

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Movie descriptions will be listed on the daily schedule posted at front desk.

Please remember, all bus outings require sign-up in advance!  
Activities are hosted in the lounge unless otherwise indicated.  
Every effort is made to fulfill all calendar events; however, activities could be subject to change.

<p>9:00 Morning Walk, Self-Led <b>5</b> 10:30 Yarn Arts 2:00 Game: Spades 4:00 Sing Along 6:00 Documentary: <i>Inside the Mind of a Dog</i> (NF)</p>	<p>9:30 Morning Stretch <b>6</b> 10:30 Shopping: Bi-Mart 2:30 Activity Planning for February 4:00 New Resident Meet &amp; Greet 6:00 Game: Residents' Choice</p>	<p>9:30 Chair Dance Fun <b>7</b> 10:30 Craft: Embossed Pendants 1:30 20 Questions 2:30 Bingo 4:00 Social Coloring 6:00 Movie: <i>Chicago</i> (P+)</p>	<p>9:30 Exercise w/Rita <b>1</b> 10:30 Coffee Social 11:00 Group Chat: Revelations and Resolutions 2:00 Balloon Swat 3:30 Creative Writing 6:00 Resident Card Game * Happy New Year *</p>	<p>10:30 Resident Led Scrabble <b>2</b> 1:00 Afternoon Stretch 2:00 DIY Nail Spa 4:30 Happy ½ Hour 6:00 Series Night: <i>Man on the Inside</i> (NF)(S1E3)</p>	<p>9:30 Exercise w/Kristy <b>3</b> 10:30 Bunco 2:00 Discussion: Are Religious People More Moral? 3:00 Texas Hold 'Em 4:00 Mingle in the Lobby 6:00 TV Time, Caregivers Choice</p>	<p>9:30 Chair Fitness <b>4</b> w/Paul Eugene on YouTube 10:30 Morning Walk, Self-Led 11:00 Spiritual Services on YouTube Afternoon Self Led Activities 6:00 Game: Residents' Choice</p>
<p>9:00 Morning Walk, Self-Led <b>12</b> 10:00 Craft: Paper Lacing <b>1:30 Emerald Lanes</b> 4:30 Pepsi in the Lounge 6:00 Documentary: <i>Is Genesis History?</i> (AP)</p>	<p>9:30 Morning Stretch <b>13</b> 10:00 Shopping: Trader Joe's <b>2:00 Dance with Pani</b> 4:00 Bingo 6:00 Game: Residents' Choice  Dee's Birthday</p>	<p>9:30 Chair Dance Fun <b>14</b> 10:30 Craft: Mandalas 1:30 Game: Tic Tac Trivia 2:30 Help Your Neighbor 4:00 Yarn Arts 6:00 Movie: <i>Julie &amp; Julia</i> (P+)  Cynthia's Birthday</p>	<p>9:30 Exercise w/Rita <b>15</b> 10:30 Coffee Social 11:00 Group Chat: Aging with Attitude <b>2:00 Vocalist Sara Scofield</b> 3:30 Quiddler w/Rita 6:00 Resident Card Game</p>	<p>10:30 Resident Led Bunco <b>16</b> 1:00 Afternoon Stretch 2:00 Show &amp; Tell 4:30 Happy ½ Hour 6:00 Series Night: <i>Man on the Inside</i> (NF)(S1E5)  Gwen's Birthday Gloria's Birthday Pat L.'s Birthday</p>	<p>9:30 Exercise w/Kristy <b>17</b> 10:30 Discussion: Value of Human Life 2:00 Craft: Rock Painting 3:00 Texas Hold 'Em 4:00 Mingle in the Lobby 6:00 TV Time, Caregivers Choice</p>	<p>9:30 Chair Fitness <b>18</b> w/Paul Eugene on YouTube 10:30 Morning Walk, Self-Led 11:00 Spiritual Services on YouTube Afternoon Self Led Activities 6:00 Game: Residents' Choice</p>
<p>9:00 Morning Walk, Self-Led <b>19</b> 10:30 Yarn Arts 2:00 Craft: Wreath Making 4:00 Hangman 6:00 Documentary: <i>Clint Eastwood: Make My Day</i> (AP)</p>	<p>9:30 Morning Stretch <b>20</b> 10:15 Shopping: Market of Choice 2:00 Toss &amp; Talk 4:00 Bingo 6:00 Game: Residents' Choice  Martin Luther King Jr. Day</p>	<p>9:30 Chair Dance Fun <b>21</b> 10:30 Dominoes w/Kristy 1:30 Craft: Paint Blocking 2:30 Whales of the Pacific Northwest 4:00 Social Coloring 6:00 Movie: <i>The Children's Train</i> (NF)</p>	<p>9:30 Exercise w/Johonna from Steel Feathers <b>22</b> 9:45 <b>Outing: Cape Perpetua Visitor's Center/Whale Watching</b> 2:30 Afternoon Matinee: <i>Salome</i> (AP) 6:00 Resident Card Game</p>	<p>10:30 Resident Led Scrabble <b>23</b> 1:00 Afternoon Stretch 2:00 Paper Airplane Build &amp; Race 4:30 Happy ½ Hour 6:00 Series Night: <i>Man on the Inside</i> (NF)(S1E6)</p>	<p>9:30 Exercise w/Kristy <b>24</b> 10:30 Bunco 2:00 Balloon Swat 3:00 Texas Hold 'Em 4:00 Mingle in the Lobby 6:00 TV Time, Caregivers Choice</p>	<p>9:30 Chair Fitness <b>25</b> w/Paul Eugene on YouTube 10:30 Morning Walk, Self-Led 11:00 Spiritual Services on YouTube Afternoon Self Led Activities 6:00 Game: Residents' Choice</p>
<p>9:00 Morning Walk, Self-Led <b>26</b> 10:30 Armchair Travel to Lisbon 2:00 Sing Along 4:00 FETCH Therapy Dogs 6:00 Documentary: <i>The Day the Music Died: The Story of Don McLean's American Pie</i> (P+)</p>	<p>9:30 Morning Stretch <b>27</b> 10:15 Shopping: Safeway 2:00 Resident Council 3:30 January Birthdays Cake 6:00 Game: Residents' Choice</p>	<p>9:30 Chair Dance Fun <b>28</b> 10:30 Writing: Mad Libs 1:30 Resident Food Council 2:30 Bingo 4:00 Yarn Arts 6:00 Movie: <i>The Six Triple Eight</i> (NF)</p>	<p>9:30 Exercise w/Rita <b>29</b> 10:30 Coffee Social 11:00 Group Chat: Always Learning 1:30 <b>Swimming at Waterford</b> 2:30 Resident Led Help Your Neighbor 6:00 Resident Card Game  Lunar New Year</p>	<p>10:30 Resident Led Phase 10 <b>30</b> 1:00 Afternoon Stretch 1:30 Afternoon Matinee: <i>Us and Them</i> 4:30 Happy ½ Hour 5:00 Friends &amp; Family Dinner</p>	<p>9:30 Exercise w/Kristy <b>31</b> 10:30 Craft: Door Hanger 2:00 Discussion: Family &amp; Heritage 3:00 Texas Hold 'Em 4:00 Mingle in the Lobby 6:00 TV Time, Caregivers Choice</p>	