



# January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>ASSISTED LIVING</b></p>	 <p><b>THE KEY</b> <b>LOCATIONS</b> ACTIVITY ROOM (AR) LIVING ROOM (LR) DINING ROOM (DR) COURTYARD (CY)</p>					<p><b>1</b> MUSICAL BALL at 10am (AR) EXERCISE at 11am (LR) BINGO at 2pm (AR) SING ALONG at 3pm (LR) MOVIE NIGHT at 7pm (LR)</p>
<p><b>2</b> HISTORY VIDEO: History 101 at 10am (AR) EXERCISE at 11am (LR) SCENIC DRIVE: Ed Levin at 2pm (Sign up. Limit 10 Residents) MATINEE MOVIE at 2pm (LR) MOVIE NIGHT at 7pm (LR)</p>	<p><b>3</b> BRAIN FITNESS: <i>Crossword Puzzles P.1</i> at 10am (AR) EXERCISE w/EV at 11am (LR) RESIDENT'S MEETING at 2:30pm (DR) GIANT CRAZY 8s at 3:15pm (LR) MOVIE NIGHT at 7pm (LR) <b>HAPPY BIRTHDAY JENNIFER G.!</b></p>	<p><b>4</b> CREATIVE SELF EXPRESSION w/ Jorel at 10am (AR) EXERCISE w/ Ines at 11am (LR) BIRTHDAY CONCERT w/ Lee Allen at 2pm (LR) ART APPRECIATION at 3pm (AR)</p>	<p><b>5</b> CURRENT EVENTS w/ Ken at 10:15am (AR) EXERCISE at 11am (LR) HEALTH &amp; RELAXATION w/ Lu at 2pm (AR) RESIDENT STORE (2nd FL) From 3:00pm -3:30pm MOVIE NIGHT (LR) at 7pm <b>HAPPY BIRTHDAY MARY LOU M.!</b></p>	<p><b>6</b> NATURE VIDEO: Tiny Creatures at 10am (AR) EXERCISE w/ EV at 11am (LR) BINGO at 2pm (AR) BALANCE CLASS w/ ONR at 3:30pm (LR) MOVIE NIGHT at 7pm (LR)</p>	<p><b>7</b> MUSIC APPRECIATION at 10am (AR) EXERCISE at 11am (LR) <b>HAPPY HOUR</b> From 3:00pm to 4:00pm MOVIE NIGHT (LR) at 7pm (LR)</p>	<p><b>8</b> RELAXATION COLORING at 10am (AR) EXERCISE at 11am (LR) MATINEE MOVIE at 2pm (LR) SHORT WALK at 2pm (Sign Up. Limit 4) MOVIE NIGHT at 7pm (LR)</p>
<p><b>9</b> HISTORY VIDEO: History 101 at 10:00am (AR) EXERCISE at 11am (LR) DRUGSTORE OUTING: Walgreens at 2pm (Sign Up) MATINEE MOVIE at 2pm (LR) MOVIE NIGHT at 7pm (LR) <b>HAPPY BIRTHDAY PEGGY F.!</b></p>	<p><b>10</b> BRAIN FITNESS: <i>A-Z Game</i> at 10am (AR) EXERCISE w/EV at 11am (LR) CONCERT w/ <i>Pamela Page</i> at 2pm (LR) FLOWER ARRANGING for Dining Room Tables at 3pm (AR) MOVIE NIGHT at 7:00pm (LR) <b>TRIVIA DINNER NIGHT!</b></p>	<p><b>11</b> CREATIVE SELF EXPRESSION w/ Jorel at 10am (AR) EXERCISE w/ Ines at 11am (LR) HORTICULTURE w/ John at 2pm (AR) ART APPRECIATION at 3pm (AR)</p>	<p><b>12</b> CURRENT EVENTS w/ Ken at 10:15am (AR) EXERCISE at 11am (LR) HEALTH &amp; RELAXATION w/ Lu at 2pm (AR) RESIDENT STORE (2nd FL) From 3:00pm -3:30pm MOVIE NIGHT (LR) at 7pm</p>	<p><b>13</b> NATURE VIDEO: Chasing Coral at 10am (AR) EXERCISE w/ EV at 11am (LR) MEN'S LUNCH at 12pm (AR) NATURE PHOTOGRAPHY TALKS w/ Joan Sparks at 2:15pm (AR) BALANCE CLASS w/ ONR at 3:30pm (LR) MOVIE NIGHT at 7pm (LR)</p>	<p><b>14</b> MUSIC APPRECIATION at 10am (AR) EXERCISE at 11am (LR) JEOPARDY at 2pm (AR) BAKING GROUP: Coconut Macaroons at 3:15pm (AR) MOVIE NIGHT (LR) at 7pm <b>HAPPY BIRTHDAY PAUL H.!</b></p>	<p><b>15</b> MUSICAL BALL at 10am (AR) EXERCISE at 11am (LR) BINGO at 2pm (AR) SING ALONG at 3pm (LR) MOVIE NIGHT at 7pm (LR)</p>
<p><b>16</b> HISTORY VIDEO: History 101 at 10:00am (AR) EXERCISE at 11am (LR) FIELD TRIP OUTING: Palo Alto Art Center 2pm (Sign Up. Limit 8) MATINEE MOVIE at 2pm (LR) MOVIE NIGHT at 7pm (LR)</p>	<p><b>17 MLK Jr. Day</b> BRAIN FITNESS: <i>MLK Trivia Challenge</i> at 10am (AR) EXERCISE w/EV at 11am (LR) CONCERT w/ <i>Benito Cortez</i> at 2pm (LR) ARTS &amp; CRAFTS: MLK at 3:15pm (AR) MOVIE NIGHT: MLK JR. at 7pm (LR)</p>	<p><b>18</b> CREATIVE SELF EXPRESSION w/ Jorel at 10am (AR) EXERCISE w/ Ines at 11am (LR) COOKING DEMO w/ Chef Colin at 2pm (LR) BOOK CLUB MEETING at 2pm (3FL) ART APPRECIATION at 3pm (AR)</p>	<p><b>19</b> CURRENT EVENTS w/ Ken at 10:15am (AR) EXERCISE at 11am (LR) HEALTH &amp; RELAXATION w/ Lu at 2pm (AR) RESIDENT STORE (2nd FL) From 3:00pm -3:30pm MOVIE NIGHT (LR) at 7pm</p>	<p><b>20</b> NATURE VIDEO: Tiny Creatures at 10am (AR) EXERCISE w/ EV at 11am (LR) BINGO at 2pm (AR) BALANCE CLASS w/ ONR at 3:30pm (LR) MOVIE NIGHT at 7pm (LR)</p>	<p><b>21</b> MUSIC APPRECIATION at 10am (AR) EXERCISE at 11am (LR) LIBRARY OUTING: Mitchell's Park at 1pm (Sign Up) <b>HAPPY HOUR</b> From 3:00pm to 4:00pm MOVIE NIGHT at 7pm (LR)</p>	<p><b>22</b> RELAXATION COLORING at 10am (AR) EXERCISE at 11am (LR) ARTS &amp; CRAFTS: Snowman Picture Frame at 2pm (AR) MATINEE MOVIE at 3pm (LR) MOVIE NIGHT at 7pm (LR) <b>HAPPY BIRTHDAY JACK B.!</b></p>
<p><b>23 / 30</b> HISTORY VIDEO: History 101 at 10:00am (AR) EXERCISE at 11am (LR) MATINEE MOVIE at 2pm (LR) SHORT WALK at 2pm (Sign Up. Limit 4) — (23rd) SCENIC DRIVE: Saratoga at 2pm (30th) Sign Up. Limit 10 Residents MOVIE NIGHT at 7pm (LR)</p>	<p><b>24 / 31</b> BRAIN FITNESS: <i>Word Scramble</i> at 10am (AR) EXERCISE w/EV at 11am (LR) CONCERT w/ Beethoven Trio at 2pm. (LR)—(24th) FLOWER ARRANGING for Dining Room Tables at 3:15pm (AR) —(24th) ARTS &amp; CRAFTS: Newspaper Polar Bear at 2pm (AR) — (30th) BAKING GROUP: Lemon Tarts at 3pm (30th) MOVIE NIGHT at 7:00pm (LR) <b>TRIVIA DINNER NIGHT (24th)</b></p>	<p><b>25</b> CREATIVE SELF EXPRESSION w/ Jorel at 10am (AR) EXERCISE w/ Ines at 11am (LR) HORTICULTURE w/ John at 2pm (AR) ART APPRECIATION at 3pm (AR)</p>	<p><b>26</b> CURRENT EVENTS w/ Ken at 10:15am (AR) EXERCISE at 11am (LR) HEALTH &amp; RELAXATION w/ Lu at 2pm (AR) RESIDENT STORE (2nd FL) From 3:00pm -3:30pm MOVIE NIGHT (LR) at 7pm</p>	<p><b>27</b> NATURE VIDEO: Tiny Creatures at 10am (AR) EXERCISE w/ EV at 11am (LR) MENU MEETING w/ Chef Colin at 2:30pm (DR) BALANCE CLASS w/ ONR at 3:30pm (LR) MOVIE NIGHT at 7pm (LR)</p>	<p><b>28</b> MUSIC APPRECIATION at 10am (AR) EXERCISE at 11am (LR) BLACKJACK at 2pm (AR) SHABBAT at 3:15pm (AR) MOVIE NIGHT at 7pm (LR)</p>	<p><b>29</b> RELAXATION COLORING at 10am (AR) EXERCISE at 11am (LR) MATINEE MOVIE at 2pm (LR) SHORT WALK at 2pm (Sign Up. Limit 4) MOVIE NIGHT at 7pm (LR)</p>