

<b>ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED</b>	10:30am - Sit & Be Fit - 3 2:00pm - - Games Galore - 2 & 3	10:30am - Upper Body Fitness- 3 11:00am -Devotions & Hymnals -3 2:00pm - - Games Galore - 2 & 3	9:30am - Catholic Visits - 1:1 11:00am - Bingo - 2 2:00pm - - Games Galore - 2 & 3	10:30am - Seated Workouts - 3 2:00pm - - Games Galore - 2 & 3	10:30am - Sit & Be Fit - 3 2:00pm - - Games Galore - 2 & 3	2:00pm - - Games Galore - 2 & 3
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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			10:30am - Lower Body Fitness -2 3:00pm - <b>Winter warm up Social - 2</b> 6:45pm - "Holiday Video" - 2&3 <b>Happy New Year</b> 1	11:00am - <b>WU: Interactive Storytelling - 2</b> 3:00pm - <b>WU: Remember When - 2</b> 6:45pm - Family Classics Video-2 2	11:00am <b>WU: Music Appreciation -3</b> 3:00pm - Current Events - 2 6:45pm - Friday Night Movie - 2&3 3	10:00am - Upper Body Fitness- 3 10:30am - Circle of Friends 3 4:00pm - Afternoon Matinee -2 & 3 6:45pm - Saturday Night Movie - 2 4
11:00am- Bingo - 2 3:00pm - Current Events- 2 3:30pm - Glamour Nails-3 6:45pm - Sunday Night Classics - 2 5	10:00am - <b>WU: Music Therapy Visits - 1:1</b> 11:00am Watercolor - 3 4:00pm - Coffee Social - 2 6:45pm - Monday Night Movie - 2 6	3:00pm - Circle of Friends 6:45pm - Comedy Classics Video- 2&3 7	10:30am - Lower Body Fitness -2 2:00pm - <b>Resident Council Meeting - 3</b> 3:00pm - <b>Music w/ Sandra -3</b> 6:45pm - "The Golden Girl's"- 2&3 8	11:00am - <b>WU: Laughter Therapy - 3</b> 3:00pm - Round table talk -3 6:45pm - Family Classics Video - 2&3 9	11:00am - Current Events -3 4:00pm - <b>Musical w/ Jon -3</b> 6:45pm - Friday Night Movie - 2&3 10	10:00am - Upper Body Fitness- 3 10:30am - Circle of Friends - 3 4:00pm - Afternoon Matinee -2 & 3 6:45pm - Saturday Night Movie - 2 &3 11
11:00pm - Bingo - 2 3:30pm - Glamour Nails 6:45pm - Family Movie Classics - 2&3 12	11:00am - Watercolor - 2 2:00pm - Games Galore - 2 & 3 3:00pm - Current Event -2 6:45pm - Monday Night Movie - 2 13	3:00pm - <b>Music w/ Toby Hanson -3</b> 6:30pm - <b>WU: Pet Therapy Visits - 1:1</b> 6:45pm - Comedy Classics Video- 2 &3 14	10:30am - Lower Body Fitness -2 3:00pm - <b>WU: 3 Step poetry -2</b> 6:45pm - "The Golden Girl's" - 2&3 15	11:00am - <b>WU: Interactive Storytelling - 2</b> 3:00pm - <b>WU: Color a Smile- 2</b> 6:45pm - Family Classics Video - 2&3 16	11:00am <b>WU: Music Appreciation -3</b> 3:00pm - Current Events - 2 6:45pm - Friday Night Movie - 2&3 17	10:00am -Upper Body Fitness- 3 10:30am - Circle of Friends - 2 4:00pm - Afternoon Matinee-2&3 6:45pm - Saturday Night Movie - 2&3 18
10:15am - <b>WU: Simple Cooking - 2</b> 3:00pm - Coffee Social - 2 3:30pm - Glamour Nails 6:45pm Family Movie Classics- 2 19	10:00am - <b>WU: Music Therapy Visits - 1:1</b> 11:00am - <b>Music w/Patrick - 3</b> 4:00pm - Coffee Social - 2 6:45pm - Monday Night Movie - 2 <b>Martin Luther King Day</b> 20	3:00pm - Circle of Friends-3 6:45pm - Comedy classic Video- 2 &3 21	10:30am -Lower Body Fitness- 2 3:00pm - Open Talk - 2 6:45pm - "The Golden Girl's"- 2&3 22	11:00am - <b>WU:Armchair Travel- 2</b> 2:30pm - <b>Family Support Group - 2</b> 3:00pm - <b>WU: Remember when - 2 &amp;3</b> 6:45pm - Family Classics Video - 2&3 23	11:00am -Current Events -3 3:30pm - <b>WU: Music for Life -2</b> 6:45pm - Friday Night Movie - 2&3 24	10:00am -Upper Body Fitness - 3 10:30am - Circle of Friends - 3 4:00pm - Afternoon Matinee -2 & 3 - 2 6:45pm - Saturday Night Movie - 2 &3 25
11:00am- Bingo -2 3:00pm -Brain Game - 2 3:30pm - Glamour Nails 6:45pm - Family Movie Classics - 2 26	11:00am - Watercolor - 2 2:00pm - Games Galore - 2 3:00pm - Current event - 2 6:45pm - Laugh w/ "I Love Lucy" -2 27	3:00pm -Circle of Friends 6:30pm - <b>WU: Pet Therapy Visits - 1:1</b> 6:45pm - Comedy Classics Video- 2&3 28	10:30am - Lower Body Fitness -2 3:00pm - Coffee Social - 2 6:45pm - "The Golden Girl's" - 2&3 29	11:00am - Poetry discussion -3 3:00pm - <b>Winter warm up Social- 2</b> 6:45pm - Family Classics Video - 2&3 30	11:00am Music w/ Lise -3 3:00pm - Current Events - 2 6:45pm - Friday Night Movie - 2&3 31	

**\*\*\*Activity Programs are subject to change without notice\*\*\*  
See Daily Flyers on 2nd and 3rd floors.**

# JANUARY 2020

The Springs

**ACTIVITY LOCATOR KEY**  
**All programs will be held in the 2nd floor dining room, unless posted otherwise.**

**2= 2nd floor dining room  
3= 3rd floor dining room**

**WU = Watermark University  
Vid = Video  
1:1 = By appointment only**