

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday




January 2021



New Year Social
"Donut and Hot Cocoa"
What's up for 2021?

10:00 Fourth Floor
 11:00 Second Floor
 2:00 Third Floor
 3:00 First Floor



New Year's Day

10:00 Balloon Tennis – 4th Floor
 10:30 January Tidbits - 4th Floor
 11:00 Balloon Tennis/
 January Tidbits – 2nd Floor
 1:00 Mail Delivery / Walking
 2:00 Minnie & Crystal Duo–Front Bldg.
 3:30 Balloon Tennis- 1st Floor
 3:30 January Tidbits – 1st Floor

Virtual Sunday Religious Service
 (Per Resident preference)
 Exercise Program
 10:00 - 4th Floor
 11:00 - 2nd Floor
 2:00 - 3rd Floor
 3:00 - 1st Floor

10:00 Fun & Fit- 4th Floor
 10:30 Health Tips - 4th
 11:00 Fun & Fit– 2nd Fl.
 11:30 Health Tips - 2ndF
 1:00 Mail Delivery /Walking
 2:00 Fun & Fit – 3rd Floor
 2:30 Health Tips -3rd F.
 3:00 Fun & Fit -1st Floor
 3:30 Health Tips-1st Fl.

10:00 Music Bingo/ Exercise
 – 3rd Fl- CR
 11:00 Body Strengthening - 2nd Fl.
 11:30 Discussion: "Emergency Preparedness" - 2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Music Bingo/ Exercise-4th Fl- L
 3:00 Body Strengthening - 1st Fl.
 3:30 Discussion: "Emergency Preparedness" - 1st Fl.

10:00 Staying Fit –4th Fl.
 10:30 Discussion: "Emergency Preparedness" – 4th Floor
 10:30 Music BINGO/ Be Fit – 2nd Fl.
 11:00 Staying Fit -2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Staying Fit - 3rd Fl.
 2:30 "Emergency Preparedness" - 3rd Fl.
 2:30 Music BINGO/ Be Fit- 1st Fl.
 3:00 Staying Fit -1st Fl.

Pie Day
 10:00 Chair Yoga/ Exercise – 4th Fl
 10:30 Travelogue – 4th Floor
 11:00 Chair Yoga/ Exercise – 2nd Fl.
 11:30 Travelogue -2nd Floor
 1:00 Mail Delivery / Walking
 2:00 Chair Yoga/ Exercise – 3rd Fl.
 2:30 Travelogue – 3rd Floor
 3:00 Chair Yoga/ Exercise – 1st Fl.
 3:30 Travelogue – 1st Floor

10:00 BINGO/Gentle Stretch - 4th Fl.
 10:00 Gentle Stretch Exercise - 4th Fl.
 10:30 Elvis Presley Trivia - 4th Fl.
 11:00 Gentle Stretch Exercise - 2nd Fl.
 11:30 Elvis Presley Trivia - 2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 BINGO/Gentle Stretch - 3rd Fl
 2:00 Gentle Stretch Exercise - 3rd Fl.
 2:30 Elvis Presley Trivia - 3rd Floor
 3:00 Gentle Stretch Exercise - 1st Fl.
 3:30 Elvis Presley Trivia - 1st Floor

10:00 Balloon Tennis – 4th Fl.
 10:30 Finish the Line – 4th Fl.
 10:30 Music BINGO/Chaircercise- 2nd F
 11:00 Balloon Tennis – 2nd Fl.
 11:30 Finish the Line – 2nd Fl.
 1:00 Jewish Service- Lounge
 1:00 Mail Delivery / Walking
 2:00 Balloon Tennis – 3rd Floor
 2:30 Finish the Line – 3rd Floor
 2:30 BINGO/ Chaircercise – 1st Floor
 3:00 Balloon Ten./ Finish the Line-1st F

Virtual Sunday Religious Service
 (Per Resident preference)
 Exercise Program
 10:00 - 4th Floor
 11:00 - 2nd Floor
 2:00 - 3rd Floor
 3:00 - 1st Floor
Catholic Communion @ 10:30 - Community Rm.

10:00 Fun & Fit- 4th Floor
 10:30 EZ Does Trivia – 4th Floor
 11:00 Fun & Fit– 2nd Fl.
 11:30 EZ Does Trivia - 2nd Fl.
 1:00 Mail Delivery /Walking
 2:00 Fun & Fit – 3rd Floor
 2:30 EZ Does Trivia – 3rd Fl.
 3:00 Fun & Fit -1st Floor
 3:30 EZ Does Trivia – 1st Fl.

10:00 Music BINGO/ Exercise
 – 3rd Fl- CR
 11:00 Body Strengthening - 2nd Fl.
 11:30 Cranium Crunches - 2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Music BINGO/Exercise-4th Fl- L
 3:00 Body Strengthening - 1st Fl.
 3:30 Cranium Crunches - 1st Fl.

10:00 Staying Fit – 4th Fl.
 10:30 Headbanz– 4th Floor
 10:30 Music BINGO/ Be Fit –2nd Fl.
 11:00 Staying Fit -2nd Fl.
 11:30 Headbanz Game – 2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Staying Fit - 3rd Fl.
 2:30 Headbanz Game – 3rd Fl.
 2:30 Music BINGO/ Be Fit- 1st Fl.
 3:00 Staying Fit -1st Fl.

Cookie Day
 10:00 Chair Yoga/ Exercise – 4th Fl
 10:30 Travelogue – 4th Fl.
 11:00 Chair Yoga/ Exercise – 2nd Fl.
 11:30 Travelogue -2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Chair Yoga/ Exercise – 3rd Fl.
 2:30 Travelogue – 3rd Fl.
 3:00 Chair Yoga/ Exercise – 1st Fl.
 3:00 Zoom: Resident Council

10:00 BINGO/Gentle Stretch - 4th Fl.
 10:00 Gentle Stretch Exercise - 4th Fl.
 10:30 Jeopardy with Crissele - 4th Floor
 11:00 Gentle Stretch Exercise
 11:30 Jeopardy with Crissele - 2nd Floor
 1:00 Mail Delivery / Walking
 2:00 BINGO/Gentle Stretch - 3rd Floor
 2:00 Gentle Stretch Exercise – 3rd Fl.
 2:30 Jeopardy with Crissele - 3rd Floor
 3:00 Gentle Stretch Exercise -1st Fl.
 3:30 Jeopardy - 1st Floor

10:00 Balloon Tennis – 4th Floor
 10:30 Word Game – 4th Floor
 10:30 BINGO/Chaircercise- 2nd Fl.
 11:00 Balloon Tennis – 2nd Fl.
 11:30 Word Game – 2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Balloon Tennis – 3rd Fl.
 2:30 Word Game – 3rd Fl.
 2:30 BINGO/ Chaircercise – 1st Fl.
 3:00 Balloon Tennis- 1st Fl
 3:30 Word Game – 1st Fl.

Virtual Sunday Religious Service
 (Per Resident preference)
 Exercise Program
 10:00 - 4th Floor
 11:00 - 2nd Floor
 2:00 - 3rd Floor
 3:00 - 1st Floor

10:00 Fun & Fit- 4th Floor
 10:30 MLK Trivia/ History – 4th Floor
 11:00 Fun & Fit– 2nd Fl.
 11:30 MLK Trivia/ History - 2nd Fl.
 1:00 Mail Delivery /Walking
 2:00 Fun & Fit – 3rd Floor
 2:30 MLK Trivia/ History – 3rd Fl.
 3:00 Fun & Fit -1st Floor
 3:30 MLK Trivia/ History – 1st Fl.
 Martin Luther King Day

10:00 Music BINGO/ Exercise
 – 3rd Fl- CR
 11:00 Body Strengthening - 2nd Fl.
 11:30 Memory Jugglers - 2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Music BINGO/Exercise-4th Fl- L
 3:00 Body Strengthening - 1st Fl.
 3:30 Memory Jugglers - 1st Fl.

10:00 Staying Fit – 4th Fl.
 10:30 Matching Game – 4th Fl.
 10:30 Music BINGO/ Be Fit –2nd Fl.
 11:00 Staying Fit -2nd
 1:00 Mail Delivery / Walking
 2:00 Staying Fit - 3rd Fl.
 2:30 Matching Game – 3rd Fl.
 2:30 Music BINGO/ Be Fit - 1st Fl.
 3:00 Staying Fit -1st Fl.
 3:30 Matching Game – 1st Fl.

Yogurt Parfaits Day
 10:00 Gentle Stretch – 4th Fl
 10:30 Travelogue – 4th Fl.
 11:00 Gentle Stretch – 2nd Fl.
 11:30 Travelogue -2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Gentle Stretch – 3rd Fl.
 2:30 Travelogue – 3rd Fl.
 3:00 Gentle Stretch – 1st Fl.
 3:30 Travelogue – 1st Fl.

10:00 BINGO/Gentle Stretch - 4th Fl.
 10:00 Gentle Stretch Exercise- 4th Fl.
 10:30 Jeopardy with Crissele - 4th Floor
 11:00 Gentle Stretch Exercise -2nd Floor
 11:30 Jeopardy with Crissele - 2nd Floor
 1:00 Mail Delivery / Walking
 2:00 BINGO/Gentle Stretch - 3rd Fl.
 2:00 Gentle Stretch Exercise - 3rd Fl.
 2:30 Jeopardy with Crissele - 3rd Floor
 3:00 Gentle Stretch Exercise – 1st Fl.
 3:30 Jeopardy with Crissele– 1st Floor

10:00 Balloon Tennis – 4th Fl.
 10:30 Word Game – 4th Fl.
 10:30 BINGO/Chaircercise- 2nd Fl.
 11:00 Balloon Tennis – 2nd Fl.
 11:30 Word Game – 2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Balloon Tennis – 3rd Fl.
 2:30 Word Game – 3rd Fl.
 2:30 BINGO/ Chaircercise – 1st Fl.
 3:00 Balloon Tennis- 1st Fl
 3:30 Word Game – 1st Fl.

Virtual Sunday Religious Service
 (Per Resident preference)
 Exercise Program
 10:00 - 4th Floor
 11:00 - 2nd Floor
 2:00 - 3rd Floor
 3:00 - 1st Floor
Vitality Team: "Thank you for all that you do!"
 Activity Professionals Week

Strolling Bingo Bazaar
 ("Shopping" will come and find you at your convenience!)
 Exercise Programs:
 10:00a.m. – 4th Floor
 11:00a.m. – 2nd Floor
 1:00a.m. – Mail Delivery /Walking
 2:00p.m. – 3rd Floor
 3:00p.m. – 1st Floor

10:00 Music BINGO/ Exercise
 – 3rd Fl- CR
 11:00 Body Strengthening - 2nd Fl.
 11:30 Trivia Challenge - 2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Music BINGO/Exercise-4th Fl- L
 3:00 Body Strengthening - 1st Fl.
 3:30 Trivia Challenge - 1st Fl.
 Australia Day (observed)


10:00 Staying Fit – 4th Fl.
 10:30 Puzzle – 4th Fl.
 10:30 Music BINGO/ Be Fit -2nd Fl.
 11:00 Staying Fit -2nd Fl.
 11:30 Puzzle -2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Staying Fit - 3rd Fl.
 2:30 Puzzle – 3rd Fl.
 2:30 Music BINGO/ Be Fit - 1st Fl.
 3:00 Staying Fit -1st Fl.

Taste Test Day!
 10:00 Gentle Stretch - 4th Fl.
 10:30 Sing-a-Tune or Two – 4th Fl.
 11:00 Gentle Stretch – 2nd Fl.
 11:30 Sing-a-Tune or Two – 2nd Fl.
 1:00 Mail Delivery / Walking
 2:00 Gentle Stretch – 3rd Fl.
 2:30 Sing-a-Tune or Two – 3rd Fl.
 3:00 Gentle Stretch – 1st Fl.
 3:30 Sing-a-Tune or Two – 1st Fl.

10:00 BINGO/Gentle Stretch-4th Fl.
 10:00 Gentle Stretch Exercise- 4th Fl.
 10:30 Jeopardy – 4th Floor
 11:00 Gentle Stretch Exercise
 11:30 Jeopardy –2nd Floor
 1:00 Mail Delivery / Walking
 2:00 BINGO/Gentle Stretch - 3rd Floor
 2:00 Gentle Stretch Exercise
 2:30 Jeopardy- 3rd Floor
 3:00 Gentle Stretch Exercise – 1st Fl.
 3:30 Jeopardy with Crissele– 1st Floor

10:00 Balloon Tennis – 4th Floor
 10:30 Word Game – 4th Floor
 10:30 BINGO/Chaircercise- 2nd Floor
 11:00 Balloon Tennis – 2nd Floor
 11:30 Word Game – 2nd Floor
 1:00 Mail Delivery / Walking
 2:00 Balloon Tennis – 3rd Floor
 2:30 Word Game – 3rd Floor
 2:30 BINGO/ Chaircercise – 1st Floor
 3:00 Balloon Tennis- 1st Floor
 3:30 Word Game – 1st Floor

Virtual Sunday Religious Service
 (Per Resident preference)
 Exercise Program
 10:00 - 4th Floor
 11:00 - 2nd Floor
 2:00 - 3rd Floor
 3:00 - 1st Floor Catholic



COVID-19 Vaccine may be available in Mid-January. We will keep you posted.



For Spiritual Support: Call Harry @ (619)-245-5845
Catholic Service: Channel 151 / Channel 154
Other: TBN Internet: Adventist

Please... Keep wearing your mask, practice 6 ft. distancing and handwashing as often as you can for 20 seconds. Thank you!

1:1 Programs can occur at any time at different location.
 Activity programs are subject to change.
 Watch for posting for added programs and events.