



# January 2025

*Happy  
New Year*

**Living Room 954-900-2564**


Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1</p> 	<p>2</p> <p><b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:00</b> Chair Work with Val  <b>10:00-10:30</b> Word Games with Val  <b>10:30-11:30</b> Mind Games with Beth  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Memory Magic with Vivian  <b>1:30-2:00</b> End of Day Discussion with Vivian</p>	<p>3</p> <p><b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Sit &amp; Be Fit with Valerie  <b>10:30-11:30</b> Entertainment  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Slow Burn Theater  <b>1:30-2:00</b> End of day discussion with Valerie</p>
<p>6</p> <p><b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Movin' and Groovin' with Valerie  <b>10:30-11:30</b> Brain Games with Vivian  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Game Hour with Val  <b>1:30-2:00</b> End of Day Discussion with Jamie</p>	<p>7</p> <p><b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Meditation with Robyn  <b>10:30-11:30</b> Guitar with Steven Jay  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Word Game with Vivian  <b>1:30-2:00</b> End of Day Discussion with Robyn</p>	<p>8</p> <p><b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Yoga &amp; Meditation with Robyn  <b>10:30-11:30</b> Gardening with Vivian  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Art with Diana  <b>1:30-2:00</b> End of Day Discussion with Muriel</p>	<p>9</p> <p><b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:00</b> Chair Exercise with Valerie  <b>10:00-10:30</b> Word Games with Val  <b>10:30-11:30</b> Mind Games with Beth  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Memory Magic with Vivian  <b>1:30-2:00</b> End of Day Discussion with Vivian</p>	<p>10</p> <p><b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:15</b> Sit &amp; Be Fit with Valerie  <b>10:15-11:30</b> Entertainment with Barbara Evans  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Current events with Beth  <b>1:30-2:00</b> End of day discussion with Valerie</p>

<p>13  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Movin' and Groovin' with Valerie  <b>10:30-11:30</b> Brain Games with Beth  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Game Hour with Val  <b>1:30-2:00</b> End of Day Discussion with Jamie</p>	<p>14  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Meditation with Robyn  <b>10:30-11:30</b> Singing with Noreena  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Word Game with Beth  <b>1:30-2:00</b> End of Day Discussion with Robyn</p>	<p>15  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Yoga &amp; Meditation with Robyn  <b>10:30-11:30</b> Grisworld Painting  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Game hour with Val  <b>1:30-2:00</b> End of Day Discussion with Muriel</p>	<p>16  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:00</b> Chair Work with Val  <b>10:00-10:30</b> Word Games with Val  <b>10:30-11:30</b> Slow Burn Theater.  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Memory Magic with Vivian  <b>1:30-2:00</b> End of Day Discussion with Vivian</p>	<p>17  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Sit &amp; Be Fit with Valerie  <b>10:30-11:30</b> Entertainment with Noreena  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Brain Games with Beth  <b>1:30-2:00</b> End of day discussion with Valerie</p>
<p>20  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Movin' and Groovin' with Valerie  <b>10:30-11:30</b> Brain Games with Vivian  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Game Hour with Val  <b>1:30-2:00</b> End of Day Discussion with Jamie</p>	<p>21  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Meditation with Robyn  <b>10:30-11:30</b> Holiday karaoke sing along  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Word Game with Beth  <b>1:30-2:00</b> End of Day Discussion with Robyn</p>	<p>22  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Yoga &amp; Meditation with Robyn  <b>10:30-11:30</b> Gardening with Vivian  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Art with Diana  <b>1:30-2:00</b> End of Day Discussion with Muriel</p>	<p>23  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:00</b> Chair Exercise  <b>10:00-10:30</b> Word Games with Val  <b>10:30-11:30</b> Mind Games with Beth  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Memory Magic with Vivian  <b>1:30-2:00</b> End of Day Discussion with Vivian</p>	<p>24  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:15</b> Sit &amp; Be Fit  <b>10:15-11:30</b> Shabbat/ Entertainment with Bealoo  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Current events with Beth  <b>1:30-2:00</b> End of day discussion with Valerie</p>
<p>27  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Movin' and Groovin' with Valerie  <b>10:30-11:30</b> Piano Entertainment  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Game Hour with Val  <b>1:30-2:00</b> End of Day Discussion with Jamie</p>	<p>28  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Meditation with Robyn  <b>10:30-11:30</b> Game hour with Val  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Word Game with Beth  <b>1:30-2:00</b> End of Day Discussion with Robyn</p>	<p>29  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Yoga &amp; Meditation with Robyn  <b>10:30-11:30</b> Gardening with Vivian  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Art with Diana  <b>1:30-2:00</b> End of Day Discussion with Muriel</p>	<p>30  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:00</b> Chair Exercise  <b>10:00-10:30</b> Word Games with Val  <b>10:30-11:30</b> Mind Games with Beth  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Memory Magic with Vivian  <b>1:30-2:00</b> End of Day Discussion with Vivian</p>	<p>31  <b>9:00-9:30</b> Coffee &amp; Chit Chat  <b>9:30-10:30</b> Sit &amp; Be Fit with Valerie  <b>10:30-11:30</b> Entertainment  <b>11:30-12:30</b> Lunch  <b>12:30-1:30</b> Brain Games with Beth  <b>1:30-2:00</b> End of day discussion with Valerie</p>