

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00-11:30 <b>Exercise Bingo</b>  2:00 Clap For Health Day <small>Nail Day</small>	2 10:00-11:30 <b>Exercise Bingo</b>  2:00 Movie	3 10:00-11:30 <b>Travel Video &amp; Bingo</b>  2:00 Bingo with Marie	4 <b>Family Time</b>  <b>Independent Activities</b>
5 <b>9:00 Church Service in Activity Room</b>  <b>Day of Rest</b>	6 10:00-11:30 <b>Exercise Bingo</b>  2:00 Bird Day	7 <b>Transportation Tuesday</b>	8 10:00-11:30 <b>Exercise Bingo</b>  2:00 Word Nerd Day	9 10:00-11:30 <b>Exercise Bingo</b>  2:00 Tone It Up Thursday	10 <b>Independent Activities</b>	11 <b>10:30 Switch Bingo</b>  <b>2:00 Double Bingo</b>
12 <b>9:00 Church Service in Activity Room</b>  <b>Day of Rest</b>	13 10:00-11:30 <b>Exercise Bingo</b>  2:00 Movie & Popcorn	14 <b>Transportation Tuesday</b>	15 10:00-11:30 <b>Exercise Bingo</b>  2:00 Rock Day <small>Nail Day</small>	16 10:00-11:30 <b>Exercise Bingo</b>  2:00 Show & Tell	17 10:00-11:30 <b>Travel Video &amp; Bingo</b>  2:00 Dolly Parton Day	18 <b>Family Time</b>  <b>Independent Activities</b>
19 <b>9:00 Church Service in Activity Room</b>  <b>Day of Rest</b>	20 10:00-11:30 <b>Exercise Bingo</b>  2:00 Susie Q Sing Along <small>Martin Luther King Jr. Day</small>	21 <b>Transportation Tuesday</b>	22 10:00-11:30 <b>Exercise Bingo</b>  2:00 Who Am I Day?	23 10:00-11:30 <b>Exercise Bingo</b>  2:00 Tone It Up Thursday	24 10:00-11:30 <b>Travel Video &amp; Bingo</b>  2:00 Coffee & Dessert	25 <b>Family Time</b>  <b>Independent Activities</b>
26 <b>9:00 Church Service in Activity Room</b>  <b>Day of Rest</b>	27 10:00-11:30 <b>Exercise Bingo</b>  2:00 Memory Bingo	28 <b>Transportation Tuesday</b>	29 10:00-11:30 <b>Exercise Bingo</b>  2:00 Chinese New Year Celebration <small>Nail Day</small>	30 10:00-11:30 <b>Exercise Bingo</b>  2:00 Crafts	31 10:00-11:30 <b>Travel Video &amp; Bingo</b>  2:00 Bingo with Marie	

January Birthdays: Mary Nell Holland 1/17, Mary Lovell 1/23

Monday: Hair Day

Nail Days: 1st, 15th, 29th