

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2025

Sierra Del Sol The Lodge

<p>9:00 Baking Bread in the Lodge 9:30 Hymn Sing Along w/ Susie Q 10:00 Morning Snack & Watering the Garden 11:45 Namaste- Aromatherapy 1:30 Noodle Ball 3:00 Documentary: African Cats 6:20 NFL Football: TBD</p>	<p>9:30 Strength Training 10:00 Communion 10:15 Morning Snack 10:30 Hootenanny Sing Along 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball Toss 2:30 Making Popcorn 3:00 Meet Me at the Movies: Murder Mystery</p>	<p>9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 Can you Guess This Elvis Song? 4:00 A Man on the Inside Ep 4 6:00 Word Search in the Enclave</p>	<p>8:00 Rose Bowl Parade 9:30 Seated Chair Yoga 10:00 Walk in the Courtyard 11:00 Crafts w/ Katie 11:45 Namaste- Aromatherapy 2:00 Rose Bowl: Ohio State Buckeyes vs. Oregon Ducks 4:00 Coloring in the Activity Room 6:00 Dancing with the Stars <small>New Year's Day</small></p>	<p>9:30 Morning Stretch 10:00 Morning Snack & Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Hot Cocoa & Stroopwafles Cookies 4:00 Puzzles in the Activity Room 6:20 NFL Football: TBD</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Sun Sound Reader 11:45 Namaste- Aromatherapy 1:30 She's Back!! Sing Along w/ MaryAnne 3:00 Brain Games 4:00 PBS Nova 6:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 10:00 Junk Drawer Detective 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Paint Me Happy 2:30 Afternoon Snack 3:00 Meet Me at the Movies: Zookeeper 6:00 Word Search in the Enclave</p>
<p>9:00 Baking Bread in the Lodge 9:30 Good News, Coffee & Donuts 10:00 Morning Snack & Watering the Garden 11:45 Namaste- Aromatherapy 2:00 Church Service w/ Faith Community Church 3:00 Documentary: Wings of Life 6:20 NFL Football: TBD</p>	<p>9:30 Strength Training 10:00 Communion 10:15 Morning Snack 10:30 Hootenanny Sing Along 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball Toss 2:30 Sing Along w/ Linda Updike 4:00 Meet Me at the Movies: Murder Mystery 2</p>	<p>9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Snowball Toss 3:00 Music w/ Amber 4:00 A Man on the Inside Ep 5 6:00 Word Search in the Enclave</p>	<p>9:30 Seated Chair Yoga 10:00 Morning Snack in the Courtyard 11:00 Crafts w/ Katie 11:45 Namaste- Aromatherapy 1:30 Sun Sound Reader 3:00 New Western & Country Entertainer Tommy P 4:00 Coloring in the Activity Room 6:00 Free Rein S1 E7</p>	<p>9:30 Morning Stretch 10:00 Morning Snack & Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Mini Naan Pizzas & Root Beer 4:00 Puzzles in the Activity Room 6:20 NFL Football: TBD</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Sun Sound Reader 11:45 Namaste- Aromatherapy 1:30 Color Your Mind 3:00 Visit w/ Banjo Doug 4:00 PBS Nova 6:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 10:00 Trivia 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Paint Me Happy 2:30 Afternoon Snack 3:00 Meet Me at the Movies: Around the World in 80 Days 6:00 Word Search in the Enclave</p>
<p>9:00 Baking Bread in the Lodge 9:30 Hymn Sing Along w/ Susie Q 10:00 Morning Snack & Watering the Garden 11:45 Namaste- Aromatherapy 2:00 Family Bingo! 3:00 Documentary: Born in China 6:20 NFL Football: TBD</p>	<p>9:30 Strength Training 10:00 Communion 10:15 Morning Snack 10:30 Hootenanny Sing Along 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball Toss 2:30 Making Popcorn 3:00 Meet Me at the Movies: The Little Rascals</p>	<p>9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 What Am I? 4:00 A Man on the Inside Ep 6 6:00 Word Search in the Enclave</p>	<p>9:30 Seated Chair Yoga 10:00 Morning Snack in the Courtyard 11:00 Crafts w/ Maryanna 11:45 Namaste- Aromatherapy 1:30 Scrapbooking 3:00 Happy Hour w/ The Dirty Old Men 4:00 Coloring in the Activity Room 6:00 Dancing with the Stars</p>	<p>9:30 Morning Stretch 10:00 Morning Snack & Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Ice Cream Sundaes 4:00 Puzzles in the Activity Room 6:15 NFL Football: TBD</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa 2:30 Snack Social 3:00 Brain Games 4:00 PBS Nova 6:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 10:00 Reminisce 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Paint Me Happy 2:30 Afternoon Snack 3:00 Meet Me at the Movies: Big Business 6:00 Word Search in the Enclave</p>
<p>9:00 Baking Bread in the Lodge 9:30 Good News, Coffee & Donuts 10:00 Morning Snack & Watering the Garden 11:00 Armchair Travelogue: Australia w/ Lamington Cake 11:45 Namaste- Aromatherapy 2:00 Christmas Carols w/ Faith Community Church 3:00 Classic Movie: Bears 6:20 NFL Football: TBD</p>	<p>9:30 Strength Training 10:00 Communion 10:30 Sing Along 11:30 Namaste- Aromatherapy 1:30 Balloon Volleyball Toss 2:30 Making Popcorn 3:00 Meet Me at the Movies: Legends in Concert: Old Time Rock and Roll</p>	<p>9:30 Sit and Be Fit 10:00 Music Therapy & Coffee 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Snowball Toss 3:00 January Birthday Party!! 4:00 A Man on the Inside Ep 7 6:00 Word Search in the Enclave</p>	<p>9:30 Seated Chair Yoga 10:00 Morning Snack in the Courtyard 11:00 What's Your Fortune? 11:45 Namaste- Aromatherapy 1:30 Where Am I? 3:00 Littlest Big Band: Music You Know and Love 4:00 Coloring in the Activity Room 6:00 Dancing with the Stars <small>Chinese New Year (Year of the Snake)</small></p>	<p>9:00 Scenic Bus Ride 9:30 Morning Stretch 10:00 Morning Snack & Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Wine, Cheese & Fruit 4:00 Puzzles in the Activity Room 6:15 NFL Football: TBD</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 10:00 Morning Snack & Daily Chronicles 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa 3:00 Brain Games 4:00 PBS Nova 6:00 Crossword Puzzles</p>	

Schedule is subject to change. For the most updated information please see Activity Daily. Sierra Del Sol Senior Living 8151E Speedway Tucson AZ 85710

