u>	23 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Music on TV	24 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Sing along or music on TV	25 10:00 Coffee and doughnuts 10:30 Resident's Council with Sonja 2:30 Nail care and soothing music	26 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Bingo and Fairy bread snacks	27 10:00 Remembering the 60's 10:15 Exercise 10:30 Devotion 2:30 <u>Groovy Birthday party</u>	28 10:00 Room visits /Exercise video/Art sheets/ Inspiration of the day 1:00 Rest time 3:00 Movie or games on units
29 8:45 Mass on Ch 18 10:00 Church services on TV 1:00 Relaxation time 3:00 Movies or TV sports	30 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Snacks on unit	31 10:00 Coffee and current events 10:15 Exercise 10:30 Devotion 2:30 Hot chocolate and Bingo				

All activities are flexible, any changes will be posted on the bulletin board.