



		Monday			Tuesday			Wednesday			Friday
			3	9:00 – 9:30	Coffee & Chit Chat	5	9:00 – 9:30	Coffee & Chit Chat	6	9:00 – 9:30	Coffee & Chit Chat
				9:30 – 10:00	Chair Exercises & Breathing		9:30 – 10:00	Chair Exercises & Breathing		9:30 – 10:00	Yoga & Stretching
				10:20-10:40	New Year's Resolutions		10:00 – 10:40	Brain Games		10:00 – 10:30	Color By Numbers
				10:45-11:30	The Best Music Therapy With Noreena		10:40-11:30	Positive Thoughts & What's Happening		10:30 – 11:30	Visit with Viv
				11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch
				12:15-1:15	Visit With Viv		12:15-1:00	Art Therapy With Alexa and a visit with Roxy		12:15-1:30	Shabbat Entertainment
				1:15-2:00	Free Draw		1:00-1:30	Gardening		1:30-2:00	Name that song
							1:30-2:00	Afternoon Stretch			
9	9:00 – 9:30	Coffee & Chit Chat	10	9:00 – 9:30	Coffee & Chit Chat	12	9:00 – 9:30	Coffee & Chit Chat	13	9:00 – 9:30	Coffee & Chit Chat
	9:30 – 10:00	Yoga & Breathing		9:30 – 10:00	Movin' & Groovin' Exercise		9:30 – 10:00	Chair Exercises & Breathing		9:30 – 10:00	Chair Exercises & Breathing
	10:20-10:40	Word Search		10:20-10:40	Word Scrabble		10:00 – 10:40	Current Events		10:00 – 10:30	Trivia
	10:45-11:30	Memory Matching		10:45-11:30	The Best Music Therapy With Noreena		10:40-11:30	Positive Thoughts & What's Happening		10:30 – 11:30	Visit with Viv
	11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch
	12:15-1:15	Balloon Baseball		12:15-1:15	Visit With Viv		12:15-1:00	Art Therapy With Alexa and a visit with Roxy		12:15-1:30	Shabbat Entertainment

	1:15-2:00	Jeopardy		1:15-2:00	Free Draw		1:00-1:30	Gardening		1:30-2:00	Bingo
							1:30-2:00	Afternoon Stretch			
16	9:00 – 9:30	Coffee & Chit Chat	17	9:00 – 9:30	Coffee & Chit Chat	19	9:00 – 9:30	Coffee & Chit Chat	20	9:00 – 9:30	Coffee & Chit Chat
	9:30 – 10:00	Chair Exercises		9:30 – 10:00	Yoga & Stretching		9:30 – 10:00	Movin' & Groovin' Exercise		9:30 – 10:00	Chair Exercises & Breathing
	10:20-10:40	Trivia		10:20-10:40	Puzzles		10:00 – 10:40	Word Game		10:00 – 10:30	Trivia
	10:45-11:30	Board Games		10:45-11:30	The Best Music Therapy With Noreena		10:40-11:30	Word Scrabble		10:30 – 11:30	Visit with Viv
	11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch
	12:15-1:15	Did you know?		12:15-1:15	Visit With Viv		12:15-1:00	Art Therapy With Alexa and a visit with Roxy		12:15-1:30	Shabbat Entertainment
	1:15-2:00	Color By Number		1:15-2:00	Trivia		1:00-1:30	Gardening		1:30-2:00	Current Events
							1:30-2:00	Afternoon Stretch			
23	9:00 – 9:30	Coffee & Chit Chat	24	9:00 – 9:30	Coffee & Chit Chat	26	9:00 – 9:30	Coffee & Chit Chat	27	9:00 – 9:30	Coffee & Chit Chat
	9:30 – 10:00	Chair Exercises		9:30 – 10:00	Yoga & Stretching		9:30 – 10:00	Chair Exercises & Breathing		9:30 – 10:00	Chair Exercises & Breathing
	10:20-10:40	Puzzles		10:20-10:40	How many words?		10:00 – 10:40	Remember When?		10:00 – 10:30	Trivia
	10:45-11:30	Words In Words		10:45-11:30	The Best Music Therapy With Noreena		10:40-11:30	Positive Thoughts & What's Happening		10:30 – 11:30	Visit with Viv
	11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch		11:30-12:15	Lunch
	12:15-1:15	Let's chat		12:15-1:15	Visit With Viv		12:15-1:00	Art Therapy With Alexa and a visit with Roxy		12:15-1:30	Shabbat Entertainment

	1:15-2:00	Coffee & Chit Chat		1:15-2:00	Color By Number		1:00-1:30	Gardening		1:30-2:00	Hangman Word Game
							1:30-2:00	Afternoon Stretch			
30	9:00 – 9:30	Coffee & Chit Chat	31	9:00 – 9:30	Coffee & Chit Chat						
	9:30 – 10:00	Chair Exercises		9:30 – 10:00	Chair Exercises & Breathing						
	10:20-10:40	How Many Words?		10:20-10:40	Exploring around the world						
	10:45-11:30	Words In Words		10:45-11:30	The Best Music Therapy With Noreena						
	11:30-12:15	Lunch		11:30-12:15	Lunch						
	12:15-1:15	Current Events		12:15-1:15	Visit With Viv						
	1:15-2:00	Rhymes With		1:15-2:00	Bingo						