

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Resident Birthdays</b> Dorothy Vickers 8th		Moving to Music Exercise Short Story Reading Busy Hands Club Guidepost Articles  <b>Happy New Year</b>	Leisure Walking Creative Expressions Chicken Soup for the Soul Kickball Exercise Nature Documentary	Chair Yoga Gratitude Inspirations Sit and Be Fit Cornhole Toss	Stretching for Health Bird Watching Creative Expressions Popcorn and a Movie	Chair Exercise Learning about Stamps Creative Expressions Music through the Ages Evening Cultural Tea Evening Musicals
6:30a Catholic Mass (WGN) Spiritual Inspirations Mystery Puzzles Poetry Reading Nature Sounds/Deep Relaxation	Chair Yoga Color Me Calm Musical Friends Happy Hour Creative Expressions	Crafts A Walk Through Time: Clocks Warm Apple Cider Gathering	Balance Strength Exercise Short Story Discussion Chicken Soup for the Soul Kickball Exercise Afternoon Sweet Treats	Chair Yoga Bird Watching and "Calls" Historical Documentary Sensory Hand Massages Happy Hour	Stretching for Health Cue Exercises Creative Expressions Hooks and Needles	Coffee Talk Comedy Hour Magic Word Puzzles Colorful Mandalas Evening Musicals
6:30a Catholic Mass (WGN) Spiritual Inspirations Decorating Cookies Wintery Music	Stretch and Sway Creative Expressions Aromatherapy and Massage Music and Meditation Baby Animals Documentary	Total Body Fitness Short Story Reading Color Me Calm Inspirational Quotes Evening Tea	Leisure Walking Chicken Soup for the Soul Science Experiment Kickball Exercise Creative Expressions	Chair Yoga Leg Strength for Balance <b>Driving Tour</b> Sing A Long Purposeful Art Session	Chair Yoga UNO Game Craft Corner Baking Bread	Coffee Talk Comedy Hour Magic Word Puzzles Colorful Mandalas Evening Musicals
6:30a Catholic Mass (WGN) Spiritual Inspirations Nature Sounds/Deep Relaxation Poetry Reading Color Me Calm	Sit and Be Fit Creative Expressions Poets Corner Nature Documentary	Balloon Volleyball Winter Reminiscing Musical Friends Alaska Attractions Busy Hands Club	Leisure Walking Creative Expressions Music and Meditation UNO Card Game	Stretching for Health Gratitude Inspirations Sit and Be Fit Cornhole Toss Candlelight Dinner	Chair Yoga Create Old Fashioned Greeting Cards Happy Hour Movie Night	Coffee Talk Comedy Hour Magic Word Puzzles Colorful Mandalas Evening Musicals
6:30a Catholic Mass (WGN) Spiritual Inspirations Color Me Calm Music for the Soul Poetry Reading	Chair Yoga Creative Expressions Sensory Hand Massages Purposeful Art Session	Moving to Music Exercise Short Story Reading Busy Hands Club Guidepost Articles	Leisure Walking Creative Expressions Chicken Soup for the Soul Kickball Exercise Nature Documentary	Stretching for Health Cue Exercises Color Me Calm Short Story Reading UNO Card Game	Chair Yoga Bird Watching Creative Expressions Popcorn and a Movie	Coffee Talk Comedy Hour Magic Word Puzzles Colorful Mandalas Evening Musicals
6:30a Catholic Mass (WGN) Spiritual Inspirations Mystery Puzzles Poetry Reading Nature Sounds/Deep Relaxation	Chair Yoga Color Me Calm Musical Friends Creative Expressions	<b>JANUARY 2019</b> <i>The Gardens</i>				

**ACTIVITY LOCATOR KEY**