

JANUARY EVENTS & ACTIVITIES

TRADITIONS

MANAGED BY SURPASS SENIOR LIVING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AROUND THE WORLD</p> <p>This month we travel to</p> <p>CHINA</p> <p>Join us as we explore our region of the month and check your calendar for days, times and locations of this month's events. If you have a special story, pictures or anything else you would like to share, please see the Resident Program Director</p> 	<p>LEGEND</p> <p>Dimensions of Wellness</p> <p>Social</p> <p>Physical</p> <p>Community Connections</p> <p>Intergenerational</p> <p>Spiritual</p> <p>Intellectual</p> <p>Emotional</p>	<p>1</p> <p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Dance Fitness</p> <p>10:00 Coupon Clippers Club & Snack Stop</p> <p>10:30 Bible Stories</p> <p>11:00 Helping Hands</p> <p>2:00 Bon Appetite Baking</p> <p>3:00 Activity Sampler</p> <p>4:00 Helping Hands</p> <p>6:00 Family History</p>	<p>2</p> <p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Prop Exercise</p> <p>10:00 Brainbusters Trivia & Snack Stop</p> <p>10:30 Mind, Body & Soul Meditation</p> <p>11:00 Helping Hands</p> <p>2:00 Scrumptious Soup Days</p> <p>3:00 Creative Crafters Class</p> <p>4:00 Helping Hands</p> <p>6:00 "Things of Old" Reminiscence</p>	<p>3</p> <p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Chair Yoga</p> <p>10:00 Rhyme the Word & Snack Stop</p> <p>10:30 "How I Feel Today" Journaling</p> <p>11:00 Helping Hands</p> <p>2:00 Bon Appetite Baking</p> <p>3:00 Musical Memory Lane</p> <p>4:00 Helping Hands</p> <p>6:00 Messages & Memories</p>	<p>4</p> <p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Walking Club</p> <p>10:00 Dear Abby & Snack Stop</p> <p>10:30 Hymn Sing</p> <p>11:00 Helping Hands</p> <p>2:00 Bingo Maniacs</p> <p>3:00 Letter Writing</p> <p>4:00 Helping Hands</p> <p>6:00 "Dear Seniors" Advice</p>	
5	6	7	8	9	10	11
<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Walking Club</p> <p>10:00 Finish the Cliché & Snack Stop</p> <p>10:30 Hymn Sing</p> <p>11:00 Helping Hands</p> <p>2:00 Ice Cream Soda Sunday Social</p> <p>3:00 Family Photos</p> <p>4:00 Helping Hands</p> <p>6:00 Tea & Table Talk</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Senior Stretch</p> <p>10:00 Find the Object & Snack Stop</p> <p>10:30 Life Stories</p> <p>11:00 Helping Hands</p> <p>2:00 Bob Appetite Baking</p> <p>3:00 "In Bloom" Flower Arranging</p> <p>4:00 Helping Hands</p> <p>6:00 Color & Coffee</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Balloon Volleyball</p> <p>10:00 Famous People & Snack Stop</p> <p>10:30 Stories of Inspiration</p> <p>11:00 Helping Hands</p> <p>2:00 Scrumptious Soup Days</p> <p>3:00 "Creative Expressions" Art Class</p> <p>4:00 Helping Hands</p> <p>6:00 Music of Elvis</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Dance Fitness</p> <p>10:00 Coupon Clippers Club & Snack Stop</p> <p>10:30 Bible Stories</p> <p>11:00 Helping Hands</p> <p>2:00 Bon Appetite Baking</p> <p>3:00 Activity Sampler</p> <p>4:00 Helping Hands</p> <p>6:00 Family History</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Prop Exercise</p> <p>10:00 Brainbusters Trivia & Snack Stop</p> <p>10:30 Mind, Body & Soul Meditation</p> <p>11:00 Helping Hands</p> <p>2:00 Scrumptious Soup Days</p> <p>3:00 Creative Crafters Class</p> <p>4:00 Helping Hands</p> <p>6:00 "Things of Old" Reminiscence</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Chair Yoga</p> <p>10:00 Rhyme the Word & Snack Stop</p> <p>10:30 "How I Feel Today" Journaling</p> <p>11:00 Helping Hands</p> <p>2:00 Bon Appetite Baking</p> <p>3:00 Musical Memory Lane</p> <p>4:00 Helping Hands</p> <p>6:00 Messages & Memories</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Walking Club</p> <p>10:00 Dear Abby & Snack Stop</p> <p>10:30 Hymn Sing</p> <p>11:00 Helping Hands</p> <p>2:00 Bingo Maniacs</p> <p>3:00 Letter Writing</p> <p>4:00 Helping Hands</p> <p>6:00 "Dear Seniors" Advice</p>
12	13	14	15	16	17	18
<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Walking Club</p> <p>10:00 Finish the Cliché & Snack Stop</p> <p>10:30 Hymn Sing</p> <p>11:00 Helping Hands</p> <p>2:00 Ice Cream Soda Sunday Social</p> <p>3:00 Family Photos</p> <p>4:00 Helping Hands</p> <p>6:00 Tea & Table Talk</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Senior Stretch</p> <p>10:00 Find the Object & Snack Stop</p> <p>10:30 Life Stories</p> <p>11:00 Helping Hands</p> <p>2:00 Bob Appetite Baking</p> <p>3:00 "In Bloom" Flower Arranging</p> <p>4:00 Helping Hands</p> <p>6:00 Color & Coffee</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Balloon Volleyball</p> <p>10:00 Famous People & Snack Stop</p> <p>10:30 Stories of Inspiration</p> <p>11:00 Helping Hands</p> <p>2:00 Scrumptious Soup Days</p> <p>3:00 "Creative Expressions" Art Class</p> <p>4:00 Helping Hands</p> <p>6:00 Music of Frank Sinatra</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Dance Fitness</p> <p>10:00 Coupon Clippers Club & Snack Stop</p> <p>10:30 Bible Stories</p> <p>11:00 Helping Hands</p> <p>2:00 Bon Appetite Baking</p> <p>3:00 Activity Sampler</p> <p>4:00 Helping Hands</p> <p>6:00 Family History</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Prop Exercise</p> <p>10:00 Brainbusters Trivia & Snack Stop</p> <p>10:30 Mind, Body & Soul Meditation</p> <p>11:00 Helping Hands</p> <p>2:00 Scrumptious Soup Days</p> <p>3:00 Creative Crafters Class</p> <p>4:00 Helping Hands</p> <p>6:00 "Things of Old" Reminiscence</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Chair Yoga</p> <p>10:00 Rhyme the Word & Snack Stop</p> <p>10:30 "How I Feel Today" Journaling</p> <p>11:00 Helping Hands</p> <p>2:00 Bon Appetite Baking</p> <p>3:00 Musical Memory Lane</p> <p>4:00 Helping Hands</p> <p>6:00 Messages & Memories</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Walking Club</p> <p>10:00 Dear Abby & Snack Stop</p> <p>10:30 Hymn Sing</p> <p>11:00 Helping Hands</p> <p>2:00 Bingo Maniacs</p> <p>3:00 Letter Writing</p> <p>4:00 Helping Hands</p> <p>6:00 "Dear Seniors" Advice</p>
19	20	21	22	23	24	25
<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Walking Club</p> <p>10:00 Finish the Cliché & Snack Stop</p> <p>10:30 Hymn Sing</p> <p>11:00 Helping Hands</p> <p>2:00 Ice Cream Soda Sunday Social</p> <p>3:00 Family Photos</p> <p>4:00 Helping Hands</p> <p>6:00 Tea & Table Talk</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Senior Stretch</p> <p>10:00 Find the Object & Snack Stop</p> <p>10:30 Life Stories</p> <p>11:00 Helping Hands</p> <p>2:00 Bob Appetite Baking</p> <p>3:00 "In Bloom" Flower Arranging</p> <p>4:00 Helping Hands</p> <p>6:00 Color & Coffee</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Balloon Volleyball</p> <p>10:00 Famous People & Snack Stop</p> <p>10:30 Stories of Inspiration</p> <p>11:00 Helping Hands</p> <p>2:00 Scrumptious Soup Days</p> <p>3:00 "Creative Expressions" Art Class</p> <p>4:00 Helping Hands</p> <p>6:00 Music of Ray Charles</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Dance Fitness</p> <p>10:00 Coupon Clippers Club & Snack Stop</p> <p>10:30 Bible Stories</p> <p>11:00 Helping Hands</p> <p>2:00 Bon Appetite Baking</p> <p>3:00 Activity Sampler</p> <p>4:00 Helping Hands</p> <p>6:00 Family History</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Prop Exercise</p> <p>10:00 Brainbusters Trivia & Snack Stop</p> <p>10:30 Mind, Body & Soul Meditation</p> <p>11:00 Helping Hands</p> <p>2:00 Scrumptious Soup Days</p> <p>3:00 Creative Crafters Class</p> <p>4:00 Helping Hands</p> <p>6:00 "Things of Old" Reminiscence</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Chair Yoga</p> <p>10:00 Rhyme the Word & Snack Stop</p> <p>10:30 "How I Feel Today" Journaling</p> <p>11:00 Helping Hands</p> <p>2:00 Bon Appetite Baking</p> <p>3:00 Musical Memory Lane</p> <p>4:00 Helping Hands</p> <p>6:00 Messages & Memories</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Walking Club</p> <p>10:00 Dear Abby & Snack Stop</p> <p>10:30 Hymn Sing</p> <p>11:00 Helping Hands</p> <p>2:00 Bingo Maniacs</p> <p>3:00 Letter Writing</p> <p>4:00 Helping Hands</p> <p>6:00 "Dear Seniors" Advice</p>
26	27	28	29	30	31	
<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Walking Club</p> <p>10:00 Finish the Cliché & Snack Stop</p> <p>10:30 Hymn Sing</p> <p>11:00 Helping Hands</p> <p>2:00 Ice Cream Soda Sunday Social</p> <p>3:00 Family Photos</p> <p>4:00 Helping Hands</p> <p>6:00 Tea & Table Talk</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Senior Stretch</p> <p>10:00 Find the Object & Snack Stop</p> <p>10:30 Life Stories</p> <p>11:00 Helping Hands</p> <p>2:00 Bob Appetite Baking</p> <p>3:00 "In Bloom" Flower Arranging</p> <p>4:00 Helping Hands</p> <p>6:00 Color & Coffee</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Balloon Volleyball</p> <p>10:00 Famous People & Snack Stop</p> <p>10:30 Stories of Inspiration</p> <p>11:00 Helping Hands</p> <p>2:00 Scrumptious Soup Days</p> <p>3:00 "Creative Expressions" Art Class</p> <p>4:00 Helping Hands</p> <p>6:00 Music of Dean Martin</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Dance Fitness</p> <p>10:00 Coupon Clippers Club & Snack Stop</p> <p>10:30 Bible Stories</p> <p>11:00 Helping Hands</p> <p>2:00 Bon Appetite Baking</p> <p>3:00 Activity Sampler</p> <p>4:00 Helping Hands</p> <p>6:00 Family History</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Prop Exercise</p> <p>10:00 Brainbusters Trivia & Snack Stop</p> <p>10:30 Mind, Body & Soul Meditation</p> <p>11:00 Helping Hands</p> <p>2:00 Scrumptious Soup Days</p> <p>3:00 Creative Crafters Class</p> <p>4:00 Helping Hands</p> <p>6:00 "Things of Old" Reminiscence</p>	<p>9:00 Rise & Shine Morning Greet</p> <p>9:30 Chair Yoga</p> <p>10:00 Rhyme the Word & Snack Stop</p> <p>10:30 "How I Feel Today" Journaling</p> <p>11:00 Helping Hands</p> <p>2:00 Bon Appetite Baking</p> <p>3:00 Musical Memory Lane</p> <p>4:00 Helping Hands</p> <p>6:00 Messages & Memories</p>	<p>HAPPY Birthday</p> <p>Say Happy Birthday to our January babies!</p> <p>Betty B 23rd</p>

Note: Scheduled activities and events are subject to change without prior notice. Please see Life Enrichment staff for any possible changes and/or updates.



MCF #104579