

SUN

MON

TUE

WED

THU

FRI

SAT

					9:30a Coffee Chat 10:00a Morning Exercise 11:30a Lunch 1:00p Music Therapy 2:00p Virtual Travel 3:30p Happy Hour 4:30p Dinner	9:30a Coffee Chat 10:00a Morning Exercise 11:30a Lunch 1:00p Art Class 2:00p Virtual Travel 3:30p Active Games 4:30p Dinner
9:00a Church Service (MH) 10:00a News and Brews (IR) 11:00a Yoga (FF) 1:00p TV Series: Grace & Frankie 1:30p Resident-led board Games (IR) 2:30p Pickle Ball (FF) 3:30p Bingo (S)	9:30a Coffee Chat 10:00a 40's Music/Exercise 11:30a Lunch 1:00p Walking Club 2:00p Shine Your Light 3:30p Happy Hour 4:30p Dinner	9:30a Coffee Chat 10:00a 50's Music/Exercise 11:30a Lunch 1:00p Art Class 2:00p Cooking w/Keith 2:30p Spa Time 4:30p Dinner	9:30a Coffee Chat 10:00a 60's Music/Exercise 11:30a Lunch 1:00p Brain Games 2:00p Yoga/Meditation 3:30p Music w/Michael 4:30p Dinner	9:30a Coffee Chat 10:00a 70's Music/Exercise 11:30a Lunch 1:00p Art Class 2:30p Active Games 3:30p Aloha Thursday 4:30p Dinner	9:30a Coffee Chat 10:00a Morning Exercise 11:30a Lunch 1:00p Brain Games 2:00p Virtual Travel 3:30p Happy Hour 4:30p Dinner	9:30a Coffee Chat 10:00a Morning Exercise 11:30a Lunch 1:00p Art Class 2:00p Virtual Travel 3:30p Active Games 4:30p Dinner
9:00a Church Service (MH) 10:00a News and Brews (IR) 11:00a Yoga (FF) 1:00p TV Series: Grace & Frankie 1:30p Resident-led board Games (IR) 2:30p Pickle Ball (FF) 3:30p Bingo (S)	9:30a Coffee Chat 10:30a Curious Dragonfly 11:30a Lunch 1:00p Walking Club 2:00p Shine Your Light 3:30p Happy Hour 4:30p Dinner	9:30a Coffee Chat 10:00a Hanukkah Songs 11:30a Lunch 1:00p Art Class 2:30p Spa Time 3:30p Hanukkah Party 4:30p Dinner	9:30a Coffee Chat 10:00a 60's Music/Exercise 11:30a Lunch 1:00p Brain Games 2:00p Yoga/Meditation 3:30p Snack + Chat 4:30p Dinner	9:30a Coffee Chat 10:00a 70's Music/Exercise 11:30a Lunch 1:00p Art Class 2:30p Active Games 3:30p Aloha Thursday 4:30p Dinner	9:30a Coffee Chat 10:00a Morning Exercise 11:30a Lunch 1:00p Music Therapy 2:00p Virtual Travel 3:30p Happy Hour 4:30p Dinner	9:30a Coffee Chat 10:00a Morning Exercise 11:30a Lunch 1:00p Art Class 2:00p Virtual Travel 3:30p Active Games 4:30p Dinner
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9:00a Church Service (MH) 10:00a News and Brews (IR) 11:00a Yoga (FF) 1:00p TV Series: Grace & Frankie 1:30p Resident-led board Games (IR) 2:30p Pickle Ball (FF) 3:30p Bingo (S)	Christmas 9:30a Coffee Chat 10:00a Christmas Songs 11:30a Christmas Brunch 1:00p Walking Club 2:00p Shine Your Light 3:30p Happy Hour 4:30p Dinner	Boxing Day (Canada) Kwanzaa Begins 9:30a Coffee Chat 10:30a Farm Animal Visit 11:30a Lunch 1:00p Art Class 2:30p Spa Time 3:30p Watercolors 4:30p Dinner	9:30a Coffee Chat 10:00a 60's Music/Exercise 11:30a Lunch 1:00p Brain Games 2:00p Yoga/Meditation 3:30p Snack + Chat 4:30p Dinner	9:30a Coffee Chat 10:00a 70's Music/Exercise 11:30a Lunch 1:00p Art Class 2:30p Active Games 3:30p Aloha Thursday 4:30p Dinner	9:30a Coffee Chat 10:00a Morning Exercise 11:30a Lunch 1:00p Brain Games 2:00p Virtual Travel 3:30p Happy Hour 4:30p Dinner	9:30a Coffee Chat 10:00a Morning Exercise 11:30a Lunch 1:00p Art Class 2:00p Virtual Travel 3:30p Active Games 4:30p Dinner
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