

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>01</b> Games: Bingo, Puzzles, Sit and Be Fit. News Review. <b>Chair Yoga</b>	<b>02</b> Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting.	<b>03</b> Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group. Hair Cut.	<b>4</b>
<b>5</b>	<b>06</b> Games: Memory puzzles, Sit and Be Fit. Movie and Music <b>English class.</b>	<b>07</b> Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Arts and Craft Project. Hair Cut. <b>Bowling</b>	<b>08</b> Games: Bingo, Puzzles, Sit and Be Fit. News Review. <b>Chair Yoga</b>	<b>09</b> Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting.	<b>10</b> Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group. <b>Trip to Denver Zoo</b>	<b>11</b>
<b>12</b>	<b>13</b> Games: Memory puzzles, Sit and Be Fit. Movie and Music <b>Trip to Denver Museum.</b>	<b>14</b> Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Hair Cut	<b>15</b> Games: Bingo, Puzzles, Sit and Be Fit. News Review. <b>Chair Yoga</b> <b>Trip to Idaho Springs</b>	<b>16</b> Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting.	<b>17</b> Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group.	<b>18</b>
<b>19</b>	<b>20</b> Games: Memory puzzles, Sit and Be Fit. Movie and Music. <b>Downtown Parade</b>	<b>21</b> Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Arts and Craft Project. Hair Cut <b>CASINO</b>	<b>22</b> Games: Bingo, Puzzles, Sit and Be Fit. News Review. <b>Chair Yoga</b>	<b>23</b> Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting <b>BIRTHDAY PARTY</b>	<b>24</b> Games: Monopoly, Puzzles. Sit and Be Fit.	<b>25</b>
<b>26</b>	<b>27</b> Games: Memory puzzles, Sit and Be Fit. Movie and Music .	<b>28</b> Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Arts and Craft Project. Hair Cut	<b>29</b> Games: Bingo, Puzzles, Sit and Be Fit. News Review. <b>Chair Yoga</b>	<b>30</b> Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting <b>CINEMA</b>	<b>31</b> Games: Monopoly, Puzzles. Sit and Be Fit.	

**DAILY:** Exercise/ Dance, Local Trips, Walking Groups, Resting and Chat Time  
 Breakfast 10 AM, Snack 12 PM, Lunch 2 PM

