


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>10:00 Weekend Stretch –NU 10:30 Reminiscing: New year's Resolutions – NU 11:00 Hymn Sing - NU 2:00 Ball Toss - NU 3:00 Sing- A- Long – NU 4:00 What More Do You Know</p> <p>New Year's Day</p>	<p>2</p> <p>10:00 Ship Shape Training 10:30 This or That Trivia-NU 11:00 Arts & Craft-NU 11:00 Exercise w/George –Cafe 2:00 Memory Magic – NU 3:00 Group Discussion – NU 4:00 Visit w/ Paro – NU</p>	<p>3</p> <p>10:00 Exercise to Music - NU 10:30 News & Views – NU 11:00 Larry Scott performs 2:30 Cooking Club –Café 3:30 Happy Hour – AL 4:30 "A Penny for Your Thoughts" Game - AL 4:00 Link Senior - NU</p>	<p>4</p> <p>10:00 Morning Stretch – NU 10:30 Catholic Service-AL 11:00 Morning Trivia - NU 11:00 Exercise w/George –Cafe 2:00 Spiritual Enrichment w/ Scott – GAL 3:00 Eskimo Treat Social -GAL 4:00 Toss The Ring - NU</p>	<p>5</p> <p>10:00 Balloon Volley Ball 10:30 Current News - NU 11:00 Morning Circle – NU 2:00 Armchair Travel –NU 3:00 Bingo!- NU 4:00 Giant CW Puzzle –NU 6:30 Evening Tea - AL</p>	<p>6</p> <p>10:00 Ball Toss – NU 10:30 Name That Bird - NU 11:00 Sing-A-Long -NU 1:30 Movie - TH 2:00 Hand Massages – NU 3:00 Nutty Social – NU 4:00 Bird Feeder Craft – NU</p>	<p>7</p> <p>10:00 Morning Stretch – NU 10:30 11:00 Bingo! – NU 2:00 Computer Help w/Billy 3:00 Painting– NU 4:00 Catholic Mass -VH 4:00 Word Games</p>	
<p>8</p> <p>10:00 Weekend Stretch – NU 10:30 Hymn Sing - NU 11:00 Giant CW Puzzle 2:30 Brian Rudolf – Elvis Presley Program 3:00 Sing-a-Long – NU 4:00 Parlor Games-NU</p>	<p>9</p> <p>10:00 Fun & Fitness– NU 10:30 This or That Trivia – NU 11:00 Musical Balloon Toss- NU 11:00 Exercise w/ George –Cafe 2:00 Wheel of Fortune – NU 3:00 Bingo – NU 4:00 Parlor Games – NU</p>	<p>10</p> <p>10:00 Bowling - NU 10:30 Spelling Bee – NU 11:00 Music w/ Cheryl Conway - NU 12:00 Lunch Outing- Red Lobster - Fairfax 2:00 Woodwork Painting - NU 3:00 Ambrosia Salad C – Café 3:30 Happy Hour – AL 4:00 "Let's Make a Deal"- NU</p>	<p>11</p> <p>10:00 Ball Toss – NU 10:30 "The Price Is Right " - NU 11:00 Bach To Rock 11:00 Exercise w/George-Cafe 2:00 Spiritual Enrichment w/ Scott – GAL 3:00 "Stir Up Your Soup" Social – GAL 4:00 Hand Massages – NU</p>	<p>12</p> <p>10:00 Exercise to Music – NU 10:30 News & Views - NU 11:00 "Rapsodhy in Blue" Music Listening – NU 1:15 Expressive Art w/ Christa 2:00 What Year Was It? 3:00 Bingo! – NU 4:00 Visit w/ Paro – NU 6:30 Evening Tea - AL</p>	<p>13</p> <p>10:00 Chair Aerobics – NU 10:30 Guess Who – Trivia - NU 10:30 Catholic Service 11:00 Exercise w/George –AL 2:00 Songs from the 40s - NU 3:00 Group Discussions - NU 4:00 Activity Cart Visit -NU</p>	<p>14</p> <p>10:00 Morning Stretch – NU 11:00 Bingo! – NU 1:30 Pet Pals Visit 2:00 Computer Help w/Billy 4:00 Catholic Mass-VH 3:00 Painting– NU 4:00 Word Games</p>	
<p>15</p> <p>10:00 Weekend Stretch – NU 10:30 Currents Events – NU 11:00 Hymn Sing - NU 2:00 Arts & Crafts – NU 3:00 Sing –a – Long – NU 4:00 This & That Trivia - NU</p>	<p>16</p> <p>10:00 Morning Fitness – NU 10:30 Martin Luther King Trivia – NU 11:00 Discussion Group – NU 11:00 Exercise w/ George-Cafe 2:00 Elder Trivia - NU 3:00 Linked Senior 4:00 Parlor Games – NU</p> <p>Martin Luther King, Jr. Day</p>	<p>17</p> <p>10:00 Exercise to Music –NU 11:00 Tea & Trivia Tuesday -NU 2:00 Arts & Crafts – NU 3:00 You Be The Judge – NU 3:30 Happy Hour – AL 4:30 Famous Birthdays - GAL 4:00 Sing –A-Long – NU</p>	<p>18</p> <p>10:00 Morning Stretch – NU 10:30 Morning Trivia – NU 11:00 Music Appreciation - NU 11:00 Exercise w/George-Cafe 2:00 Spiritual Enrichment w/ Scott – GAL 3:00 Hot Chocolate Social -GAL 4:00 Visit w/Paro – NU</p>	<p>19</p> <p>10:00 Exercise to Music 11:00 Garden Club - NU 12:00 Resident Council Mtg.-AL 2:30 Resident Council Mtg.-AL 3:00 Giant CW Puzzle –NU 4:00 Bingo! - NU 6:30 Evening Tea - AL</p>	<p>20</p> <p>10:00 Chair Aerobics – NU 10:30 Catholic service - AL 11:00 Exercise w/George –Café 11:00 Lunch Outing – House of Fortune 1:30 Movie - TH 2:00 Group Discussion: You Be The Judge- NU 3:00 Snowball Social– NU 4:00 Activity Cart Visits - NU</p>	<p>21</p> <p>10:00 Morning Stretch – NU 11:00 Bingo! – NU 2:00 Computer Help w/Billy 3:00 Painting– NU 4:00 Catholic Mass-VH 4:00 Word Games-NU</p>	
<p>22</p> <p>10:00 Morning Stretch- NU 10:30 Currents Events- NU 11:00 Hymn Sing - NU 2:00 Arts & Crafts-NU 3:00 Sing –a- Long- NU 4:00 Group Discussion – NU</p>	<p>23</p> <p>10:00 Fun & Fitness – NU 10:30 Armchair Travel – NU 11:00 Toss Across Game-NU 11:00 Exercise w/ George- Cafe 2:00 Memory Magic-NU 3:00 Chinese New Year Social 4:00 Sing-A-Long - NU 6:30 Movie – TH</p> <p>Chinese New Year</p>	<p>24</p> <p>10:00 Exercise to Music - NU 10:30 Trivia Treasure- NU 11:00 Jewelry Making - AL 2:00 Arts & Crafts – NU 3:00 History of Sweets – w/ Rosa Weinstein - TH 3:00 Cooking Club-Café 3:30 Happy Hour-AL 4:00 Link Senior- NU</p>	<p>25</p> <p>10:00 Morning Stretch- NU 10:30 Morning Trivia- NU 11:00 Bowling -NU 11:00 Exercise w/George-Cafe 2:00 Spiritual Enrichment w/ Scott – Galley 3:00 Social – NU 4:00 Journey End – NU 6:00 Resident Birthday Party</p>	<p>26</p> <p>10:00 Exercise to Music -NU 10:30 Dominoes - NU 1:15 Expressive Art w/ Christa 2:00 Bull's Eye Game – NU 3:00 Book Club - GAL 3:00 Bingo - NU 4:00 Word Teasers- NU 6:30 Discussion Group - AL</p>	<p>27</p> <p>10:00 Exercise to Music – NU 10:30 Catholic Service-AL 11:00 Exercise w/George- Café 11:00 Classical Music Listening - NU 2:00 Linked Senior - NU 3:00 Ring Toss Game – NU 4:00 Activity Cart Visits - NU</p>	<p>28</p> <p>Legend NU – Nursing Unit AL – Assisted Living LDR – Lower Dining Room GAL - Galley Assisted Living TH - Theater Assisted Living VH – Vinson Hall</p>	
<p>29</p> <p>10:00 Morning Stretch- NU 10:30 Currents Events- NU 11:00 Hymn Sing - NU 2:00 Arts & Crafts-NU 3:00 Sing –a- Long- NU 4:00 Group Discussion - NU</p>	<p>30</p> <p>10:00 Fun & Fitness – NU 10:30 This or That Trivia-NU 11:00 Toss Across Game-NU 11:00 Exercise w/ George- Cafe 2:00 Memory Magic-NU 3:00 Arts & Crafts- NU 4:00 Parlor Games- NU 6:30 Movie – TH</p>	<p>31</p> <p>10:00 Exercise to Music - NU 10:30 News & Views -NU 11:00 Trivia Treasure- NU 2:00 Foil Art-NU 3:00 Cooking Club-Café 3:30 Happy Hour-AL 4:00 Link Senior- NU</p>	<p>January 2012 Arleigh Burke Pavilion Healthcare</p>				

Activities are subject to change.