


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2025

Sherwood Oaks Oak Grove

<p>10:00 Sunday Stretch and Chronicle 1 10:45 Sunday Stretch and Chronicle 2 1:30 Hymn Sing and Game 1 2:45 Hymn Sing and Game 2</p>	<p>10:00 ABC Fitness 1 10:45 ABC Fitness 2 1:30 Craft Corner and Conversation 1 2:45 Craft Corner and Conversation 2 6-7:15 Massages with Jan</p>	<p>10:00 Tuesday Tone-Ups 7 10:45 Tuesday Tone-Ups 1:30 -3:15 Harlem Globetrotters History and Basketball 1 3:30 Mandalas and Music 2 5:30 Finish the Lyrics 1 6:00 Finish the Lyrics 2</p>	<p>10:00 Happy New Year Workout 1 10:45 Happy New Year Workout 2 1:30 Music Brain Games 1 2:45 Music Brain Games 2 6:00 Evening Movie and Popcorn 1,2 <small>New Year's Day</small></p>	<p>10:00 Fun and Fitness 2 10:45 Fun and Fitness 1:30 Songwriting and No Sixes Dice Game 1 2:45 Songwriting and No Sixes Dice Game 2 5:30 Pet Visit with Tex 1 6:00 Pet Visit with Tex 2</p>	<p>10:00 Chair Yoga 1 10:45 Chair Yoga 2 1:30 Classical Music Spotlight 1 2:45 Classical Music Spotlight 2</p>	<p>10:00 Square Dance Fitness 4 10:45 Square Dance Fitness 2 2:00 Musical and Montessori Activities 1 2:00 Musical and Montessori Activities 2</p>
<p>10:00 Sunday Stretch and Chronicle 1 10:45 Sunday Stretch and Chronicle 2 1:30 Hymn Sing and Game 1 2:45 Hymn Sing and Game 2</p>	<p>10:00 ABC Fitness 1 10:45 ABC Fitness 2 1:30 Craft Corner and Conversation 1 2:45 Craft Corner and Conversation 2 6-7:15 Massages with Jan</p>	<p>10:00 Tuesday Tone-Ups 7 10:45 Tuesday Tone-Ups 1:30 -3:15 Harlem Globetrotters History and Basketball 1 3:30 Mandalas and Music 2 5:30 Finish the Lyrics 1 6:00 Finish the Lyrics 2</p>	<p>10:00 Elvis Exercise 1 10:45 Elvis Exercise 2 1:30 Elvis Presley Birthday Bingo 1 2:45 Elvis Presley Birthday Bingo 2</p>	<p>10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 -3:15 Crock Pot Club: Tapioca Pudding, Recipe Reminisce, and Games 2 3:30 Mandalas and Music 1 5:30 Melodic Melodies 1 6:00 Melodic Melodies 2</p>	<p>10:00 Chair Chi 1 10:45 Chair Chi 2 1:30 Trivia and Tunes 1 2:45 Trivia and Tunes 2</p>	<p>10:00 Dance Party Exercise 11 10:45 Dance Party Exercise 2 1:30 Music from 1930-1960 Game 1 2:45 Music from 1930-1960 Game 2</p>
<p>10:00 ABC Fitness and Share a Sunday Story 1 10:45 ABC Fitness and Share a Sunday Story 2 2:00 Musical and Montessori Activities 1 2:00 Musical and Montessori Activities 2</p>	<p>10:00 Motown Monday Morning Fitness 1 10:45 Motown Monday Morning Fitness 2 1:30 Make your Own Bookmark- Book Talk 1 2:45 Make your Own Bookmark- Book Talk 2</p>	<p>10:00 Tuesday Tone-Ups 14 10:45 Tuesday Tone-Ups 1:30 -3:15 Winter Memory Day and Travel to Italy 1 3:30 Table Topics 2 5:30 Melodic Melodies 1 6:00 Melodic Melodies 2</p>	<p>10:00 Pool Noodle Exercise 15 10:45 Pool Noodle Exercise 2 1:30 January Musician Birthdays 1 2:45 January Musician Birthdays 2</p>	<p>10:00 Fun and Fitness 16 10:45 Fun and Fitness 1:30 -3:15 Bell Choir and Mr. Sandman Tune Talks 2 3:00-3:30 Protestant Communion Visits 1,2 3:30 Mandalas and Music 1 5:30 Pet Visit with Tex 1 6:00 Pet Visit with Tex 2</p>	<p>10:00 Meditation Yoga 1 10:00 Meditation Yoga 2 1:30-3:30 Name That Tune and Family Feud Game 1 3:30 Table Topics 1 1:30-3:30 Craft Corner: Winter Bird Art 2 3:30 Dance Party 2</p>	<p>10:00 Saturday Scarf Exercise and Today in History 18 10:45 Saturday Scarf Exercise and Today in History 2 2:00 Musical and Montessori Activities 1 2:00 Musical and Montessori Activities 2</p>
<p>10:00 Sunday Stretch and Chronicle 1 10:45 Sunday Stretch and Chronicle 2 1:30 Music Sing-along with Roberta 1 2:15 Music Sing-along with Roberta 2</p>	<p>10:00 ABC Fitness 1 10:45 ABC Fitness 2 1:30 Jeopardy Game 1 2:45 Jeopardy Game 2 6-7:15 Massages with Jan</p>	<p>10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Collage Art Project and Cocoa 1 2:45 Collage Art Project and Cocoa 2</p>	<p>10:00 Pool Noodle Exercise 22 10:45 Pool Noodle Exercise 2 1:30 Disney Day: Minnie Mouse Fun Facts, Music, and Dole Whip Smoothies 1 2:45 Disney Day: Minnie Mouse Fun Facts, Music, and Dole Whip Smoothies 2</p>	<p>10:00 Fun and Fitness 23 10:45 Fun and Fitness 1:30 Winter Words Image Quiz and Flower Centerpiece Arranging 1 2:45 Winter Words Image Quiz and Flower Centerpiece Arranging 2</p>	<p>10:00 ABC Fitness 1 10:45 ABC Fitness 2 1:30 Winter Wonderland Tea Party 1 2:45 Winter Wonderland Tea Party 2</p>	<p>10:00 Saturday Warm-Ups 25 10:45 Saturday Warm-Ups 2 1:30 Twister Bean Bag Toss Game and Guess the Singer 1 2:45 Twister Bean Bag Toss Game and Guess the Singer 2</p>
<p>10:00 Sunday Stretch and Chronicle 1 10:45 Sunday Stretch and Chronicle 2 1:30 Hymn Sing 1 2:15 Hymn Sing 2</p>	<p>10:00 Monday Morning Fitness 1 10:45 Monday Morning Fitness 2 1:30 Watercolor Winter Art 1 2:45 Watercolor Winter Art 2</p>	<p>10:00 Tuesday Tone-Ups 28 10:45 Tuesday Tone-Ups 1:30 -3:15 Word Hunting and You Choose the Tune 1 3:30 Category Flip Game 2 5:30 Stretch and Sing 1 6:00 Stretch and Sing 2</p>	<p>10:00 Balloon Volley 1 10:45 Balloon Volley 2 1:30 Scattogories Word Game and Make your own Fortune 1 2:45 Scattogories Word Game and Make your own Fortune 2</p>	<p>10:00 Fun and Fitness 30 10:45 Fun and Fitness 2:00 Music with Gene 1 All residents welcome 2:00 Afternoon Movie 2 3:15 Conversation Cubes and Montessori Activity 2 3:15 Teacup Craft 1 5:30 Pet Visit with Tex 1 6:00 Pet Visit with Tex 2</p>	<p>10:00 ABC Fitness 1 10:45 ABC Fitness 2 1:30 Grand Slam Shuffle Card Game 1 2:45 Grand Slam Shuffle Card Game 2</p>	

Activity Professionals Week

Martin Luther King Jr. Day

Australia Day (Observed)

Chinese New Year (Year of the Snake)