

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2021					1 New Year's Day 8:00 Breakfast 12:00 Lunch 5:00 Dinner	2 8:00 Breakfast 12:00 Lunch 3:15 Saturday Social 5:00 Dinner
3 8:00 Breakfast 12:00 Lunch 3:30 Stepping Out 5:00 Dinner 7:00 For the Soul	4 8:00 Breakfast 10:00 Friendly Visits 11:00 Circle of Friends 12:00 Lunch 2:00 Express Yourself 3:00 Movie and Popcorn 4:15 Stepping Out 5:00 Dinner	5 8:00 Breakfast 10:00 Brains and Banter 12:00 Lunch 1:00 Circle of Friends 2:15 Happy Hour 4:00 Stepping Out 5:00 Dinner	6 8:00 Breakfast 10:00 Reading together 12:00 Lunch 1:00 Stepping Out 3:30 Musical Moments 5:00 Dinner 7:00 Bingo	7 8:00 Breakfast 10:00 In the Kitchen 12:00 Lunch 4:00 Stepping Out 5:00 Dinner 7:00 Circle of Friends	8 8:00 Breakfast 11:00 Stepping Out 12:00 Lunch 3:15 For the Fun of Fit 5:00 Dinner	9 8:00 Breakfast 10:00 Express Yourself 11:00 Friendly Visits 12:00 Lunch 2:00 Musical Moments 3:15 Circle of Friends 4:00 Stepping Out 5:00 Dinner
10 8:00 Breakfast 12:00 Lunch 3:45 For the Soul 5:00 Dinner 7:00 Soothing Sensations	11 8:00 Breakfast 10:00 Friendly Visits 11:00 Circle of Friends 12:00 Lunch 2:00 Express Yourself 3:00 Movie and Popcorn 4:15 Stepping Out 5:00 Dinner	12 8:00 Breakfast 10:00 Brains and Banter 12:00 Lunch 1:00 Circle of Friends 2:15 Happy Hour 4:00 Stepping Out 5:00 Dinner	13 8:00 Breakfast 10:00 Reading together 12:00 Lunch 1:00 Stepping Out 3:30 Musical Moments 5:00 Dinner 7:00 Bingo	14 8:00 Breakfast 10:00 In the Kitchen 12:00 Lunch 4:00 Stepping Out 5:00 Dinner 7:00 Circle of Friends	15 8:00 Breakfast 10:30 Stepping Out 12:00 Lunch 3:15 For the Fun of Fit 5:00 Dinner	16 8:00 Breakfast 10:30 Express Yourself 12:00 Lunch 2:00 Musical Moments 3:15 Saturday Social 5:00 Dinner
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