


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2025

Traditional

<p>10:00AM Catholic Mass on TV 11:00AM Weekly Word Puzzles available 1:00PM Documentary 2:00PM Billiards 6:00PM New Movie Sunday</p>	<p>9:00AM Shopping & Errands 9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:00AM Hangman 1:30PM Old Time Sing A long 3:00PM Cedarbrook Hold'em</p>	<p>9:00AM Exercise with Tara 10:00AM Exercise with Tara 10:30AM Coffee House Social & Meet and Greet with Alicia, LEAP Director 2:00PM Quarter Bingo 3:00PM Sing A Long with Sandy 6:00PM Resident Led Games</p>	<p>9:00 Exercise with Steph 10:00AM 1:00PM Knotty Knitters Meet and Manicures with Steph 2:00PM New Year's Day Toast and Resolutions!! 6:00PM Nature Documentary</p> <p>New Year's Day</p>	<p>9:00AM Exercise with Tara 9:30AM Exercise with Tara 10:00AM Catholic MASS 11:00 Pet Therapy w/ Freddy 2:00PM Quarter Bingo 6:00PM Resident Led Games</p>	<p>9:30AM HIIT Standing Exercise 10:00AM Exercise with Ron 11:00AM Resident/Food Council 1:00-3:30 PM Art Song with Amy 6:00PM Movie Night</p>	<p>10:00AM Exercise with Traci 10:30AM Indoor Walking Club 11AM Catholic Rosary & Prayer w/ Maureen 2:00PM Caden on the Piano 3:00PM Resident Led Games 6:00PM Movie Night</p>
<p>10:00AM Catholic Mass on TV 11:00AM Weekly Word Puzzles available 1:00PM Documentary 2:00PM Billiards 6:00PM New Movie Sunday</p>	<p>9:00AM Shopping & Errands 9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:00AM Hangman 1:30PM Old Time Sing A long 3:00PM Cedarbrook Hold'em</p>	<p>9:00AM Exercise with Tara 10:00AM Exercise with Tara 10:30AM Coffee House Social & Meet and Greet with Alicia, LEAP Director 2:00PM Quarter Bingo 3:00PM Sing A Long with Sandy 6:00PM Resident Led Games</p>	<p>9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:00AM Prize Bingo 1:00PM Knotty Knitters Meet and Manicures with Steph 2:00PM LRC 6:00PM Nature Documentary</p>	<p>9:00AM Exercise with Tara 10:00AM Exercise with Tara 10:00AM Word Board Games 11:00AM Succulent Dish Gardens with Mary 2:00PM Quarter Bingo 3:15PM Happy Hour 6:00PM Resident Led Games</p>	<p>9:30AM HIIT Standing Exercise 10:00AM Exercise with Ron 1:00PM Nutritious Nibbles with Tara 2:00PM Dave Colucci Performs 6:00PM Movie Night</p>	<p>10:00AM Exercise with Traci 10:30 Indoor Walking Club 11AM Catholic Rosary & Prayer w/ Maureen 2:00PM Travelogue 3:00PM Resident Led Games 6:00PM Movie Night</p>
<p>10:00AM Catholic Mass on TV 11:00AM Weekly word puzzles available 1:00PM Documentary 2:00PM Billiards 6:00PM New Movie Sunday</p>	<p>9:00AM Shopping & Errands 9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:00AM Baking Group 2:00PM Rosary with our Hairdresser Lynda 3:00PM Cedarbrook Hold'em</p>	<p>9:00AM Exercise with Tara 10:00AM Exercise with Tara 10:30AM Coffee House Social 1:00PM Yoga with Lisa 2:00PM Quarter Bingo 3:30PM Wine Social 6:00PM Resident Led Games</p>	<p>9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:30AM Chef Demo 1:00PM Knotty Knitters Meet and Manicures with Steph 2:00PM Prize Bingo 6:00PM Nature Documentary</p>	<p>9:00AM Exercise with Tara 10:00AM Exercise with Tara 10:00AM Giant Crossword 11:00AM Pet Therapy w/Freddy 11:00AM Winter Craft 2:00PM Quarter Bingo 3:15PM Happy Hour 6:00PM Resident Led Games</p>	<p>9:30AM HIIT Standing Exercise 10:00AM Exercise with Ron 2:00PM Rummy 3:00PM Adult Relaxing Art Pages 6:00PM Movie Night</p>	<p>10:00AM Exercise with Traci 10:30 Indoor Walking Club 11AM Catholic Rosary & Prayer w/ Maureen 2:00PM Travelogue 3:00PM Resident Led Games 6:00PM Movie Night</p>
<p>10:00AM Catholic Mass on TV 11:00AM Weekly Word Puzzles available 1:00PM Documentary 2:00PM Billiards 6:00PM New Movie Sunday</p> <p>Activity Professionals Week</p>	<p>9:00AM Shopping & Errands 9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:00AM Baking Group 1:30PM Off to the Races! 3:00PM Cedarbrook Hold'em</p> <p>Martin Luther King Jr. Day</p>	<p>9:00AM Exercise with Tara 10:00AM Exercise with Tara 10:30AM Coffee House Social 2:00PM Peter & Laura Hicks Perform 6:00PM Resident Led Games</p>	<p>9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:00AM Prize Bingo 1:00PM Knotty Knitters Meet and Manicures with Steph 2:00PM LRC 6:00PM Nature Documentary</p>	<p>9:00AM Exercise with Tara 10:00AM Exercise with Tara 10:00AM Hangman 11:00AM Spelling Bee Challenge 2:00PM Quarter Bingo 3:15PM Happy Hour 6:00PM Resident Led Games</p>	<p>9:30AM HIIT Standing Exercise 10:00AM Exercise with Ron 2:00PM Rummy 3:00PM Adult Relaxing Art Pages 6:00PM Movie Night</p>	<p>10:00AM Exercise with Traci 10:30 Indoor Walking Club 11AM Catholic Rosary & Prayer w/ Maureen 2:00PM Travelogue 3:00PM Resident Led Games 6:00PM Movie Night</p>
<p>10:00AM Catholic Mass on TV 11:00AM Weekly word puzzles available. 1:00PM Documentary 2:00PM Billiards 6:00PM New Movie Sunday</p> <p>Australia Day (Observed)</p>	<p>9:00AM Shopping & Errands 9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:00AM Baking Group 1:30PM Pokeno 3:00PM Cedarbrook Hold'em</p>	<p>9:00AM Exercise with Tara 10:00AM Exercise with Tara 10:30AM Coffee House Social 1:00PM Yoga with Lisa 2:00PM Quarter Bingo 3:00PM Wine Social 6:00PM Resident Led Games</p>	<p>9:00AM Exercise with Tara 9:30AM HIIT Standing Exercise 10:00AM Off to the Races 1:00PM Knotty Knitters Meet and Manicures with Steph 2:00PM Prize Bingo 6:00PM Nature Documentary</p> <p>Chinese New Year (Year of the Snake)</p>	<p>9:00AM Exercise with Tara 9:30AM Exercise with Tara 10:00AM Trivia Challenge 11:00AM Pet Therapy w/Freddy 1:300PM Ben and Ed Perform 3:15PM Monthly Birthday Happy Hour 6:00PM Resident Led Games</p>	<p>9:30AM HIIT Standing Exercise 10:00AM Exercise with Ron 2:00PM Rummy 3:00PM Adult Relaxing Art Pages 6:00PM Movie Night</p>	<p>Jumping into January Fitness Challenge!</p>  <p>31 Days of Exercise! Meet daily in the gym at 2pm or see the "Fitness Challenge Calendar"</p>

*Activities are subject to change. Please check the daily sheets that are posted for the most up to date information.