

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast 7:30 a.m.</b> <b>Lunch 11:30 a.m.</b> <b>Dinner 4:30 p.m.</b>	<b>1</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Puzzle Mania 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 New Years Activity 2:00 Snack Attack 3:00 Trivia 4:30 Dinner <i>New Year's Day</i>	<b>2</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Cookies with Friends 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Activity Time 2:00 Snack Attack 3:00 Daily Dose of Nostalgia 4:30 Dinner	<b>3</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Artistic Expressions 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Stories Of inspiration 2:00 Snack Attack 3:00 Trivia 4:30 Dinner	<b>4</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Balloon Bad mitten 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Dominos Club 2:00 Snack Attack 3:00 Hand Massages 4:30 Dinner	<b>5</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Puzzle Mania 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Book Club 2:00 Snack Attack 3:00 Simple Pleasures 4:30 Dinner	<b>6</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Bingo 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Movie Time 2:00 Snack Attack 3:00 Tea w/ Friends 4:30 Dinner
<b>7</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Coffee Social 10:30 Televised Church Chan.9 11:30 Lunch 1:00 Quiet Moments 2:00 Gospel Music 3:30 Chamber Chats 4:30 Dinner 7:30 Tea w/ Friends	<b>8</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Hang Man 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Toss & Talk 2:00 Snack Attack 3:00 Chamber Chats 4:30 Dinner	<b>9</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Artistic Pages 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Search & Find 2:00 Snack Attack 3:00 Q-20 4:30 Dinner	<b>10</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Artistic Creations 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Dominos Club 2:00 Snack Attack 3:00 Simple Pleasures 4:30 Dinner	<b>11</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Stories for the soul 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Artistic Pages 2:00 Snack Attack 3:00 Toss & Talk 4:30 Dinner	<b>12</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Cookies with Friends 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Spa Time 2:00 Snack Attack 3:00 Trivia 4:30 Dinner	<b>13</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Bingo 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Movie Time 2:00 Snack Attack 3:00 Tea w/ Friends 4:30 Dinner
<b>14</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Coffee Social 10:30 Televised Church Chan.9 11:30 Lunch 1:00 Quiet Moments 2:00 Gospel Music 3:30 Chamber Chats 4:30 Dinner 7:30 Tea w/ Friends	<b>15</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Trivia 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Tea w/ Friends 2:00 Snack Attack 3:00 Movie Time 4:30 Dinner <i>Martin Luther King Day</i>	<b>16</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Popcorn Party 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Jeopardy 2:00 Snack Attack 3:00 Parachute 4:30 Dinner	<b>17</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Artistic Expressions 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Dominos Club 2:00 Snack Attack 3:00 Trivia 4:30 Dinner	<b>18</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Bingo 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Movie Time 2:00 Snack Attack 3:00 Simple Pleasures 4:30 Dinner	<b>19</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Chamber Chats 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Chamber Chats 2:00 Snack Attack 3:00 Toss & Talk 4:30 Dinner	<b>20</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Bingo 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Movie Time 2:00 Snack Attack 3:00 Tea w/ Friends 4:30 Dinner
<b>21</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Coffee Social 10:30 Televised Church Chan.9 11:30 Lunch 1:00 Quiet Moments 2:00 Gospel Music 3:30 Chamber Chats 4:30 Dinner 7:30 Tea w/ Friends	<b>22</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Puzzle Mania 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Dominos Club 2:00 Snack Attack 3:00 Trivia 4:30 Dinner	<b>23</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Search & Find 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Coffee & Cookies 2:00 Snack Attack 3:00 Domino's Club 4:30 Dinner	<b>24</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Balloon Bad mitten 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Special Activity 2:00 Snack Attack 3:00 Hang man 4:30 Dinner	<b>25</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Wellness Club 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Bingo 2:00 Snack Attack 3:00 Trivia 4:30 Dinner	<b>26</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Artistic Expressions 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Dominos Club 2:00 Snack Attack 3:00 Daily Dose of Nostalgia 4:30 Dinner <i>Australia Day</i>	<b>27</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Bingo 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Movie Time 2:00 Snack Attack 3:00 Tea w/ Friends 4:30 Dinner
<b>28</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Coffee Social 10:30 Televised Church Chan.9 11:30 Lunch 1:00 Quiet Moments 2:00 Gospel Music 3:30 Chamber Chats 4:30 Dinner 7:30 Tea w/ Friends	<b>29</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Book Club 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Dominos Club 2:00 Snack Attack 3:00 Magazine Clippings 4:30 Dinner	<b>30</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Q-20 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Stories Of inspiration 2:00 Snack Attack 3:00 Trivia 4:30 Dinner	<b>31</b> 9:00 Light & lively exercises 9:30 Chronicles & Devotions 10:00 Tea w/ Friends 11:00 Helping Hands 11:30 Lunch 12:00 Quiet Moments 1:00 Puzzle Mania 2:00 Snack Attack 3:00 Simple Pleasures 4:30 Dinner			
<b>ARBOR HOUSE ASSISTED LIVING AND MEMORY CARE</b>						