

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Schedule Subject to Change</b>  <b>WU: Watermark University</b>		<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Scenic Drive <b>10:30</b> Current Events & Snacks <b>11:00</b> Brain Fitness <b>2:00</b> <b>WU: Literature &amp; Poetry w/Linda</b> <b>3:00</b> Concentration Game Show (IN2L) <b>4:00</b> Reminiscing (IN2L) <b>4:30</b> Concert: Ben Jones <b>6:30</b> Dance Fest <b>7:00</b> Winding Down <b>1</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Arts & Crafts <b>11:00</b> Music Exploration w/ Lior <b>2:00</b> ABC Game <b>3:00</b> Remember When (IN2L) <b>4:00</b> Volleyball <b>5:00</b> Extend Your Arms <b>6:30</b> Get Up & Dance <b>7:00</b> Evening "Wind Down" Rituals <b>2</b>	<b>10:00</b> Scenic Drive <b>10:00</b> Spa Time <b>11:00</b> Concentration (IN2L) <b>2:00</b> Classic Rock & Water Colors <b>3:00</b> Hot Chocolate and Snacks <b>4:00</b> I Hear Memories <b>5:00</b> Before Dinner Stretch <b>6:30</b> Dance Fever <b>7:00</b> Relax & Wind Down <b>3</b>	<b>10:00</b> Balance Through Dance <b>10:30</b> Brain Teasers & Trivia <b>11:00</b> Hot Topics & Snacks <b>2:00</b> Karaoke Sing-A-Long (IN2L) <b>3:00</b> Hangman & Games (IN2L) <b>4:00</b> Social Circle /Finishing the Lyrics <b>6:30</b> Dance to the Music <b>7:00</b> Winding Down <b>4</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Crossword Puzzles and Mandalas <b>11:00</b> ABC Word Games <b>2:00</b> Balance Through Dance <b>3:00</b> Popcorn Party / Fun & Games <b>3:00</b> Where in the World Is...(IN2L) <b>4:00</b> Saturday Songs (IN2L) <b>5:00</b> Afternoon Stretch <b>6:30</b> Let's Dance and Shout <b>7:00</b> I'm Exhausted - Let's Relax <b>5</b>
<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Current Events & Snacks <b>11:00</b> <b>WU: Exploring the Mysteries of God with Glenda</b> <b>2:00</b> Music by the Bay: Rivka Amado - LO <b>2:30</b> Baking and Cooking <b>4:00</b> Easy Does It Trivia <b>5:00</b> Stretch Before Dinner <b>6:30</b> Dance To the Music <b>7:00</b> Evening "Wind Down" Rituals <b>6</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Morning Edition & Snacks <b>11:00</b> Music with Catherine and Bob <b>2:00</b> Origins of Every Day Things <b>3:00</b> Music & Movement <b>3:30</b> Happy Hour Wine & Cheese <b>4:30</b> Afternoon Stretch <b>6:30</b> You Should Be Dancing <b>7:00</b> Relax and Wind Down <b>7</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Scenic Drive <b>10:30</b> Current Events & Snacks <b>11:00</b> Brain Fitness <b>2:00</b> Cooking w/Linda <b>3:00</b> <b>WU: Laughter Yoga with Laura</b> <b>4:00</b> Reminiscing (IN2L) <b>4:30</b> Concert: Danny Allen <b>6:30</b> Dance Fest <b>7:00</b> Winding Down <b>8</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Arts & Crafts <b>11:00</b> Music Exploration w/ Lior <b>2:00</b> ABC Game <b>3:00</b> Remember When (IN2L) <b>4:00</b> Volleyball <b>5:00</b> Extend Your Arms <b>6:30</b> Get Up & Dance <b>7:00</b> Evening "Wind Down" Rituals <b>9</b>	<b>10:00</b> Scenic Drive <b>10:00</b> Spa Time <b>11:00</b> Concentration (IN2L) <b>2:00</b> Classic Rock & Water Colors <b>3:00</b> Hot Chocolate and Snacks <b>4:00</b> I Hear Memories <b>5:00</b> Before Dinner Stretch <b>6:30</b> Dance Fever <b>7:00</b> Relax & Wind Down <b>10</b>	<b>10:00</b> Balance Through Dance <b>10:30</b> Brain Teasers & Trivia <b>11:00</b> Hot Topics & Snacks <b>2:00</b> Karaoke Sing-A-Long (IN2L) <b>3:00</b> Hangman & Games (IN2L) <b>4:00</b> Social Circle /Finishing the Lyrics <b>6:30</b> Dance to the Music <b>7:00</b> Winding Down <b>11</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Crossword Puzzles and Mandalas <b>11:00</b> ABC Word Games <b>2:00</b> Balance Through Dance <b>3:00</b> Popcorn Party / Fun & Games <b>3:00</b> Where in the World Is...(IN2L) <b>4:00</b> Saturday Songs (IN2L) <b>5:00</b> Afternoon Stretch <b>6:30</b> Let's Dance and Shout <b>7:00</b> I'm Exhausted - Let's Relax <b>12</b>
<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Current Events & Snacks <b>11:00</b> Where in the World Is...(IN2L) <b>2:00</b> Music by the Bay: Moonglow Duo-LO <b>2:30</b> Baking and Cooking <b>4:00</b> Easy Does It Trivia <b>5:00</b> Stretch Before Dinner <b>6:30</b> Dance To the Music <b>7:00</b> Evening "Wind Down" Rituals <b>13</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Morning Edition & Snacks <b>11:00</b> Arts & Crafts with Marlene <b>2:00</b> Origins of Every Day Things <b>3:00</b> Music & Movement <b>3:30</b> Happy Hour Wine & Cheese <b>4:30</b> Afternoon Stretch <b>6:30</b> You Should Be Dancing <b>7:00</b> Relax and Wind Down <b>14</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Scenic Drive <b>10:30</b> Current Events & Snacks <b>11:00</b> Brain Fitness <b>2:00</b> <b>WU: Literature &amp; Poetry w/Linda</b> <b>3:00</b> Concentration Game Show (IN2L) <b>4:00</b> Reminiscing (IN2L) <b>4:30</b> Concert: Thea Becker <b>6:30</b> Dance Fest <b>7:00</b> Winding Down <b>15</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Arts & Crafts <b>11:00</b> Music Exploration w/ Lior <b>2:00</b> Get Up & Dance <b>3:00</b> Sing-A-Long <b>4:00</b> Volleyball <b>5:00</b> Extend Your Arms <b>6:30</b> Get Up & Dance <b>7:00</b> Evening "Wind Down" Rituals <b>16</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Scenic Drive <b>10:00</b> Spa Time <b>11:00</b> Word Search & Find A Word <b>2:00</b> Classic Rock & Water Colors <b>3:00</b> Hot Chocolate and Snacks <b>4:00</b> I Hear Memories <b>5:00</b> Before Dinner Stretch <b>6:30</b> Dance Fever <b>7:00</b> Relax & Wind Down <b>17</b>	<b>10:00</b> Balance Through Dance <b>10:30</b> Brain Teasers & Trivia <b>11:00</b> Hot Topics & Snacks <b>2:00</b> Karaoke Sing-A-Long (IN2L) <b>3:00</b> Hangman & Games (IN2L) <b>4:00</b> Social Circle /Finishing the Lyrics <b>6:30</b> Dance to the Music <b>7:00</b> Winding Down <b>18</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Crossword Puzzles and Mandalas <b>11:00</b> ABC Word Games <b>2:00</b> Saturday Songs with Todd <b>3:00</b> Popcorn Party / Fun & Games <b>3:00</b> Where in the World Is...(IN2L) <b>4:00</b> Balance Through Dance <b>5:00</b> Afternoon Stretch <b>6:30</b> Let's Dance and Shout <b>7:00</b> I'm Exhausted - Let's Relax <b>19</b>
<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Current Events & Snacks <b>11:00</b> Where in the World Is...(IN2L) <b>2:00</b> Music by the Bay: Good Intentions - LO <b>2:30</b> Baking and Cooking <b>4:00</b> Easy Does It Trivia <b>5:00</b> Stretch Before Dinner <b>6:30</b> Dance To the Music <b>7:00</b> Evening "Wind Down" Rituals <b>20</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Morning Edition & Snacks <b>11:00</b> Music with Catherine and Bob <b>2:00</b> Origins of Every Day Things <b>3:00</b> Music & Movement <b>3:30</b> Happy Hour Wine & Cheese <b>4:30</b> Afternoon Stretch <b>6:30</b> You Should Be Dancing <b>7:00</b> Relax and Wind Down <b>21</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Scenic Drive <b>10:30</b> Current Events & Snacks <b>11:00</b> Brain Fitness <b>2:00</b> Cooking w/Linda <b>3:00</b> Concentration Game Show (IN2L) <b>3:30</b> Concert: The Therapists - LO <b>4:00</b> Reminiscing (IN2L) <b>6:30</b> Dance Fest <b>7:00</b> Winding Down <b>22</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Arts & Crafts <b>11:00</b> Music Exploration w/ Lior <b>2:00</b> Get Up & Dance <b>3:00</b> Remember When? <b>4:00</b> Volleyball <b>5:00</b> Extend Your Arms <b>6:30</b> Get Up & Dance <b>7:00</b> Evening "Wind Down" Rituals <b>23</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Spa Time <b>11:00</b> Word Search & Find A Word <b>2:00</b> Classic Rock & Water Colors <b>3:00</b> Hot Chocolate and Snacks <b>4:00</b> I Hear Memories <b>5:00</b> Before Dinner Stretch <b>6:30</b> Dance Fever <b>7:00</b> Relax & Wind Down <b>24</b>	<b>10:00</b> Balance Through Dance <b>10:30</b> Brain Teasers & Trivia <b>11:00</b> Hot Topics & Snacks <b>2:00</b> Karaoke Sing-A-Long (IN2L) <b>3:00</b> Hangman & Games (IN2L) <b>4:00</b> Social Circle /Finishing the Lyrics <b>6:30</b> Dance to the Music <b>7:00</b> Winding Down <b>25</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Current Events & Hot Topics <b>11:00</b> ABC Word Games <b>2:00</b> Balance Through Dance <b>3:00</b> Popcorn Party / Fun & Games <b>3:00</b> Where in the World Is...(IN2L) <b>4:00</b> Saturday Songs (IN2L) <b>5:00</b> Afternoon Stretch <b>6:30</b> Let's Dance and Shout <b>7:00</b> I'm Exhausted - Let's Relax <b>26</b>
<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Current Events & Snacks <b>11:00</b> Where in the World Is...(IN2L) <b>2:00</b> Music by the Bay: Michael Zilber-LO <b>2:30</b> Baking and Cooking <b>4:00</b> Easy Does It Trivia <b>5:00</b> Stretch Before Dinner <b>6:30</b> Dance To the Music <b>7:00</b> Evening "Wind Down" Rituals <b>27</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:30</b> Morning Edition & Snacks <b>11:00</b> Arts & Crafts with Marlene <b>2:00</b> Origins of Every Day Things <b>3:00</b> Music & Movement <b>3:30</b> Happy Hour Wine & Cheese <b>4:30</b> Afternoon Stretch <b>6:30</b> You Should Be Dancing <b>7:00</b> Relax and Wind Down <b>28</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Scenic Drive <b>10:30</b> Current Events & Snacks <b>11:00</b> Brain Fitness <b>2:00</b> <b>WU: Literature &amp; Poetry w/Linda</b> <b>3:00</b> Concentration Game Show (IN2L) <b>4:00</b> Reminiscing (IN2L) <b>4:30</b> Concert: Barbara Alexander <b>6:30</b> Dance Fest <b>7:00</b> Winding Down <b>29</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Arts & Crafts <b>11:00</b> Music Exploration w/ Lior <b>2:00</b> Get Up & Dance <b>3:00</b> Sing-A-Long <b>4:00</b> Volleyball <b>5:00</b> Extend Your Arms <b>6:30</b> Get Up & Dance <b>7:00</b> Evening "Wind Down" Rituals <b>30</b>	<b>10:00</b> Morning Moves/Daily Affirmations <b>10:00</b> Scenic Drive <b>10:00</b> Spa Time <b>11:00</b> Word Search & Find A Word <b>2:00</b> Classic Rock & Water Colors <b>3:00</b> Hot Chocolate and Snacks <b>4:00</b> I Hear Memories <b>5:00</b> Before Dinner Stretch <b>6:30</b> Dance Fever <b>7:00</b> Relax & Wind Down <b>31</b>		
<b>ACTIVITY LOCATOR KEY</b> 2A - 2nd Floor Small Activity Room 2B - 2nd Floor Back Activity Room 2D - 2nd Floor Dining Room 2P - 2nd Floor Plaza 3B - 3rd Floor Movie Room L - Library LO - Lobby C - Café						
<h1>JANUARY 2019</h1> <p><i>The Gardens</i></p>						