

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>January 2025</b> Heritage Manor West – Unit 4 **Activities subject to change at any time**</p>			<p>1 10:15 Brain Teasers &amp; Mind Joggers (BL) 11:00 Rise &amp; Shine Stretch (BL) <b>2:30 New Year's Celebration with Rhonda! (AUD)</b></p> <p>New Year's Day</p>	<p>2 10:15 Geography Trivia (IN2L) 11:00 Noodle Fitness (BL) <u>2:15 Classic Cuisine: Pull Apart Cheesy Garlic Bread (H)</u></p>	<p>3 10:15 People of Faith (BL) 11:00 Rosary (YT) (BL) <b>2:30 January Birthday Celebration with Cecelia (AUD)</b></p>	<p>4 10:15 Name That Tune (BL) 11:00 Morning Stretch (BL) 2:15 Bingo (WGR)</p>
<p>5 10:30 Who/What Am I (BL) 11:15 Light Flex &amp; Stretch (BL) 2:30 Worship Service (AUD)</p>	<p>6 10:15 Wheel of Fortune (BL) 11:00 Rise &amp; Shine Stretch (BL) 2:15 Bingo (WGR)</p>	<p>7 10:15 Crafter's Corner: Snowflake Wreath (BL) 11:00 Piano with Ruth E. (BL) 2:30 Worship Service &amp; Communion Service (AUD)</p>	<p>8 10:15 Elvis Presley Trivia (BL) 11:00 Rock &amp; Roll Exercise <b>12:00 Candlelight Luncheon: Celebrating Chinese New Year (PACU dining room)</b> 2:30 Resident Council, Menu &amp; Activity Planning Meeting 3:45 Tchaikovsky's Swan Lake (YT) (F)</p>	<p>9 10:15 Winter Words Within on Whiteboard (BL) 11:00 Sit &amp; Be Fit Stretch (BL) <u>2:15 Classic Cuisine: Scrumptious Purpleyam Crinkle Cookies (H)</u></p>	<p>10 10:15 People of Faith (BL) 11:00 Rosary (YT) (BL) <b>2:30 Musical Performance with Mary Taylor (WGR)</b></p>	<p>11 10:15 Would You Rather (BL) 11:00 Stretch &amp; Flex (BL) 2:15 Bingo (WGR)</p>
<p>12 10:30 Bible Trivia (IN2L) (BL) 11:15 Morning Flex (BL) 2:30 Worship Service (AUD)</p>	<p>13 10:15 Press Your Luck (IN2L) (BL) 11:00 Elastic Band Stretch (BL) 2:15 Bingo (WGR)</p>	<p>14 10:15 Crafter's Corner: Snowflake Ornaments (BL) 11:00 Karaoke Sing-along with LindiMoo (YT) 2:30 Worship Service (AUD)</p>	<p>15 10:15 You Be The Judge (BL) 11:00 Rise &amp; Shine Stretch (BL) 2:15 Afternoon Stretch (BL) 2:30 Bocce Ball (BL)</p>	<p>16 10:15 Family Feud with teams (IN2L) 11:00 Dumbbell Fitness (BL) <b>2:15 Winter Wonderland Tea Party (WGR)</b></p>	<p>17 10:15 People of Faith (BL) 11:00 Rosary (YT) (BL) <u>2:15 Classic Cuisine: Silky Custard Cake with Ann (H)</u></p>	<p>18 10:15 Penny Ante (BL) 11:00 Light Stretch (BL) 2:15 Bingo (WGR)</p>
<p>19 10:30 Piggy Bankers (IN2L) 11:15 Flex &amp; Stretch (BL) 2:30 Worship Service (AUD)</p>	<p>20 <b>10:30 Live Jazz Band Performance (AUD)</b> 2:15 Bingo (WGR)</p>	<p>21 10:15 Crafter's Corner: Winter Watercolor Scenes (BL) 11:00 Piano with Ruth E. (BL) 2:30 Worship Service (AUD)</p>	<p>22 10:15 Match &amp; Pair (IN2L) 11:00 Stretch, Flex &amp; Kickball (BL) 2:15 Afternoon Stretch (BL) 2:30 Miniature Golf (BL)</p>	<p>23 10:15 Brain Teasers &amp; Mind Joggers (BL) 11:00 Rise &amp; Shine Stretch (BL) 2:15 Afternoon Flex (BL) 2:30 Jeopardy Trivia (BL)</p>	<p>24 10:15 People of Faith (BL) 11:00 Rosary (YT) (BL) <u>2:15 Classic Cuisine: Sourdough Bread with Sofia (H)</u></p>	<p>25 10:15 Target Toss Game 11:00 Morning Stretch &amp; Flex 2:15 Bingo (WGR)</p>
<p>26 10:30 Press Your Luck (IN2L) 11:15 Light Flex &amp; Stretch (BL) 2:30 Worship Service (AUD)</p>	<p>27 10:15 Assorted Table &amp; Board Games Event (BL) 11:00 Noodle Fitness (BL) 2:15 Bingo (WGR)</p>	<p>28 10:15 Crafter's Corner: Design &amp; send your own postcard! (BL) 11:00 Karaoke Sing-along with Susie Q (YT) 2:30 Worship Service (AUD) 5:00 Take-out Pizza night (WGR)</p>	<p>29 10:15 Winter Scattegories on Whiteboard (BL) 11:00 Rise &amp; Shine Stretch (BL) 2:15 Afternoon Flex (BL) 2:30 Lucky Strike Bowling (BL)</p>	<p>30 10:15 Winter Charades (BL) 11:00 Dumbbell Fitness (BL) <u>2:15 Classic Cuisine: Baking Travels: Jamaica (H)</u></p>	<p>31 10:15 People of Faith (BL) 11:00 Rosary (YT) (BL) 2:15 Jeremy's Cruising Europe Program (BL)</p>	<p><b>Abbreviation Key</b> (BL)- Blanton Lounge (WGR)- West Great Room (AUD)- Auditorium (IN2L)- Interactive Computer Games (YT)- YouTube Premium (H)- Hearth Kitchen area (F) = Fireplace TV</p>