Sunday Tuesday Wednesday Saturday Monday Thursday Friday 9am: Morning Greetings 9am: Morning Greetings 9am: Morning Greetings 9am: Morning Greetings January 2025 10am: Daily Mass & Rosary 11am: Jukebox Cardio 11am: Fab\*Fit\*Fun 11am: Sentimental Journey 11am: Rock n' Roll Fitness 2pm: New Year's Bingo 2pm: "Joe Friday" 2pm: Music and Art 2:15pm: Migration of the 3:30pm: Remembering 2024 **Monarch Butterfly Dragnet Social** With Iessica 4pm: Music and Movement 3:30pm:Chats and Snacks 3:30pm:Social Hour 3:30pm:Fireside Chats 6pm: Rosary and Hymns 4pm: Golden Girls Special 4pm: Today in History 4pm: Music and Movement Harmony Activity Calendar 6pm: Classic Sitcoms 6pm: Sing with Me 6pm: Rosary & Hymns New Year's Day 9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Jukebox Cardio 11am: Tai Chi & Mindfulness 11am:Ribbon Yoga 11am: Group Fitness Class 11am: Fab\*Fit\*Fun 11am: Sentimental Journey St Mary's School Visit 2pm: Harmony Bowling 2pm: Music & Movement 2pm: In the Kitchen **2pm:** Ageless Artists 2pm: Blue Suede 2:30pm: Calling All 2:15pm: Rhythm & Challenge w/Chie 3:30pm:Snacks and Chats W/Jessica Bingo & Social **Bakers Movement** 3:30pm: Neighborhood 3:30pm: Fireside Chats 4pm: Music and Movement 4pm: Music and Movement 3:30pm:Snacks and Chats 3:30pm:Chats and Snacks 3:30pm:Social Hour Conversations 4pm: Music and Movement 6pm: Rosary and Hymns 4pm: Gentle Stretches 6pm: Rosary and Hymns 4pm: Golden Girls Special 4pm: Neighborhood Visits 4pm: Music and Movement 6pm: Rosary & Hymns 6pm: PBS Special 6pm: Classic Sitcoms Mail Call 18 9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Tai Chi & Mindfulness 11am:Ribbon Yoga 11am: Jukebox Cardio 11am: Fab\*Fit\*Fun 11am: Sentimental Journey 11am: Rock n' Roll Fitness **2pm: Harmony Bowling** 2pm: In the Kitchen 2:30pm: Music w/ Bill 2pm: Rhythm & Movement 2:30pm: Calling All 2pm: Music with 2pm: Music and Art Challenge 3:30pm: Neighborhood w/ Jessica **Birthday Party** w/ Shannon **Bakers Heather Ralston** With Jessica 3:30pm Snacks and Chats Conversations 3:30pm:Snacks and Chats 3:30pm:Snacks and Chats 3:30pm:Chats and Snacks 3:30pm:Social Hour 3:30pm:Fireside Chats 4pm: Music and Movement Ipm: Mindfulness & Breathing 4pm: Music and Movement 4pm: Golden Girls Special 4pm: Gentle Stretches 4pm: Today in History 4pm: Music and Movement 6pm: Evening Reflections 6pm: Rosary and Hymns 6pm: Rosary and Hymns 6pm: Classic Sitcoms 6pm: PBS Special 6pm: Sing with Me 6pm: Rosary & Hymns 9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Tai Chi & Mindfulness 11am:Ribbon Yoga 2pm: Harmony Bowling 2pm: Rhythm & Movement 11am: Fab\*Fit\*Fun 11am: Sentimental Journey 11am: Rock n' Roll Fitness **2pm:** Ageless Artists w/Frank & Friends 2pm: Music & Movement 2pm: In the Kitchen Challenge w/ Jessica 2:30pm: Calling All 3:30pm: Neighborhood 3:30pm Snacks and Chats w/Chie 2pm: Neighborhood 3:30pm:Snacks and Chats w/ Jessica **Bakers** Conversations Ipm: Mindfulness & Breathing 3:30pm: Fireside Chats 4pm: Music and Movement Happy Hour 3:30pm:Snacks and Chats 3:30pm:Chats and Snacks 4pm: Music and Movement 6pm: Rosary and Hymns 4pm: Music and Movement 6pm: Rosary and Hymns 4pm: Gentle Stretches 4pm: Golden Girls Special 4pm: Today in History 6pm: Rosary & Hymns 6pm: Evening Reflections 6pm: PBS Special 6pm: Classic Sitcoms 6pm: Sing with Me Martin Luther King Jr. Day Happy New Year! 9am: Morning Greetings 10am: Daily Mass & Rosary 11am: Tai Chi & Mindfulness 2pm: Harmony Bowling 11am: Tai Chi 11am: Fab\*Fit\*Fun 11am:Ribbon Yoga 11am: Sentimental Journey 2pm: In the Kitchen 2:30pm: Calling All **2pm:** Ageless Artists Challenge 2pm: Chinese 2pm: Reflections and 3:30pm:Snacks and Chats 3:30pm: Neighborhood **Bakers Conversations** w/ Shannon **New Year Bingo** Conversations 4pm: Music and Movement 3:30pm:Snacks and Chats 3:30pm:Chats and Snacks 3:30pm:Social Hour & Social 4pm: Music and Movement 6pm: Rosary and Hymns 4pm: Gentle Stretches 4pm: Golden Girls Special 4pm: Today in History 6pm: Evening Reflections 6pm: Classic Sitcoms 6pm: Sing with Me 6pm: PBS Special Chinese New Year (Year of the Snake)