



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>January 2019</h1>		<p>1 9:00 Room Visits 9:30 Visit with Frankie 10:00 Exercise 1:30 Let Travel show 3:00 Valley News 4:00 Game Show Hour</p> <p>New Year's Day</p>	<p>2 9:30 Downtown Errands 10:00 Yoga 11:30 Music with Shawnie 2:30 Current Events 3:00 BINGO</p>	<p>3 9:30 Room visits 10:00 Exercise 11:45 Music with Taylor 1:00 Afternoon walk 2:00 Valley News 3:00 Country Drive</p>	<p>4 9:00 4-Ever Fit 9:30 Room Visit 10:00 Exercise 10:30 Visit with Frankie 11:00 Puzzle Time 2:00 Minds and Media 4:30 Piano Bob</p>	<p>5 9:00 Room Visits 9:45 Social Group 10:00 Yoga 1:00 Manicures 2:30 Social Hour</p>
<p>6 7:30 News & Coffee DR 9:00 live stream Church 9:30 Hot Cocoa by the fire 10:15 Morning Walk 1:00 Afternoon Room Visits 3:00 Afternoon Movie 4:00 SYV Community Church</p>	<p>7 9:00 4-ever fit Monday 9:30 Painting with Cynthia 10:00 Exercise 1:30 Tai Chi 2:00 Snack & Chat with Julie 3:00 Bocce Ball</p>	<p>8 9:00 Room Visits 9:30 Visit with Frankie 10:00 Exercise 1:30 Let Travel show 3:00 Valley News 4:00 Game Show Hour</p>	<p>9 9:30 Downtown Errands 10:00 Yoga 11:30 Music with Shawnie 2:30 Current Events 3:00 BINGO 5:00 Birthday Dinner</p>	<p>10 9:30 Room visits 10:00 Exercise 11:00 Word Puzzles 1:00 Afternoon walk 2:00 Valley News 3:00 Country Drive</p>	<p>11 9:00 4-Ever Fit 9:30 Room Visit 10:00 Exercise 11:00 Puzzle Time 2:00-3:00 Minds and Media</p>	<p>12 9:00 Room Visits 9:45 social Group 10:00 Yoga 1:00 Manicures 2:30 Sips with Sara</p>
<p>13 7:30 News & Coffee DR 9:00 live stream Church 9:30 Hot Cocoa by the fire 10:15 Morning Walk 1:00 Afternoon Room Visits 3:00 Afternoon Movie 4:00 Chapel Tennessee Gospel DR</p>	<p>14 9:00 4-ever fit Monday 9:30 Painting with Cynthia 10:00 Exercise 1:30 Tai Chi 2:00 Snack & Chat with Julie 3:00 Bocce Ball</p>	<p>15 9:00 Room Visits 9:30 Frankie Visits 10:00 Exercise 1:30 Let Travel show 3:00 Valley News 4:00 Game Show Hour</p>	<p>16 9:30 Downtown Errands 10:00 Yoga 11:30 Music with Shawnie 2:30 Current Events 3:00 BINGO</p>	<p>17 9:30 Room visits 10:00 Exercise 10:30 Communion W/ Pastor Chris 11:45 Music with Taylor 1:00 Afternoon walk 2:00 Valley News 3:00 Country Drive</p>	<p>18 9:00 4-Ever Fit 9:30 Room Visit 10:00 Exercise 10:30 Visit with Frankie 11:00 Puzzle Time 2:00-3:00 Minds and Media 4:30 Piano Bob</p>	<p>19 9:00 Room Visits 9:45 Social Group 10:00 Yoga 1:00 Manicures 2:00 Trivia & Trail Mix</p>
<p>20 7:30 News & Coffee DR 9:00 live stream Church 9:30 Hot Cocoa by the fire 10:15 Morning Walk 1:00 Afternoon Room Visits 3:00 Afternoon Movie 4:00 Chapel DR Presbyterian Church DR</p>	<p>21 9:00 4-ever fit Monday 9:30 Painting with Cynthia 10:00 Exercise 1:30 Tai Chi 2:00 Snack & Chat with Julie 3:00 Bocce Ball</p> <p>Martin Luther King Day Tu B'Shevat</p>	<p>22 9:00 Room Visits 9:30 Frankie Visits 10:00 Exercise 1:30 Let Travel show 3:00 Valley News 4:00 Game Show Hour</p>	<p>23 9:30 Downtown Errands 10:00 Yoga 11:30 Music with Shawnie 2:30 Current Events 3:00 BINGO</p>	<p>24 9:30 Room visits 10:00 Exercise 11:00 Word Puzzles 1:00 Afternoon walk 2:00 Valley News 3:00 Country Drive</p>	<p>25 9:00 4-Ever Fit 9:30 Room Visit 10:00 Exercise 10:30 visit with Frankie 11:00 Puzzle Time 2:00-3:00 Minds and Media</p>	<p>26 9:00 Room Visits 9:45 Social Group 10:00 Yoga 1:00 Manicures 2:00 Atterdag Coffee Shop Lounge</p>
<p>27 7:30 News & Coffee DR 9:00 live stream Church 9:30 Hot Cocoa by the fire 10:15 Morning Walk 1:00 Afternoon Room Visits 3:00 Afternoon Movie 4:00 Chapel LR 1st Baptist Church DR</p>	<p>28 9:00 4-ever fit Monday 9:30 Painting with Cynthia 10:00 Exercise 1:30 Tai Chi 2:00 Snack & Chat with Julie 3:00 Bocce Ball</p> <p>Australia Day (observed)</p>	<p>29 9:00 Room Visits 9:30 Frankie Visits 10:00 Exercise 1:30 Let Travel show 3:00 Valley News 4:00 Current Events</p>	<p>30 9:00 Downtown Errands 10:30 Resident Assembly 11:30 Music with Shawnie 2:30 Current Events 3:00 Big BINGO</p>	<p>31 9:30 Room visits 10:00 Exercise 11:45 Music with Taylor 1:00 Afternoon walk 2:00 Valley News 3:00 Country Drive</p>	 <p>*Activities Subject to change</p>	