

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Harmony Activity Calendar

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