

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>“When you arise in the morning, think of what a privilege it is to be alive to breathe. To Think. To Enjoy. To Love.”</b> — Marcus Aurelius</p>	<p><b>NEW YEAR'S DAY 1</b></p> <p>9:30 Morning Classics, 1st 10:30 Balloon Toss &amp; “Foot” Ball, 1st 11:30 FIT to Stretch®, 1st 1:30 Let’s Learn!, 1st 2:30 Craft Hour, 1st 3:30 Reminisce, 1st 6:00 Monday Night Movie, 1st</p>	<p><b>2</b></p> <p>9:30 Material Manipulatives &amp; Music, 1st 10:00 Beauty Salon Open, 1st 10:30 Yoga w/Peggy, 1st 1:30 Mind Fitness, 1st 3:30 Treasures of the Heart®, 1st 4:30 FIT to Pedal®, 1st 6:00 Reminisce, 1st</p>	<p><b>3</b></p> <p>9:30 Hymn Sing, 1st 9:45 Chaplain Reflective Moment, 1st 11:30 Wake Up Exercise, 1st 1:30 Mind Fitness, 1st <b>1:45 Jazzist David Cooley, 1st</b> 2:30 Current Events, 1st 3:30 Table Games, 1st 4:30 FIT to Be Strong®, 1st 6:00 The Good Old Days, 1st</p>	<p><b>4</b></p> <p>10:15 Catholic Communion Available, 1st 10:30 Yoga w/Peggy, 1st 11:30 Current Events, 1st 1:30 FIT to Balance®, 1st 2:30 Mind Fitness, 1st 3:30 Winter BINGO, 1st 4:30 Life Skills, 1st 6:00 Traditional Storytelling, 1st</p>	<p><b>5</b></p> <p>9:30 Donuts &amp; Judy Garland, 1st 10:00 Manicures, 1st 11:15 Miramont Singalong, T 1:30 Earthtones Music Therapy, 1st 3:30 FIT to Be Strong®, 1st 4:00 Treasures of the Heart®, 1st 6:00 Soup for the Soul Series, 1st</p>	<p><b>6</b></p> <p><b>10:45 Newspaper Searches &amp; Donuts, 1st</b> 11:30 Life Skills, 1st 1:30 Oregon Public Broadcasting OPB, 1st 2:30 FIT to Pedal®, 1st 3:00 Intergenerational Pen Pal, 1st <b>3:15 Pianist Graham James, 1st</b> 4:00 Table Games, 1st 6:00 Winter Storytelling, 1st</p>
<p>10:15 Sunday Hymns, 1st <b>7</b> 11:15 Bible Study, 1st <b>1:30 New Year Crafting, 1st</b> 3:00 Sunday Sundaes, 1st 4:00 FIT to Be Strong®, 1st 4:30 Memory Toss Ball, 1st 6:00 Reminisce, 1st 6:30 Sunday Evening Film, 1st</p>	<p><b>8</b></p> <p>9:30 Morning Classics, 1st 11:30 FIT to Stretch®, 1st 1:30 Let’s Learn!, 1st 2:30 Culinary Hour, 1st 3:30 Reminisce, 1st 6:00 Monday Night Movie, 1st</p>	<p><b>9</b></p> <p>9:30 Material Manipulatives &amp; Music, 1st 10:00 Beauty Salon Open, 1st 10:30 Yoga w/Peggy, 1st <b>11:30 Outing: Stone Cliff</b> 1:30 Movie Matinee, 1st 3:30 Treasures of the Heart®, 1st 4:30 FIT to Pedal®, 1st 6:00 Reminisce, 1st</p>	<p><b>10</b></p> <p>9:30 Hymn Sing, 1st 9:45 Chaplain Reflective Moment, 1st 11:30 Wake Up Exercise, 1st 1:30 Mind Fitness, 1st 2:30 Current Events, 1st 3:30 Interactive Games, 1st 4:30 FIT to Be Strong®, 1st 6:00 The Good Old Days, 1st</p>	<p><b>11</b></p> <p>10:15 Catholic Communion Available, 1st 10:30 Yoga w/Peggy, 1st 11:30 Current Events, 1st 1:30 Bunny Therapy, 1st 1:30 FIT to Balance®, 1st 2:30 Mind Fitness, 1st 3:30 Winter BINGO, 1st 4:30 Life Skills, 1st 6:00 Traditional Storytelling, 1st</p>	<p><b>12</b></p> <p>9:30 Donuts &amp; Judy Garland, 1st 10:00 Manicures, 1st 11:15 Miramont Singalong, T <b>1:30 Armchair Travel: Alaska, 1st</b> 3:30 FIT to Be Strong®, 1st 4:00 Treasures of the Heart®, 1st 6:00 Soup for the Soul Series, 1st</p>	<p><b>13</b></p> <p><b>10:45 Newspaper Searches &amp; Donuts, 1st</b> 11:30 Life Skills, 1st 1:30 Oregon Public Broadcasting OPB, 1st 2:30 FIT to Pedal®, 1st 4:00 Table Games, 1st 6:00 Winter Storytelling, 1st</p>
<p>10:15 Sunday Hymns, 1st <b>14</b> 11:15 Bible Study, 1st <b>1:30 Resident of the Month, 1st</b> 2:30 Gaming Fun, 1st 3:00 Sunday Sundaes, 1st 3:30 March to Music, 1st 4:00 FIT to Stretch®, 1st <b>4:30 New Year’s Trivia, 1st</b> 6:00 Reminisce, 1st 6:30 Sunday Evening Film, 1st</p>	<p><b>MARTIN LUTHER KING JR. DAY 15</b></p> <p>9:30 Morning Classics, 1st 10:30 Balloon Toss &amp; “Foot” Ball, 1st 11:30 FIT to Stretch®, 1st 1:30 Let’s Learn!, 1st 2:30 Craft Hour, 1st 3:30 Reminisce, 1st 6:00 Monday Night Movie, 1st</p>	<p><b>16</b></p> <p>9:30 Material Manipulatives &amp; Music, 1st 10:00 Beauty Salon Open, 1st 10:30 Yoga w/Peggy, 1st <b>1:30 Outing: Country Drive</b> 1:30 Movie Matinee, 1st 3:30 Treasures of the Heart®, 1st 4:30 FIT to Pedal®, 1st 6:00 Reminisce, 1st</p>	<p><b>17</b></p> <p>9:30 Hymn Sing, 1st 9:45 Chaplain Reflective Moment, 1st 11:30 Wake Up Exercise, 1st 1:30 Mind Fitness, 1st <b>1:45 Singer Molli Paige, 1st</b> 2:30 Current Events, 1st 3:30 Table Games, 1st 4:30 FIT to Be Strong®, 1st 6:00 The Good Old Days, 1st</p>	<p><b>18</b></p> <p>10:15 Catholic Communion Available, 1st 10:30 Yoga w/Peggy, 1st 11:30 Current Events, 1st 1:30 FIT to Balance®, 1st 2:30 Mind Fitness, 1st 3:30 Winter BINGO, 1st 4:30 Life Skills, 1st 6:00 Traditional Storytelling, 1st</p>	<p><b>19</b></p> <p>9:30 Donuts &amp; Judy Garland, 1st 10:00 Manicures, 1st 11:15 Miramont Singalong, T 1:30 Earthtones Music Therapy, 1st 3:30 FIT to Be Strong®, 1st 4:00 Treasures of the Heart®, 1st 6:00 Soup for the Soul Series, 1st</p>	<p><b>20</b></p> <p><b>10:45 Newspaper Searches &amp; Donuts, 1st</b> 11:30 Life Skills, 1st 1:30 Oregon Public Broadcasting OPB, 1st 2:30 FIT to Pedal®, 1st <b>3:00 National Popcorn Day, 1st</b> 4:00 Table Games, 1st 6:00 Winter Storytelling, 1st</p>
<p>10:15 Sunday Hymns, 1st <b>21</b> 11:15 Bible Study, 1st <b>1:30 Winter Celebration, 1st</b> <b>3:00 Peppermint Sundaes, 1st</b> 3:30 Current Events, 1st 4:00 FIT to Stretch®, 1st 4:30 Memory Fitness, 1st 6:00 Reminisce, 1st 6:30 Sunday Evening Film, 1st</p>	<p><b>22</b></p> <p>9:30 Morning Classics, 1st 10:30 Balloon Toss &amp; “Foot” Ball, 1st 11:30 FIT to Stretch®, 1st 1:30 Let’s Learn!, 1st 2:30 Culinary Hour, 1st 3:30 Reminisce, 1st 6:00 Monday Night Movie, 1st</p>	<p><b>23</b></p> <p>9:30 Material Manipulatives &amp; Music, 1st 10:00 Beauty Salon Open, 1st 10:30 Yoga w/Peggy, 1st 1:30 This Was the Year, 1st <b>3:00 Mad Hatter Tea Party, 1st</b> 3:30 Treasures of the Heart®, 1st 4:30 FIT to Pedal®, 1st 6:00 Reminisce, 1st</p>	<p><b>24</b></p> <p>9:30 Hymn Sing, 1st 9:45 Chaplain Reflective Moment, 1st 11:30 Wake Up Exercise, 1st 1:30 Mind Fitness, 1st <b>1:45 Musician Pablo G, 1st</b> 2:30 Current Events, 1st 3:30 Interactive Games, 1st 4:30 FIT to Be Strong®, 1st 6:00 The Good Old Days, 1st</p>	<p><b>25</b></p> <p>10:15 Catholic Communion Available, 1st 10:30 Yoga w/Peggy, 1st 11:30 Current Events, 1st 1:30 Bunny Therapy, 1st 1:30 FIT to Balance®, 1st 2:30 Mind Fitness, 1st 3:30 Winter BINGO, 1st 4:30 Life Skills, 1st 6:00 Traditional Storytelling, 1st</p>	<p><b>26</b></p> <p>9:30 Donuts &amp; Judy Garland, 1st 10:00 Manicures, 1st 11:15 Miramont Singalong, T <b>1:30 Armchair Travel: Alaska, 1st</b> 3:30 FIT to Be Strong®, 1st 4:00 Treasures of the Heart®, 1st 6:00 Soup for the Soul Series, 1st</p>	<p><b>27</b></p> <p><b>10:45 Newspaper Searches &amp; Donuts, 1st</b> 11:30 Life Skills, 1st 1:30 Oregon Public Broadcasting OPB, 1st 2:30 FIT to Pedal®, 1st 4:00 Table Games, 1st 6:00 Winter Storytelling, 1st</p>
<p>10:15 Sunday Hymns, 1st <b>28</b> 11:15 Bible Study, 1st 1:30 Crafting Fun, 1st 3:00 Sunday Sundaes, 1st 3:30 March to Music, 1st 4:00 FIT to Be Strong®, 1st 4:00 FIT to Stretch®, 1st 4:30 Mind Fitness, 1st 6:00 Reminisce, 1st 6:30 Sunday Evening Film, 1st</p>	<p><b>29</b></p> <p>9:30 Morning Classics, 1st 10:30 Balloon Toss &amp; “Foot” Ball, 1st 11:30 FIT to Stretch®, 1st 1:30 Let’s Learn!, 1st 2:30 Craft Hour, 1st 3:30 Reminisce, 1st 6:00 Monday Night Movie, 1st</p>	<p><b>30</b></p> <p>9:30 Material Manipulatives &amp; Music, 1st 10:00 Beauty Salon Open, 1st 10:30 Yoga w/Peggy, 1st 3:30 Treasures of the Heart®, 1st 4:30 FIT to Pedal®, 1st 6:00 Reminisce, 1st</p>	<p><b>31</b></p> <p>9:30 Hymn Sing, 1st 9:45 Chaplain Reflective Moment, 1st 11:30 Wake Up Exercise, 1st 1:30 Mind Fitness, 1st 2:30 Current Events, 1st <b>3:30 National Puzzle Day, 1st</b> <b>3:30 Pianist Monte Watters, 1st</b> 4:30 FIT to Be Strong®, 1st 6:00 The Good Old Days, 1st</p>	<p><b>Locations</b></p> <p>Cafe, C                      Second Floor, 2nd Dining Room, D          Seventh Floor/Charlie’s First Floor, 1st          Corner, 7th Library, LIB                Talbert Room, T Lobby, L                      Weight Room, WR Pool, P</p>		<p><b>Calendar events subject to change.</b></p>