

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				900 Chair Exercise for Seniors 1 930 Daily Chronicle 1030 Good News Gram 100 Jeopardy Trivia "Winter Comfort" 300 Bingo 600 Care Stream New Year's Day	900 Balance & Posture 2 930 Daily Chronicle 1030 Good News Gram 100" The Alaska Purchase" Word Search 300 Alaska History and Beauty (yt) 600 Care Stream	900 Elder Fit Full Body 3 930 Daily Chronicle 1030 Magic Show with Rick Hagerston 100 Alaska and Moose Fun Facts 300 Trivia/Jokes 600 Care Stream
900 Pool Noodle Workout 4 930 Daily Chronicle 1030 Worship Service 100 Baking Activity 300 Wacky Wordies Game/January IQ 600 Carol Burnet Show	900 Chair Exercise for Seniors 5 930 Daily Chronicle 1030 Good News Gram 100 1on1/Visit with Rex 200 Music with Dan 300 Modern Trivia - "Sweets" 600 Care Stream	900 Music & Movement 6 930 Daily Chronicle 1030 Good News Gram 100 1on1/Visit with Rex 200 Music with Dan 300 Modern Trivia - "Sweets" 600 Care Stream	900 Bat the Balloon with 7 Bridge Crossing 930 Daily Chronicle 1030 Board Games with Bridge Crossing 100 Good News Gram 300 Winter Clothes Crossword Puzzle 600 Care Stream	900 Chair Fitness with 8 Paul Eugene 930 Daily Chronicle 1030 Good News Gram 100 Random Trivia 300 Bingo 600 Care Stream	900 Music and Fun 9 930 Daily Chronicle 1030 Library Visit 100 Star of the Month/Discussion 600 Care Stream	900 Heart and Soul Fitness 10 930 Daily Chronicle 1030 Word Search 100 Word Search Star of the Month 300 Animal Riddles 600 Care Stream
900 Boost Your Brain Power 11 930 Daily Chronicle 1030 Worship Service 100 Connecticut Word Search 300 Amazing Golden Globes Game 600 Care Stream	900 Get Stronger Exercise 12 930 Daily Chronicle 1030 Eric Memory Lane 100 1on1/Visit with Rex 230 Lizzy for the Birds 300" The Voice Heard Around the World" MLK 600 Care Stream	900 Tuesday Tune-up 13 930 Daily Chronicle 1030 Eric Memory Lane 100 1on1/Visit with Rex 230 Lizzy for the Birds 300" The Voice Heard Around the World" MLK 600 Care Stream	900 Lizzy for the Birds with 14 Bridge Crossing 930 Daily Chronicle 1030 Music with Terry with Bridge Crossing 100 Good News Gram 300" We Shall Overcome" Explore the History 600 Care Stream	900 Fitness Fun for Seniors 15 930 Daily Chronicle 1030 Music with Lindsey 100 Good News Gram 300 Bingo 600 Care Stream	900 Seated Disco Workout 16 930 Daily Chronicle 1030 Good News Gram 100 See How Many Words You Can Make (Selma) 300 Searching for January Word Search 600 Care Stream	900 Low Impact Cardio 17 930 Daily Chronicle 1030 Word Search 100 Bowling & Kick Ball 300 Music Trivia 600 Care Stream
900 Seated Dance Workout 18 930 Daily Chronicle 1030 Worship Service 100 Baking Activity 300 Art Activity MLK Plaque 600 Care Stream	900 Exercise with Paul Eugene 19 930 Daily Chronicle 1030 Good News Gram 100 MLK Jr. Trivia & Jumble 300 Unsolved History-Life of King(t) 600 Care stream	900 Chair Exercise for Seniors 20 930 Daily Chronicle 1030 Good News Gram 100 1on1/Visit with Rex 200 Music with Dan 300 Match the Clues 600 Care Stream	900 Craft with 21 Bridge Crossing 930 Daily Chronicle 1030 Bowling with Bridge Crossing 100 Good News Gram 300 Word Search MLK 600 Care Stream	900 Balance and Posture 22 930 Daily Chronicle 1030 Good News Gram 100 MLK Timeline Game 300 Bingo 600 Care Stream	900 Fitness Friday 23 930 Daily Chronicle 1030 Good News Gram 1030 Library Visit 300 The Rosa Parks Story (t) 300 Card Games 600 Care Stream	900 Low Impact Cardio 24 930 Daily Chronicle 1030 Word Search 100 Card Games 300 Art Activity & Painting 600 Care Stream
900 Boost Your Brain Power 25 930 Daily Chronicle 1030 Worship Service 100 Card Games 300 Word Search/Puzzles 600 Care Stream	900 Music and Movement 26 930 Daily Chronicle 1030 Good News Gram 100 Broadway Musicals Trivia 300 Watercolor Activity 600 Care Stream	900 Heart and Soul Fitness 27 930 Daily Chronicle 1030 Music with Mary 100 1on1/Visit with Rex 300 Good News Gram 600 Care Stream	900 Bowling with 28 Bridge Crossing 930 Daily Chronicle 1030 Craft with Bridge Crossing 100 Good News Gram 300 White Fang (yt) 600 Care Stream	900 Get Stronger Exercise 29 930 Daily Chronicle 1030 Good News Gram 100 Bat the Balloon 300 Bingo 600 Care Stream	900 Chair Fitness with Paul Eugene 30 930 Daily Chronicle 1030 Good News Gram 100 Kick the Ball 300 Alaskan History and Beauty 600 Care Stream	900 Get Stronger Chair Exercise 31 930 Daily Chronicle 1030 Word Search 100 Identify the Items from the 50s, 60s and 70s. 300 Finish the Phrase 600 Care Stream

