	5 - Assisted Livin					
SundayCChapelDRDining RoomFFairway CourtFCFairway Court	Monday Happy Birthday to 1/1 Beatrice Rademacher 1/24 Milly Blank	Tuesday	WednesdayHappy Birthday1Bea!1New Year's Day8:30Breakfast/Life skills [F]9:00light stretching and movement [F]9:00light stretching and movement [F]9:30Light music and meditation [FC]9:30Light music and meditation [FC]9:30Light music and meditation [FC]9:30Light music and meditation [FC]10:45Music & Movement (light exercise) [F]2:00Snack/ Conversation [F]3:30senior link [F]5:00Dinner/Oshibori 	Thursday8:30Breakfast/Life 2 skills [F]29:00light stretching and movement [F]9:30Light music and meditation [FC]10:45Music & Movement (light exercise) [F]1:30Rosary & Communion [C]2:00Snack/ Conversation [F]3:30senior link [F]5:00Dinner/Oshibori [F]6:00Meditation and relaxation [FC]7:30Evening Stretches/Life Skills	Friday8:30Breakfast/Life3skills [F]9:00light stretching and movement [F]9:30Light music and meditation [FC]10:45Music & Movement (light exercise) [F]1:00Movie [F]3:30senior link [F]5:00Dinner/Oshibori [F]6:00Meditation and relaxation [FC]7:30Evening Stretches/Life Skills	Saturday8:30Breakfast/Life skills [F]9:00light stretching and movement [F]9:30Light music an meditation [FC]10:45Music & Movement (ligh exercise) [F]1:00Movie [F]3:30senior link [F]5:00Dinner/Oshibor [F]6:00Meditation and relaxation [FC]7:30Evening Stretches/Life Skills
 B:30 Breakfast/ Life skills [F] D:00 Church [F] D:00 Rosary (resident led) [C] D:00 Light music and meditation [FC] D:30 Light music and meditation [FC] D:30 Communion Service [C] D:45 Music & Movement (light exercise) [F] D:30 senior link [F] D:30 Dinner/Oshibori [F] D:30 Meditation and relaxation [FC] T:30 Evening Stretches/Life Skills 	 8:30 Breakfast/Life 6 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] 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 	Stretches/Life Skills 8:30 Breakfast/Life 8 skills [F] 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 9 skills [F] 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] 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] 9:30 Light music and meditation [FC] 10:45 Music & Movement (lig exercise) [F] 1:00 Movie [F] 3:30 senior link [F] 5:00 Dinner/Oshibo [F] 6:00 Meditation and relaxation [FC] 7:30 Evening Stretches/Life Skills
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	Sunday		Monday		Tuesday	1	Wednesday		Thursday		Friday	Saturday
8:30	Breakfast/ 26 Life skills [F]		Breakfast/ 27 Life skills [F]	8:30	Breakfast/ Life skills [F]	8:30	Breakfast/ 29 Life skills [F]	8:30	Breakfast/ 30 Life skills [F]	8:30	Breakfast/ 31 Life skills [F]	
9:00 9:00 9:30 9:30 10:4: 3:30 5:00 6:00 7:30	Church [F] Church [F] Rosary (resident led) [C] Light music and meditation [FC] Communion Service [C] 5 Music & Movement (light exercise) [F] senior link [F] Dinner/Oshibori [F] Meditation and relaxation [FC] Evening	9:30 10:45 1:00 3:30 5:00 6:00 7:30	Life skills [F] Light music and meditation [FC] Music & Movement (light exercise) [F] Movie [F] senior link [F] Dinner/Oshibori [F] Meditation and relaxation [FC] Evening Stretches/Life Skills		Life skills [F] Light music and meditation [FC] Music & Movement (light exercise) [F] Craft/Baking [F] senior link [F] Dinner/Oshibori [F] Meditation and relaxation [FC] Evening Stretches/Life Skills		Light music and meditation [FC] Music & Movement (light exercise) [F] Link Senior Trivia/Games [F] senior link [F] Dinner/Oshibori [F] Meditation and relaxation [FC] Evening Stretches/Life	9:30 10:45 1:00 1:30 3:30 5:00 6:00 7:30	Life skills [F] Light music and meditation [FC] 5 Music & Movement (light exercise) [F] Craft/Baking [F] Rosary & Communion [C] senior link [F] Dinner/Oshibori [F] Meditation and relaxation [FC] Evening	9:30 10:45 1:00 2:00 3:30 5:00 6:00 7:30	Life skills [F] Light music and meditation [FC] Music & Movement (light exercise) [F] Movie [F] Happy Hour! [DR] senior link [F] Dinner/Oshibori [F] Meditation and relaxation [FC] Evening Stretches/Life	
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