



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  | | | | <p>(AC) 2nd floor Activity Center (DR) Dining Room (T) Theater (PA) Pool Area (W) Weight room. (L) Lobby (CA) Computer Area</p> | <p>Every outdoor Activity is weather permitting. If unable to go outside we will do In house game or Activity</p> | <p>Dining Room Hours: Breakfast 7am-9am Lunch 11am-1pm Dinner 4pm-6pm</p> |
| <p>1 Activity Center has cards, board games for your convenience. Games will be at the front desk upon request. When done please return to the desk. Thank you</p> | <p>2 9:00 (W) Upper Body Workout 10:00 (AC) New Year Resolution plan 2:00 (AC) Texas Hold 'Em 3:30 (AC) Basic Spanish 4:00 (AC) Crosswords</p> | <p>3 9:00 (AC) Music & relaxation 10:00 (AC) Nail Spa 1:15 (L) Walmart/Dollar Tree 2:30 (AC) Games & Refreshments 3:30 (AC) January Vision Board 5:00 (AC) UNO</p> | <p>4 9:00 (W) Upper Body Workout 10:00 (L) Going to the Library 1:15 (L) Walmart/Dollar Tree 1:30 (DR) Line Dancing 3:30 (AC) Open Mic 5:00 (AC) Adult Coloring 6:00 (AC) Bible Study</p> | <p>5 9:00 (AC) Morning Stretches 10:00 (AC) Hot Chocolate & convos  1:00-2:00 (AC) Gospel Hour 1:15 (L) Forman Mills 4:30 (AC) Sip & Paint</p> | <p>6 9:00 (W) Full Body Workout 11:00 (L) Lunch @Chipotle (Must have money on hand) 2:00 (AC) Movie & Popcorn 4:00 (AC) Sudoku 6-7pm (DR) Happy Hour</p> | <p>7 10:00 (AC) Pick a project 11am (CA) Create an E-mail 2:00 (DR) BINGO 3:30 (AC) Social Hour 5:00 (AC) Game of Pool 7-9p (AC) Game Night & Old School House</p> |
| <p>8 Activity Center has cards, board games for your convenience. Games will be at the front desk upon request. When done please return to the desk. Thank you</p> | <p>9 9:00 (W) Upper Body Workout 10:00 (AC) Left,Right,Center 2:00 (AC) Women's Discussion Group 3:30 (AC) Poetry Reading 4:00 (AC) Word Search</p> | <p>10 9:00 (AC) Music & relaxation 10:00 (AC) Origami 2:00 (DR) Resident Council 3:00 (AC) Talent show meeting 5:00 (AC) Connect Four</p> | <p>11 9:00 (W) Resistance Band Workout 12:00 (L) Horseshoe Casino 1:30 (DR) Debate Day 3:30 (AC) Open Mic 5:00 (AC) Word Scramble 6:00 (AC) Bible Study</p> | <p>12 9:00 (AC) Morning Stretches 10:00 (AC) National Hot Tea Day 12:00 (L) Nature Museum 1:00-2:00 (AC) Gospel Hour 5:00 (AC) Sand Art</p> | <p>13 9:00 (W) Full body workout 10:00 (AC) Jewelry Making 1:30 (DR) Food Committee Meeting 2:00 (DR) BINGO 3:00 (AC) Movie & Snacks 5:00 (AC) Brain Teasers</p> | <p>14 10:00 (AC) Hot Chocolate & convos 11:00 (AC) Bean Bag Toss 2:00 (AC) Spades 3:00 (AC) Sip & Paint 4:30 (AC) Karaoke</p> |

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| <p>15 Activity Center has cards, board games for your convenience. Games will be at the front desk upon request. When done please return to the desk.</p> <p>Thank you</p> | <p>16 9:00(W) Upper Body Workout 10:00 (AC) Sip & Paint 2:00 (AC) Women's Discussion Group 3:30 (AC) Basic Spanish 4:00 (AC) Crosswords</p>  | <p>17 9:00 (AC) Music & relaxation 10:00 (AC) Two truths & a Lie 2:00 (DR) MLK celebration program 3:30 (AC) Trivia Tuesday 5:00 (AC) UNO</p> | <p>18 9:00 (W) Resistance band Workout 10:00 (AC) Nail Spa 1:30 (DR) Line Dancing 2:30 (AC) Texas Hold 'em 3:30 (AC) Open Mic 5:00 (AC) Adult Coloring 6:00 (AC) Bible Study</p> | <p>19 9:00 (AC) Morning Stretches 10:30 (L) Art Institute of Chicago</p>  <p>1:00-2:00 (AC) Gospel Hour 3:30 (AC) Movie & Popcorn 5:00 (AC) Game of Pool</p> | <p>20 9:00 (W) Full body workout</p> <p>10:00 (AC) Chess/Checkers</p> <p>1:45 (DR) Talent/Fashion Show</p> <p>5:00 (AC) Sudoku</p> <p>6-7pm (DR) Happy Hour</p> | <p>21 10:00 (AC) Jenga 11:00 (AC) Microwave Meal Ideas 2:00 (DR) BINGO 3:30 (AC) Candle Making 5:00 (AC) Sign-up for basketball tournament 7-9p (AC) Game Night & Old School House</p> |
| <p>22 Activity Center has cards, board games for your convenience. Games will be at the front desk upon request. When done please return to the desk.</p> <p>Thank you</p> | <p>23 9:00 (W) Upper Body Workout 10:00 (AC) DIY Stress Balls 2:00 (AC) Women's Discussion Group 3:30 (AC) Crocheting for beginners 4:00 (AC) Word Search</p> | <p>24 9:00 (AC) Music for the soul</p> <p>10:00 (AC) Jewelry Making</p> <p>12:00 (L) Field Museum</p>  <p>5:00 (AC) Trivia Tuesday</p> | <p>25 9:00 (W) Resistance Band Workout 10:00 (AC) Hot Chocolate & convos 1:30 (DR) Debate Day 2:30 (AC) Activity Meeting 3:30 (AC) Open Mic 5:00 (AC) Word Scramble 6:00 (AC) Bible Study</p> | <p>26 9:00 (AC) Morning Stretches 10:00 (AC) Writer's workshop Meeting 1:00-2:00 (AC) Gospel Hour 2:00 (DR) BINGO 3:30 (AC) Karaoke 5:00 (AC) Sand Art</p> | <p>27 9:00 (W) Full Body Workout</p> <p>10:00 (AC) Finger Painting 2:00 (AC) January b-day celebration 3:00 (AC) Movie & Ice cream 5:00 (AC) Brain Teasers</p> | <p>28 10:00 (AC) Board Game of choice 11:00 (AC) Dominoes 2:00 (AC) Men's Social Group 3:30 (AC) Spades 5:00 (AC) Name that Tune</p> |
| <p>29 Activity Center has cards, board games for your convenience. Games will be at the front desk upon request. When done please return to the desk. Thank you</p> | <p>30 9:00 (W) Upper Body Workout 10:00 (AC) Story Swapping 2:00 (AC) Women's Discussion Group 3:30 (AC) Jenga 4:00 (AC) Crosswords</p> | <p>31 9:00 (AC) Music for the soul 10:00 (AC) Sip & Paint 2:00 (DR) Town Hall Meeting 3:00 (AC) Game of Pool 4:30 (AC) Comedy Time</p> | |  | |  |