









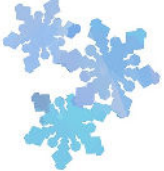

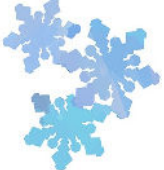
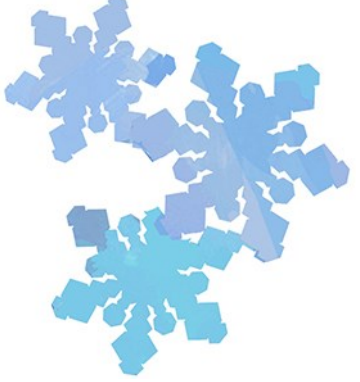

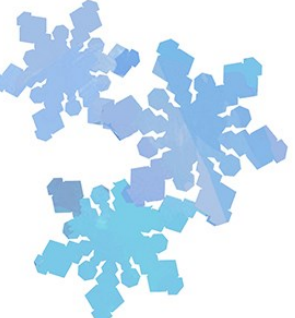



January-Calendar of Pleasant Events - The Lodge - Cascades of the Sierra - 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Abbreviations Key: ARS- Aerobic Studio AS- Art Studio CC- Conference Center FC- Fireside Club GR- Great Room LN- Living Room North</p>			<p>1</p> <p>9:15 A Visit with Yuki! 10:15 Daily news 10:30 Hot Tea and Hot Topics! 1:00 Color with numbers 1:30 Bingo! 2:30 Indoor Beachball 3:00 Animal Documentary</p>	<p>2</p> <p>9:30 Chair Yoga 10:15 Daily News 10:15 Winter Trivia 10:30 Communion 1:00 Table Games and puzzles 2:00 Creativity Class 3:00 Documentary Film 4:15 Aroma Therapy 6:00 Lucky Dog Ch 3512</p>	<p>3</p> <p>9:30 Outside Discoveries! 10:00 Current News 10:15 Winter Poems 1:00 Getting Crafty 2:00 Namaste Nail Care with Victoria 3:00 Documentary Film 4:15 Aroma Therapy 6:00 Family Feud—Channel 11</p>	<p>4</p> <p>9:30 Music and Movement 10:00 Daily News 10:15 Discussion Ball 11:00 Book club! 2:00 Bingo! 3:00 Corn hole</p> 
<p>5</p> <p>9:30 Music and Movement 10:00 Trivia 10:30 Word Search 1:00 Coloring with numbers 2:00 Table Games and Puzzles 3:00 Comedy: I love Lucy 4:00 Aroma Therapy</p> 	<p>6</p> <p>9:30 Morning Stretch 10:15 Daily news 10:30 Sing it out loud Karaoke! 1:00 Hot Chocolate and Hot Topics 1:30 Bingo! 2:30 Winter Sing-A-Long's 3:00 Animal Documentary 4:00 Aroma Therapy 6:00 Table Games and Puzzles</p>	<p>7</p> <p>9:30 Music and Movement 10:00 Daily News 10:15 Music Appreciation 1:00 Conversation ball 2:00 Card Games and Puzzles 2:30 Jewelry Making 3:00 Family Movie 4:15 Aroma Therapy 6:00 Lucky Dog Ch 3512</p>	<p>8</p> <p>9:15 A Visit with Yuki! 10:00 Current News 10:15 Ring Toss 1:00 Color and Relax 1:30 Conversation Ball 2:00 Winter Poems 3:00 The Carol Burnett Show (Roku) 4:00 Aroma Therapy 6:00 Table Games and Puzzles</p>	<p>9</p> <p>9:30 Chair Yoga 10:15 Daily News 10:15 Getting Crafty 10:30 Communion 1:00 Scenic Drive! 2:00 January Trivia 2:30 Music Appreciation 3:00 Armchair Traveler</p>	<p>10</p> <p>9:30 Strength and Stretch 10:00 Current News 10:15 Bingo! 1:00 Hot Tea and Reminisce 1:30 Colorful Creations 2:00 Namaste Nail Care with Victoria 3:00 Documentary Film 4:15 Aroma Therapy 6:00 Lucky Dog Ch 3512</p>	<p>11</p> <p>9:30 Natural Stretching 10:00 Daily News 10:30 Noodle Ball 1:00 Book Club! 1:30 Color with Numbers 2:00 Outdoor Discoveries 3:00 Bingo! 4:00 Aroma Therapy</p> 
<p>12</p> <p>9:30 Light Stretching 10:00 Daily News 10:30 Word Scramble 1:00 Art expressions 1:30 Memory Joggers 2:00 Reminiscing :Readers Digest 2:30 Afternoon Movie: Love Locks 4:00 Aroma Therapy 6:00 Family Feud—Channel 11</p> 	<p>13</p> <p>9:30 Fitness Class 10:15 Daily News 10:30 Hot Chocolate and Hot Topics 1:00 Raylan the Therapy Dog 1:30 Color and Relax 2:00 Bingo! 3:00 Movie: Father of the Bride 4:00 Aroma Therapy 6:00 Lucky Dog CH 3512</p>	<p>14</p> <p>9:30 Strength and Stretch 10:00 Current News 10:15 Table Games and puzzles 1:00 Hot Chocolate and Hot Topics 2:00 Bingo! 3:00 Documentary Film 4:15 Aroma Therapy 6:00 Little house on the Prairie Ch Ch 1435</p>	<p>15</p> <p>9:15 A Visit with Yuki! 10:00 Daily News 10:15 Mini Golf 1:00 Noodle Ball 1:30 Word Scramble 2:00 Sing it out loud Karaoke! 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Table Games and Puzzles</p> 	<p>16</p> <p>9:30 Chair Yoga 10:00 Current News 10:15 Hot Tea and Reminisce 10:30 Communion 1:00 Getting Crafty 2:00 Bingo 3:00 Family Movie 4:15 Aroma Therapy 6:00 Lucky Dog Ch 3512</p>	<p>17</p> <p>9:30 Music and Movement 10:00 Current News 10:15 Creativity Class 1:00 Fun Friday 2:00 Namaste Nail Care 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Table Games and Puzzles</p>	<p>18</p> <p>9:30 Light stretch 10:00 Daily News 10:15 Bingo! 1:00 Book Club! 1:30 Art Expression's 2:00 Mini Golf 3:00 Noodle Ball 4:15 Aroma Therapy 6:00 Table Games and Puzzles</p> 

Pleasant Events are subject to change based on the interest and requests of our residents!

January-Calendar of Pleasant Events - The Lodge - Cascades of the Sierra - 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p>9:30 Self Healing Stretching 10:00 Daily News 10:30 Art Expressions 1:00 Reminiscing: Readers Digest 2:00 Word Scramble 3:00 Armchair Traveler</p> 	<p>20</p> <p>9:30 Fitness Class 10:15 Daily News 10:30 BINGO! 1:00 Raylan the therapy dog! 1:30 Word Scramble 2:00 Garden Club 3:00 Armchair Traveler</p> <p style="text-align: center;">  Martin Luther King Jr. Day </p>	<p>21</p> <p>9:30 Music and Movement 10:00 Daily News 10:15 Creativity Class 1:00 Memory Joggers 2:00 Noodle Ball 2:30 Music Appreciation 3:00 Animal Documentary 4:15 Aroma Therapy 6:00 Family Feud—Channel 11</p>	<p>22</p> <p>9:30 A Visit with Yuki! 10:00 Current News 10:15 Discussion Ball 1:00 Hot Coca and Reminisce 2:00 Winter Trivia 3:00 Comedy Hour 4:00 Aroma Therapy 6:00 Little house on the Prairie Ch 1435</p>	<p>23</p> <p>9:30 Chair Yoga 10:15 Daily News 10:30 Sing it out loud Karaoke! 10:30 Communion 1:00 Discussion Ball 2:00 Card Games and Puzzles 2:30 Art Expressions 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Little house on the Prairie Ch 1435</p>	<p>24</p> <p>9:30 Strength and Stretch 10:00 Daily News 10:15 Bingo! 1:30 Music :Mc Collun Duo 2:00 January Birthday Party 3:00 Animal planet 4:15 Aroma Therapy 6:00 Family Feud—Channel 11</p>	<p>25</p> <p>9:30 Natural Stretching 10:00 Memory Joggers 10:15 Book Club 1:30 Card Games 2:30 Getting Crafty! 3:00 Discussion Ball 4:00 Aroma Therapy</p> 
<p>26</p> <p>9:30 Natural Stretching 10:00 Current News 10:30 Table Games and Puzzles 1:00 Color with Numbers 2:00 Snacks and A Chat 2:30 Afternoon Movie: Ms. Doubtfire 4:15 Aroma Therapy</p> 	<p>27</p> <p>9:30 Fitness Class 10:15 Daily News 10:30 Sing it out loud Karaoke! 1:00 Hot Coco and Reminisce 2:00 Bingo 3:00 Documentary Film 4:00 Aroma Therapy 6:00 Table Games and Puzzles</p>	<p>28</p> <p>9:30 Light Stretch 10:00 Current News 10:15 Color with numbers! 1:00 Table Games and Puzzles 2:00 Noodle Ball 3:00 Comedy Hour 4:00 Aroma Therapy 6:00 Lucky Dog Ch 3512</p>	<p>29</p> <p>9:30 A visit with Yuki! 10:00 Current News 10:15 Parachute Fun 1:00 Getting Crafty 2:00 Namaste Nail Care 3:00 Armchair Traveler 4:00 Aroma Therapy 6:00 Lucky Dog! Ch 3512</p>	<p>30</p> <p>9:30 Music and Movement 10:00 Daily News 10:15 Creativity Class 1:00 Memory Joggers 2:00 Noodle Ball 2:30 Music Appreciation 3:00 Animal Documentary 4:15 Aroma Therapy 6:00 Family Feud—Channel 11</p>	<p>31</p> <p>9:30 Fitness Class 10:15 Daily News 10:30 BINGO! 1:00 Fun Friday! 1:30 Word Scramble 2:00 Namaste Nail Care 3:00 Armchair Traveler 4:15 Aroma Therapy 6:00 Lucky Dog Ch 3512</p> 	
 <h1 style="font-size: 4em; color: #0070C0; text-decoration: underline;">JANUARY</h1>  						<p style="text-align: center;"><u>Birthdays:</u></p> <p>Sharon 1-08 Ruthy 1-17 Sandy 1-30</p> 

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