

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2025</h1> <h2>Gardens</h2>			10:00 Self Massage 1 10:45 Hydration 11:00 Bird Collage 2:00 Music w/Lauren 3:00 Game: Quiddler 4:00 Discussion: President Jimmy Carter 4:30 Walking Group	10:00 Exercise 2 10:45 Hydration 11:00 Doc: Monarch Butterfly Migration 2:00 Arts & Crafts 2:00 Daily News 3:00 Snack Chat 3:30 Butterfly Trivia 3:30 Sing-A-Long 4:30 Walking Group	FootCare Nurse 3 10:00 Exercise 10:45 Hydration 11:00 Puppet Play 2:00 Spa Day! 2:00 Rice Crispy Treats 3:00 Snack Chat 3:30 Sing A Long Sara 4:30 Walking Group	10:00 Exercise 4 10:45 Hydration 11:00 Baking 2:00 Music with Lenny 3:00 Snack Chat 3:30 Finish the Fable 4:30 Stretching 6:00 Movie
10:00 Exercise 5 10:45 Hydration 11:00 Who Am I? 2:00 Bingo! 3:00 Snack Chat 3:30 Biography: Diane Keaton 4:00 Poetry Reading 4:30 Walking Group	10:00 Exercise 6 10:30 Reborns with Reasons w/Jaime Beebe 2:00 Women's Group 2:00 Men's Group 3:00 Snack Chat 3:30 Arts & Crafts 3:30 Word Games 4:30 Stretching	10:00 Alice & Domina 7 10:00 Exercise 10:45 Hydration 11: Basketball Jumble 2:00 Music with Dave 3: Strawberry Smoothie 4:00 Bingo 4:30 Walking Group 6:00 Movie	10:00 Marty Visits 8 10:00 Cornhole 10:30 Music w/Lauren 2:00 Elvis Crossword 3:00 Root Beer Floats 3:30 Cornhole 4:30 Sailing Trivia 6:00 Movie	10:00 Exercise 9 10:45 Hydration 11:00 Football Quiz 11:00 Story Time 3:00 Snack Chat 3:30 Class Is In Session 3:30 Sing-A-Long 4:30 Walking Group	10:00 Exercise 10 10:45 Hydration 11:00 Ring The Bell 11:00 Baking North Star Cookies 2:00 Spa Day! 3:00 Snack Chat 3:30 Sing A Long Sara 4:30 Walking Group	10:00 Music & Motion 11 10:45 Hydration 11:00 Music with Lenny 2:00 Essential Oils 3:00 Snack Chat / Beautiful Questions 4:30 Poetry 6:00 Movie
10:00 Exercise 12 10:45 Hydration 11:00 Bingo 2:00 Noodle Hockey 3:00 Snack Chat 3:30 Biography: Tim Horton 4:00 Hockey Crossword 4:30 Walking Group	10:00 Exercise 13 10:45 Hydration 11:00 Arts & Crafts 2:00 Women's Group 2:00 Men's Group 3:00 Snack Chat 3:30 Indoor Gardening 3:30 Sing A Long 4:30 Stretching	10:00 Alice & Domina 14 10:00 Exercise 10:45 Hydration 11:00 Kite Puzzle 2:00 Music with Dave 3:00 Strawberry Banana Smoothies 4:00 Reminisce: Flexible Flyer Sled 4:30 Walking Group	10:00 Marty Visits 15 10:00 Cornhole 10:45 Hydration 11:00 Karaoke! 2:00 Music w/Lauren 3:00 Orange Floats 4:00 Science w/Alex 6:00 Movie	10:00 Exercise 16 10:45 Hydration 11:00 1920's Slang 11:00 Read A Loud 3:00 Snack Chat 3:30 Cornhole 3:30 History of Fig Newton 4:30 Walking Group	10:00 Exercise 17 10:45 Hydration 11:00 Comedy Hour! 11:00 Baking Fruitcake 2:00 Spa Day! 3:00 Snack Chat 3:30 Sing A Long Sara 4:30 Walking Group 6:00 Movie	10:00 Exercise 18 10:45 Hydration 11:00 Baking 2:00 Music with Lenny 3:00 Snack Chat 3:30 Bowling 4:30 Stretching 6:00 Movie
10:00 Exercise 19 10:45 Hydration 11:00 Doc: Painter Paul Cezanne 2:00 Happy Balloon Toss 3:00 Snack Chat 3:30 Music of Dolly Parton 4:30 Walking Group	10:00 Berkshire Hills Music Academy 20 11:00 Exercise 2:00 Women's Group 2:00 Men's Group 3:00 Snack Chat 3:30 Arts & Crafts 3:30 Indoor Gardening 4:30 Stretching	French Culture Day 21 10:00 Alice & Domina 10:00 Exercise 11:00 Rick Steeves: Travel to France 2:00 Music with Dave 3:00 French Sampler: French Meat Pie & Crepe 4:30 Walking Group	10:00 Marty Visits 22 10:00 Cornhole 10:45 Hydration 11:00 Class In Session 2:00 Music w/Lauren 3:00 Rootbeer Floats 3:30 DISCO DANCE! 6:00 Movie	Podiatrist is here 23 10:00 Exercise 10:45 Hydration 11:00 Word Games 11 Casablanca Facts 3:00 Snack Chat 3:30 Sing-A-Long 4:30 Walking Group 6:00 Movie	10:00 Exercise 24 10:45 Hydration 11:00 Puppet Play 11:00 Baking Snow Ball Cookies 2:00 Basketball 3:00 Snack Chat 3:30 Sing A Long Sara 4:30 Walking Group	Hair Salon Open 25 10:00 Exercise 10:45 Hydration 11:00 Music of Johnny Cash 2:00 Music with Lenny 3:00 Snack Chat 3:30 Doc: Jimmy Carter 4:30 Stretching
10:00 Exercise 26 10:45 Hydration 11:00 Doc: Nicole Kidman 2:00 Sports Trivia 3:00 Snack Chat 3:30 Bingo 4:30 Walking Group 6:00 Movie	10:00 Berkshire Hills Music Academy 27 11:00 Exercise 2:00 Women's Group 2:00 Men's Group 3:00 Snack Chat 3:30 Sing A Long 3:30 Indoor Gardening 4:30 Stretching	10:00 Alice & Domina 28 10:00 Exercise 10:45 Hydration 11:00 Craft: Snow Globes 2:00 Music w/Joe 3: Mixed Berry Smoothie 4:30 Walking Group 6:00 Movie	10:00 Marty Visits 29 10:00 Cornhole 10:45 Hydration 11:00 Reading Aloud 2:00 Music Freddie Marion 3:00 Snack Chat 3:30 Class In Session 4:30 Walking Group	10:00 Exercise 30 10:45 Hydration 11:00 Read A Loud 11:00 Word Games 3:00 Snack Chat 3:30 Sing-A-Long 4:30 Walking Group 6:00 Movie	10:00 Exercise 31 10:45 Hydration 11:00 Ring The Bell 11:0 Baking Brownies 2:00 Bowling 3:00 Snack Chat 3:30 Sing A Long Sara 4:30 Walking Group	