



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Mass 2:00 Bingo w/ John NBH2 	2 9:30 Mass <i>Bee out</i> 	3 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Warm Rolls Social NBH1 11:00 Balance Class 1:30 Festival of Sleep NBH2 3:15 Ella Tickles the Ivories NBH3	4 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 11:00 Balance Class 1:30 January Trivia NBH1 3:30 Hypnotism Chat Group NBH2	5 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 National Bird Day NBH1 11:00 Balance Class 1:30 Hot Chocolate Fun NBH3 3:30 Book Club NBH2	6 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Java Music & Chat Club NBH2 11:00 Balance Class 1:30 Movie in NBH2 "Joyeux Noel"	
8 9:30 Mass 2:00 Bingo with John NBH2 	9 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Joan Baez Bio NBH3 11:00 Balance Class 1:30 Crossword Puzzle NBH1 3:30 Creative Storytelling NBH2	10 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Warm Rolls Social NBH2 11:00 Balance Class 1:30 Scripture Reflection NBH1 3:15 Ella Tickles the Ivories NBH3	11 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Morning Songs NBH3 11:00 Balance Class 1:30 Painting with Sally NBH2 3:00 Hot Toddy Happy Hour NBH1	12 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Rudy Maxa's Argentina NBH2 11:00 Balance Class 1:30 Book Club NBH2 3:30 Joey Clark Performs NBH3	13 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Java Music & Chat Club NBH3 11:00 Balance Class 1:30 Movie in NBH2 "Stan & Ollie"	14 
15 9:30 Mass 2:00 Bingo with John NBH2 	16 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Martin Luther King Jr. NBH1 1:30 Marshmallow Monday NBH2 3:30 Songs of the South NBH3	17 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Warm Rolls Social NBH3 11:00 Balance Class 1:30 Scripture Reflection NBH1 3:15 Ella Tickles the Ivories NBH3	18 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 11:00 Balance Class 1:30 Peter, Paul, & Mary Video NBH2 3:00 January Birthdays Party MDR	19 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Dolly Parton Bio NBH3 11:00 Balance Class 1:30 Book Club NBH2 3:30 Travelogue: San Francisco NBH1	20 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Java Music & Chat Club NBH1 11:00 Balance Class 1:30 Movie in NBH2 "Into the Wild"	21 
22 9:30 Mass 2:00 Bingo with John NBH2 	23 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Happier Living Chat NBH1 1:30 Rock & Roll Hall of Famers NBH2 3:30 Water Bead Craft NBH3	24 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Warm Rolls Social NBH1 11:00 Balance Class 1:30 Scripture Reflection NBH1 3:15 Ella Tickles the Ivories NBH3	25 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Crossword Puzzle NBH2 11:00 Balance Class 1:30 Painting with Sally NBH2 3:30 Robert Burns Bio NBH3	26 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Australia Video NBH1 11:00 Balance Class 1:30 Book Club NBH2 3:30 Sing Along NBH3	27 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Java Music & Chat Club NBH2 11:00 Balance Class 1:30 Movie in NBH2 "Cyrano"	28 
29 9:30 Mass 2:00 Bingo with John NBH2 	30 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 History of Jazz NBH3 11:00 Balance Class 1:30 Remembering Roy Rogers NBH2 3:30 Fun January Facts NBH1	31 8:30 Yoga Video * 9:30 Mass 10:05 Wellness Exercise MDR 10:30 Warm Rolls Social NBH2 11:00 Balance Class 1:30 Scripture Reflection NBH1 3:15 Ella Tickles the Ivories NBH3	Contact Bee (Life Enrichment Coordinator) with questions or requests at *5107 	 Carnation & Garnet	KEY NBH1 - Common Area of NBH1 NBH2 - Common Area of NBH2 NBH3 - Common Area of NBH3 MDR - Main Dining Room CY - Courtyard Calendar and activities are subject to change.	Programs with NBH, CY, or MDR listed after the title are happening in person; other programs can be watched on channel 990. An asterisk (*) indicates viewing on channel 992.