<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30 AM</td>
<td>Chairs Aerobics/ balloon tennis</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Trivia questions</td>
</tr>
<tr>
<td>12:25 PM</td>
<td>Catholic Mass at Sibley chapel</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Walk &amp; Roll Club</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Residents Social and drinks</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>Piano concert w/ Lily Chang</td>
</tr>
<tr>
<td>5:45 PM</td>
<td>Evening Shows w/ Carestaff</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>Coffee and Conversations</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>Sit and Fit</td>
</tr>
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<td>11:00 AM</td>
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</tr>
<tr>
<td>2:30 PM</td>
<td>Afternoon Social &amp; Frank Sinatra</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Balloon Tennis and Volleyball</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>Bingo</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Afternoon Social &amp; Frank Sinatra</td>
</tr>
</tbody>
</table>

**New Year's Day**

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<tr>
<td>10:00 AM</td>
<td>Coffee To-Go and Armchair Travel</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>Sit and Fit</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Hangman Word Games</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>Flower Arranging</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>Afternoon Social &amp; Frank Sinatra</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Balloon Tennis and Volleyball</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>Bingo</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Classic Movie Night</td>
</tr>
</tbody>
</table>

**January 2020**

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An Assisted Living Residence

**SUN**

10:30 AM Chairs Aerobics/ balloon tennis  
11:00 AM Trivia questions  
12:25 PM Catholic Mass at Sibley chapel  
2:00 PM Walk & Roll Club  
3:00 PM Residents Social and drinks  
5:45 PM Evening Shows w/ Carestaff

**MON**

10:30 AM Chairs Aerobics/ balloon tennis  
11:00 AM Trivia questions  
12:25 PM Catholic Mass at Sibley chapel  
2:00 PM Walk & Roll Club  
3:00 PM Residents Social and drinks  
3:30 PM Piano concert w/ Lily Chang  
5:45 PM Evening Shows w/ Carestaff

**TUE**

10:30 AM Chairs Aerobics/ balloon tennis  
11:00 AM Trivia questions  
12:25 PM Catholic Mass at Sibley chapel  
2:00 PM Walk & Roll Club  
3:00 PM Residents Social and drinks  
3:30 PM Piano concert w/ Lily Chang  
5:45 PM Evening Shows w/ Carestaff

**WED**

10:30 AM Chairs Aerobics/ balloon tennis  
11:00 AM Trivia questions  
12:25 PM Catholic Mass at Sibley chapel  
2:00 PM Walk & Roll Club  
3:00 PM Residents Social and drinks  
3:30 PM Piano concert w/ Lily Chang  
5:45 PM Evening Shows w/ Carestaff

**THUR**

10:00 AM Coffee and Conversations  
10:30 AM Groovin' to the Oldies Balloon Tennis  
11:00 AM Trivia Time  
2:00 PM scenic Drive Outing  
2:30 PM Afternoon Social & Frank Sinatra  
3:00 PM Activities with Care Managers

**FRI**

10:00 AM Coffee and Conversations  
10:30 AM Groovin' to the Oldies Balloon Tennis  
11:00 AM Trivia Time  
2:00 PM scenic Drive Outing  
2:30 PM Afternoon Social & Frank Sinatra  
3:00 PM Happy Hour w/ music by Old Dominion Trio  
6:00 PM Classic Movie Night

**SAT**

10:30 AM Octoband Exercise  
11:30 AM Lunch  
2:00 PM walking Club (snacks and drinks)  
3:00 PM Residents Social and drinks  
3:30 PM Balloon Dancing w/ Victor  
5:45 PM Evening Shows w/ Carestaff

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**New Year's Day**

- **January 1, 2020**
  - **10:30 AM** Coffee To-Go and Armchair Travel
  - **10:30 AM** Sit and Fit
  - **11:00 AM** Hangman Word Games
  - **1:30 PM** Flower Arranging
  - **2:30 PM** Afternoon Social & Frank Sinatra
  - **3:00 PM** Balloon Tennis and Volleyball
  - **3:30 PM** Bingo
  - **6:00 PM** Classic Movie Night
  - **10:00 AM** Coffee and Conversations
  - **10:30 AM** Sit and Fit
  - **11:00 AM** Hangman Word Games
  - **1:30 PM** Flower Arranging
  - **2:30 PM** Afternoon Social & Frank Sinatra
  - **3:00 PM** Balloon Tennis and Volleyball
  - **3:30 PM** Bingo
  - **6:00 PM** Classic Movie Night

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**Weekly Schedule**

- **10:30 AM** Chairs Aerobics/ balloon tennis
- **11:00 AM** Trivia questions
- **12:25 PM** Catholic Mass at Sibley chapel
- **2:00 PM** Walk & Roll Club
- **3:00 PM** Residents Social and drinks
- **3:30 PM** Piano concert w/ Lily Chang
- **5:45 PM** Evening Shows w/ Carestaff

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**Events**

- **10:30 AM** Chairs Aerobics/ balloon tennis
- **11:00 AM** Trivia questions
- **12:25 PM** Catholic Mass at Sibley chapel
- **2:00 PM** Walk & Roll Club
- **3:00 PM** Residents Social and drinks
- **3:30 PM** Piano concert w/ Lily Chang
- **5:45 PM** Evening Shows w/ Carestaff

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**Activities**

- **10:30 AM** Coffee To-Go and Armchair Travel
- **10:30 AM** Sit and Fit
- **11:00 AM** Hangman Word Games
- **1:30 PM** Flower Arranging
- **2:30 PM** Afternoon Social & Frank Sinatra
- **3:00 PM** Balloon Tennis and Volleyball
- **3:30 PM** Bingo
- **6:00 PM** Classic Movie Night

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**Special Events**

- **January 1, 2020**
  - **10:30 AM** Chairs Aerobics/ balloon tennis
  - **11:00 AM** Trivia questions
  - **12:25 PM** Catholic Mass at Sibley chapel
  - **2:00 PM** Walk & Roll Club
  - **3:00 PM** Residents Social and drinks
  - **3:30 PM** Piano concert w/ Lily Chang
  - **5:45 PM** Evening Shows w/ Carestaff

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**Monthly Themes**

- **New Year's Day**
  - **January 1, 2020**: Celebration! (Activity Room)
  - **January 2, 2020**: Coffee and Conversations
  - **January 3, 2020**: Hangman Word Games
  - **January 4, 2020**: Bingo
  - **January 5, 2020**: Afternoon Social & Frank Sinatra
  - **January 6, 2020**: Classic Movie Night
  - **January 7, 2020**: Coffee and Conversations
  - **January 8, 2020**: Groovin' to the Oldies Balloon Tennis
  - **January 9, 2020**: Bingo
  - **January 10, 2020**: Afternoon Social & Frank Sinatra
  - **January 11, 2020**: Classic Movie Night
  - **January 12, 2020**: Coffee and Conversations
  - **January 13, 2020**: Groovin' to the Oldies Balloon Tennis
  - **January 14, 2020**: Bingo
  - **January 15, 2020**: Afternoon Social & Frank Sinatra
  - **January 16, 2020**: Classic Movie Night
  - **January 17, 2020**: Coffee and Conversations
  - **January 18, 2020**: Groovin' to the Oldies Balloon Tennis
  - **January 19, 2020**: Bingo
  - **January 20, 2020**: Afternoon Social & Frank Sinatra
  - **January 21, 2020**: Classic Movie Night
  - **January 22, 2020**: Coffee and Conversations
  - **January 23, 2020**: Groovin' to the Oldies Balloon Tennis
  - **January 24, 2020**: Bingo
  - **January 25, 2020**: Afternoon Social & Frank Sinatra
  - **January 26, 2020**: Classic Movie Night
  - **January 27, 2020**: Coffee and Conversations
  - **January 28, 2020**: Groovin' to the Oldies Balloon Tennis
  - **January 29, 2020**: Bingo
  - **January 30, 2020**: Activities with Care Managers
  - **January 31, 2020**: Tai Chi with Thomas

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**Notes**

- All activities and events are subject to change.
- **Please Note:** Events and activities are subject to change.