

# January 2025 - Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C Chapel DR Dining Room F Fairway Court FC Fairway Court	<b>Happy Birthday to</b> 1/1 Beatrice Rademacher 1/24 Milly Blank		<b>Happy Birthday 1</b> <b>Bea!</b> <b>New Year's Day</b> 8:30 Breakfast/Life skills [F] 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 2:00 Snack/Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>2</b> 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:30 Rosary & Communion [C] 2:00 Snack/Conversation [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>3</b> 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Movie [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>4</b> 9:00 light stretching and movement [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Movie [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills
8:30 Breakfast/Life skills [F] <b>5</b> 9:00 Church [F] 9:00 Rosary (resident led) [C] 9:30 Light music and meditation [FC] 9:30 Communion Service [C] 10:45 Music & Movement (light exercise) [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>6</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Movie [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>7</b> 9:30 Rosary & Confessions [C] 9:30 Light music and meditation [FC] 10:00 Catholic Mass [C] 10:45 Music & Movement (light exercise) [F] 1:00 Craft/Baking [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>8</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Link Senior Trivia/Games [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>9</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Craft/Baking [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>10</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Movie [F] 2:30 Happy Hour! [DR] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>11</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Movie [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills
8:30 Breakfast/Life skills [F] <b>12</b> 9:00 Church [F] 9:00 Rosary (resident led) [C] 9:30 Light music and meditation [FC] 9:30 Communion Service [C] 10:45 Music & Movement (light exercise) [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>13</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Movie [F] 2:00 Concertina music from Paul Swanstrom [DR] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>14</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Craft/Baking [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>15</b> 9:30 Light music and meditation [FC] 10:15 Lutheran Church Service [C] 10:45 Music & Movement (light exercise) [F] 1:00 Link Senior Trivia/Games [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>16</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Craft/Baking [F] 1:30 Rosary & Communion [C] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>17</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Movie [F] 2:00 Happy Hour! [DR] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>18</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Movie [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills
8:30 Breakfast/Life skills [F] <b>19</b> 9:00 Church [F] 9:00 Rosary (resident led) [C] 9:30 Light music and meditation [FC] 9:30 Communion Service [C] 10:45 Music & Movement (light exercise) [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	<b>Martin Luther King Jr. Day</b> 8:30 Breakfast/Life skills [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Movie [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>21</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Craft/Baking [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>22</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Link Senior Trivia/Games [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>23</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Craft/Baking [F] 1:30 Rosary & Communion [C] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	<b>Happy Birthday Milly!</b> 8:30 Breakfast/Life skills [F] 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Movie [F] 2:00 Happy Hour! [DR] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills	8:30 Breakfast/Life skills [F] <b>25</b> 9:30 Light music and meditation [FC] 10:45 Music & Movement (light exercise) [F] 1:00 Movie [F] 3:30 senior link [F] 5:00 Dinner/Oshibori [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills

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8:30 Breakfast/ Life skills [F] <b>26</b>	8:30 Breakfast/ Life skills [F] <b>27</b>	8:30 Breakfast/ Life skills [F] <b>28</b>	8:30 Breakfast/ Life skills [F] <b>29</b>	8:30 Breakfast/ Life skills [F] <b>30</b>	8:30 Breakfast/ Life skills [F] <b>31</b>	
9:00 Church [F]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	9:30 Light music and meditation [FC]	
9:00 Rosary (resident led) [C]						
9:30 Light music and meditation [FC]	10:45 Music & Movement (light exercise) [F]	10:45 Music & Movement (light exercise) [F]	10:45 Music & Movement (light exercise) [F]	10:45 Music & Movement (light exercise) [F]	10:45 Music & Movement (light exercise) [F]	
9:30 Communion Service [C]	1:00 Movie [F]	1:00 Craft/Baking [F]	1:00 Link Senior Trivia/Games [F]	1:00 Craft/Baking [F]	1:00 Movie [F]	
10:45 Music & Movement (light exercise) [F]	3:30 senior link [F]	3:30 senior link [F]	3:30 senior link [F]	1:30 Rosary & Communion [C]	2:00 Happy Hour! [DR]	
3:30 senior link [F]	5:00 Dinner/Oshibori [F]	5:00 Dinner/Oshibori [F]	5:00 Dinner/Oshibori [F]	3:30 senior link [F]	3:30 senior link [F]	
5:00 Dinner/Oshibori [F]	6:00 Meditation and relaxation [FC]	6:00 Meditation and relaxation [FC]	6:00 Meditation and relaxation [FC]	5:00 Dinner/Oshibori [F]	5:00 Dinner/Oshibori [F]	
6:00 Meditation and relaxation [FC]	7:30 Evening Stretches/Life Skills	7:30 Evening Stretches/Life Skills	7:30 Evening Stretches/Life Skills	6:00 Meditation and relaxation [FC]	6:00 Meditation and relaxation [FC]	
7:30 Evening Stretches/Life Skills				7:30 Evening Stretches/Life Skills	7:30 Evening Stretches/Life Skills	