




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Happy New Year 1 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Let's Solve some Simple Riddles 2:30 Snack & Hydrate 3:00 Happy Hour with Tony Birtolo 5:30 Large Floor Jigsaw Puzzles	World Introvert Day 2 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 The "I Spy" Game on YouTube 2:30 Snack & Hydrate 3:00 Baking with our volunteer Amina 5:30 Netflix Adventure Series	National Buffet Day 3 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Instrumentals 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Pick a Card Game 4:00 Expoza Travel Hour & Snacks	World Braille Day 4 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Nail Care with Carol 5:30 The Big Show Show on Netflix
			National Bird Day 5 9:00 Joel Osteen on Channel 26 9:45 Catholic Mass at the Living Room 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: VIRGIN RIVER	National Shortbread Day 6 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	National Tempura Day 7 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Book Read Aloud with Amina 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie and Snacks	Women's Day 8 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Let's Solve some Simple Riddles 2:30 Snack & Hydrate 3:00 Happy Hour with Bobby Rumion 5:30 Large Floor Jigsaw Puzzles
National Hot Tea Day 12 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass at the Living Room 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: VIRGIN RIVER	National Sticker Day 13 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	World Logic Day 14 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Book Read Aloud with Amina 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie and Snacks	National Bagel Day 15 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Conversation Cards with Monica 2:30 Snack & Hydrate 3:00 Happy Hour with Brenda Hebert 5:30 Large Floor Jigsaw Puzzles	Religious Freedom Day 16 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 The "I Spy" Game on YouTube 2:30 Snack & Hydrate 3:00 Baking with our volunteer Amina 5:30 Netflix Adventure Series	Popeye Day 17 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Instrumentals 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games with Alaina 5:30 Expoza Travel Hour & Snacks	Winnie the Pooh Day 18 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Nail Care with Carol 5:30 The Big Show Show on Netflix
Tin Can Day 19 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass at the Living Room 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: VIRGIN RIVER	Martin Luther King Jr. Day 20 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	National Hugging Day 21 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Book Read Aloud with Amina 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie and Snacks	National Polka Dot Day 22 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 11:00 Test Your Problem Solving Skills 2:00 Let's Solve some Simple Riddles 2:30 Snack & Hydrate 3:00 Happy Hour with Mike Jones 5:30 Large Floor Jigsaw Puzzles	National Pie Day 23 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 The "I Spy" Game on YouTube 2:30 Snack & Hydrate 3:00 Baking with our volunteer Amina 5:30 Netflix Adventure Series	National Peanut Butter Day 24 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Instrumentals 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games with Alaina 5:30 Expoza Travel Hour & Snacks	Opposite Day 25 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Simple Spa Hour 5:30 The Big Show Show on Netflix
National Bible Sunday 26 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass at the Living Room 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: VIRGIN RIVER	Holocaust Memorial Day 27 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	Rubber Ducky Day 28 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Book Read Aloud with Amina 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie and Snacks	National Puzzle Day 29 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 11:00 Test Your Problem Solving Skills 2:00 Let's Solve some Simple Riddles 2:30 Snack & Hydrate 3:00 Karaoke Fun with HS Staff 5:30 Large Floor Jigsaw Puzzles	Croissant Day 30 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Jeopardy Trivia 2:00 The "I Spy" Game on YouTube 2:30 Snack & Hydrate 3:00 Baking with our volunteer Amina 5:30 Netflix Adventure Series	National Big Wig Day 31 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Instrumentals 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games with Alaina 5:30 Expoza Travel Hour & Snacks	
<p align="center">January 2025 Heritage Springs Memory Care Events Activities are subject to change based on the interests and requests of our residents.</p>						