



THE PEAKS

A Senior Living Community

HEALTH & REHABILITATION

# JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LOCATIONS</b> All Hall Dining Rooms, HDR Bistro, BIS Second Floor Balcony, SFB</p>	<p>All Hall Lounges, HL In Room, INR Second Hall Dining, 2HD</p>	<p>Alpine Room, ALP Malapais Room, MR</p>	<p><b>NEW YEAR'S DAY</b> 8:15 Activity Rounds, HL 9:30 1:1 Visits, INR 10:30 FIT Chair Yoga®, ALP 2:00 Tea &amp; Trivia, 2HD 3:00 <b>Catholic Mass, MR</b> 6:00 Activity Cart, HDR</p>	<p>8:15 Activity Rounds, HL 10:30 FIT to be Strong®, ALP 1:30 <b>Pet, Pups &amp; Smiles, ALP</b> 2:30 Spintopia!, 2HD 4:00 <b>Movie Night: Catch Me If You Can (2002), HL</b> 6:00 Activity Cart, HDR</p>	<p>8:15 Activity Rounds, HL 9:30 1:1 Visits, INR 10:30 FIT Chair Yoga®, ALP 1:30 Jigsaw Puzzles, 2HD 3:00 <b>New Beginnings Happy Hour, ALP</b> 6:00 Activity Cart, HDR</p>	<p>8:15 Activity Rounds, HL 10:30 FIT to Pedal®, 2HD 10:45 <b>Baker's Bunch: Spice Cake, 2HD</b> 2:00 Prize Bingo, 2HD 3:00 KTNN Radio, 2HD 6:00 Activity Cart, HDR</p>
<p><b>5</b> 8:15 Activity Rounds, HL 9:00 Catholic Mass, HL 10:30 FIT to be Strong®, ALP 1:00 Sunday Church Service, MR 2:30 <b>New Resident Welcome: Sugar Cookie Social, BIS</b> 6:00 Activity Cart, HDR</p>	<p><b>6</b> 8:15 Activity Rounds, HL 9:45 Mindful Monday, BIS 10:00 Donuts &amp; Discussions, 2HD 10:30 FIT to Stretch®, 2HD 2:00 <b>Grief Discussions, SFB</b> 2:15 <b>Helen Keller &amp; Braille History Hour, BIS</b> 3:15 Manicure Mondays, INR 5:00 <b>Music on the Move w/ B, HL</b></p>	<p><b>7</b> 8:15 Activity Rounds, HL 9:30 KTNN Radio, 2HD 10:30 FIT to be Strong®, ALP 2:00 Prize Bingo, 2HD 3:00 <b>Travelogue with Bill, 2HD</b> 6:00 Activity Cart, HDR</p>	<p><b>8</b> 8:15 Activity Rounds, HL 9:45 Spiritual Services, INR 10:30 FIT Chair Yoga®, ALP 2:00 Tea &amp; Trivia, 2HD 3:00 <b>Crafter's Corner: 2025 Vision Boards, 2HD</b> 6:00 Activity Cart, HDR</p>	<p><b>9</b> 8:15 Activity Rounds, HL 10:30 FIT to be Strong®, ALP 1:30 <b>Men's Club, 2HD</b> 2:30 Spintopia!, 2HD 4:00 <b>Movie Night: The Stepford Wives (2004), HL</b> 6:00 Activity Cart, HDR</p>	<p><b>10</b> 8:15 Activity Rounds, HL 9:30 1:1 Visits, INR 10:30 FIT Chair Yoga®, ALP 1:30 Jigsaw Puzzles, 2HD 3:00 <b>Summer in Winter Happy Hour, ALP</b> 6:00 Activity Cart, HDR</p>	<p><b>11</b> 8:15 Activity Rounds, HL 10:30 FIT to Pedal®, 2HD 10:45 <b>Creative Cooking: Trail Mix, 2HD</b> 1:30 <b>Matinee Movie: Love, Actually (2003), BIS</b> 2:00 Prize Bingo, 2HD 3:00 KTNN Radio, 2HD 6:00 Activity Cart, HDR</p>
<p><b>12</b> 8:15 Activity Rounds, HL 9:00 Catholic Mass, HL 10:30 FIT to be Strong®, ALP 1:00 Sunday Church Service, MR 2:30 <b>Hot Cocoa Bar Social, BIS</b> 3:00 <b>Live Music with B, BIS</b> 6:00 Activity Cart, HDR</p>	<p><b>13</b> 8:15 Activity Rounds, HL 9:45 Mindful Monday, BIS 10:00 Donuts &amp; Discussions, 2HD 10:30 FIT to Stretch®, 2HD 2:15 <b>Washington &amp; the First Flag History Hour, BIS</b> 3:15 Manicure Mondays, INR 5:00 <b>Music on the Move w/ B, HL</b> 6:00 Activity Cart, HDR</p>	<p><b>14</b> 8:15 Activity Rounds, HL 9:30 KTNN Radio, 2HD 10:15 <b>Songhearth w/ Meghan, HDR</b> 10:30 FIT to be Strong®, ALP 2:00 Prize Bingo, 2HD 3:00 <b>Travelogue with Bill, 2HD</b> 6:00 Activity Cart, HDR</p>	<p><b>15</b> 8:15 Activity Rounds, HL 9:45 Spiritual Services, INR 10:30 FIT Chair Yoga®, ALP 2:00 Tea &amp; Trivia, 2HD 3:00 <b>Crafter's Corner: Weaving Decor, 2HD</b> 6:00 Activity Cart, HDR</p>	<p><b>16</b> 8:15 Activity Rounds, HL 10:30 FIT to be Strong®, ALP 1:30 <b>Pet, Pups &amp; Smiles, ALP</b> 2:30 Spintopia!, 2HD 4:00 <b>Movie Night: Big (1988), HL</b> 6:00 Activity Cart, HDR</p>	<p><b>17</b> 8:15 Activity Rounds, HL 9:30 1:1 Visits, INR 10:30 FIT Chair Yoga®, ALP 1:30 Jigsaw Puzzles, 2HD 3:00 <b>Masquerade Happy Hour, ALP</b> 6:00 Activity Cart, HDR</p>	<p><b>18</b> 8:15 Activity Rounds, HL 10:30 FIT to Pedal®, 2HD 10:45 <b>Baker's Bunch: S'mores Cookies, 2HD</b> 2:00 Prize Bingo, 2HD 3:00 KTNN Radio, 2HD 6:00 Activity Cart, HDR</p>
<p><b>19</b> 8:15 Activity Rounds, HL 9:00 Catholic Mass, HL 10:30 FIT to be Strong®, ALP 1:00 Sunday Church Service, MR 2:30 <b>Swiss Roll Social, BIS</b> 6:00 Activity Cart, HDR</p>	<p><b>M.L. KING, JR. DAY</b> <b>20</b> 8:15 Activity Rounds, HL 9:45 Mindful Monday, BIS 10:00 Donuts &amp; Discussions, 2HD 10:30 FIT to Stretch®, 2HD 2:00 <b>Grief Discussions, SFB</b> 2:15 <b>MLK Jr. History Hour, BIS</b> 3:15 Manicure Mondays, INR 5:00 <b>Music on the Move w/ B, HL</b> 6:00 Activity Cart, HDR</p>	<p><b>21</b> 8:15 Activity Rounds, HL 9:30 KTNN Radio, 2HD 10:30 FIT to be Strong®, ALP 2:00 Prize Bingo, 2HD 3:15 <b>Resident Council Mtg, 2HD</b> 6:00 Activity Cart, HDR</p>	<p><b>22</b> 8:15 Activity Rounds, HL 9:45 Spiritual Services, INR 10:30 FIT Chair Yoga®, ALP 2:00 Tea &amp; Trivia, 2HD 2:30 <b>NAU Pen Pals, BIS</b> 6:00 Activity Cart, HDR</p>	<p><b>23</b> 8:15 Activity Rounds, HL 10:30 FIT to be Strong®, ALP 1:30 <b>Men's Club, 2HD</b> 2:30 Spintopia!, 2HD 4:00 <b>Movie Night: The Pursuit of Happiness (2006), HL</b> 6:00 Activity Cart, HDR</p>	<p><b>24</b> 8:15 Activity Rounds, HL 9:30 1:1 Visits, INR 10:30 FIT Chair Yoga®, ALP 1:00 <b>Flagstaff Mobile Library, ALP</b> 1:30 Jigsaw Puzzles, 2HD 3:00 <b>Birthday Bash Happy Hour, ALP</b> 6:00 Activity Cart, HDR</p>	<p><b>25</b> 8:15 Activity Rounds, HL 10:30 FIT to Pedal®, 2HD 10:45 <b>Creative Cooking: Quesadillas, 2HD</b> 1:30 <b>Matinee Movie: Groundhog Day (1993), BIS</b> 2:00 Prize Bingo, 2HD 3:00 KTNN Radio, 2HD 6:00 Activity Cart, HDR</p>
<p><b>26</b> 8:15 Activity Rounds, HL 9:00 Catholic Mass, HL 10:30 FIT to be Strong®, ALP 1:00 Sunday Church Service, MR 2:30 <b>Hot Cocoa Bar Social, BIS</b> 3:00 <b>Live Music with B, BIS</b> 6:00 Activity Cart, HDR</p>	<p><b>27</b> 8:15 Activity Rounds, HL 9:45 Mindful Monday, BIS 10:00 Donuts &amp; Discussions, 2HD 10:30 FIT to Stretch®, 2HD 1:30 <b>Holocaust Remembrance Pres., BIS</b> 3:15 Manicure Mondays, INR 5:00 <b>Music on the Move w/ B, HL</b> 6:00 Activity Cart, HDR</p>	<p><b>28</b> 8:15 Activity Rounds, HL 9:30 KTNN Radio, 2HD 10:30 FIT to be Strong®, ALP 2:00 Prize Bingo, 2HD 3:00 <b>Travelogue with Bill, 2HD</b> 6:00 Activity Cart, HDR</p>	<p><b>29</b> 8:15 Activity Rounds, HL 9:45 Spiritual Services, INR 10:30 FIT Chair Yoga®, ALP 2:00 Tea &amp; Trivia, 2HD 3:00 <b>Crafter's Corner: Tote Bag Painting, 2HD</b> 6:00 Activity Cart, HDR</p>	<p><b>30</b> 8:15 Activity Rounds, HL 10:30 FIT to be Strong®, ALP 2:30 Spintopia!, 2HD 4:00 <b>Movie Night: Good Will Hunting (1997), HL</b> 6:00 Activity Cart, HDR</p>	<p><b>31</b> 8:15 Activity Rounds, HL 9:30 1:1 Visits, INR 10:30 FIT Chair Yoga®, ALP 1:30 Jigsaw Puzzles, 2HD 3:00 <b>Hot Cocoa Bar Happy Hour, ALP</b> 6:00 Activity Cart, HDR</p>	<p><b>Due to calendar space, all programs may not be reflected.</b></p> <p><b>To stay up to date with all events, please visit the GiGi Assistant® app.</b></p>