


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 8:00 AM Breakfast 9:30 AM Exercise 10:30 AM T.V. Time 11:00 AM Bingo 12:00 PM Lunch 2:45 PM Jingo 4:00PM Balloon Toss 6:45 PM Resident's Choice	2 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Jingo (AS) 12:00 PM Lunch 2:45 PM Basketball 4:00 PM Balloon Toss 6:45 PM Viewing Choice	3 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games (AS) 12:00 PM Lunch 2:45 PM Movin' with the music 4:00 PM Puzzle Time 6:45 PM Movie Night	4 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games/Walks (AS) 12:00 PM Lunch 2:45 PM Art Work 4:00 PM Music with Steven Gary 6:45 PM Viewing Choice	5 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Bingo (AS) 12:00 PM Lunch 2:45 PM Sing along with CD 4:00 PM Balloon Toss 6:45 PM Movie Night	6 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Bingo 12:00 PM Lunch 2:45 PM Dominoes 4:00 PM Games with activity staff 6:45 PM Resident's Choice	
7 8:00 AM Breakfast 9:15 AM Catholic Services on TV 11:00 AM Inspirational TV 12:00 PM Lunch 2:30 PM Bingo (NF) 4:00 PM Balloon Toss 6:45 PM Travel Time	8 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Guggenheim (AS) 12:00 PM Lunch 2:45 PM Puzzle Time 3:45 PM Furry Friends 6:45 PM Resident's Choice	9 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Jingo (AS) 12:00 PM Lunch 2:45 PM Puzzle Time 4:00 PM Dominoes 6:45 PM Viewing Choice	10 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Snowflake Art 12:00 PM Lunch 2:45 PM Movin' with the music 4:00 PM Balloon Toss 6:45 PM Movie Night	11 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Harp Music with Angel 12:00 PM Lunch 2:45 PM Balloon Toss 4:00 PM Travel Video 6:45 PM Viewing Choice	12 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Bingo (AS) 12:00 PM Lunch 2:45 PM Resident's choice 4:00 PM Balloon Toss 6:45 PM Movie Night	13 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Balloon Toss 11:00 AM Bingo 12:00 PM Lunch 2:45 PM Dominoes 6:45 PM Viewing Choice	
14 8:00 AM Breakfast 9:15 AM Catholic Services on TV 11:00 AM Inspirational TV 12:00 PM Lunch 2:30 PM Bingo (NF) 4:00 PM Balloon Toss 6:45 PM Travel Time	15 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM T.V. Time 11:00 AM Games 12:00 PM Lunch 2:45 PM Watercolors 4:00 PM Balloon Toss 6:45 PM Resident's Choice	16 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Snowman Art 12:00 PM Lunch 2:45 PM Balloon Toss 4:00 PM Residents' Choice 6:45 PM Viewing Choice	17 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Games/Walks (AS) 12:00 PM Lunch 2:15 PM Accordion Music 4:00 PM Balloon Toss 6:45 PM Movie Night	18 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Guggenheim 12:00 PM Lunch 2:45 PM Basketball 4:00 PM Balloon Toss 6:45 PM Viewing Choice	19 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM HGTV 11:00 AM Bingo (AS) 12:00 PM Lunch 2:45 PM Resident's Choice 4:00 PM Balloon Toss 6:45 PM Viewer's Choice	20 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Balloon Toss 11:00 AM Bingo 12:00 PM Lunch 2:45 PM Games 6:45 PM Viewing Choice	
21 8:00 AM Breakfast 9:15 AM Catholic Services on TV 11:00 AM Inspirational TV 12:00 PM Lunch 2:30 PM Bingo (NF) 4:00 PM Balloon Toss 6:45 PM Nature Video	22 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM T.V. Time 11:00 AM Guggenheim (AS) 12:00 PM Lunch 2:45 PM Watercolors 4:00 PM Residents' Choice 6:45 PM Video Time	23 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Jingo (AS) 12:00 PM Lunch 2:45 PM Draw a snowman 4:00 PM Sing-Along with CD 6:45 Viewing Choice	24 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Bingo 12:00 PM Lunch 2:45 PM Movin' with the music 4:00 PM Travel Video 6:45 PM Movie Night	25 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Games/Walks (AS) 12:00 PM Lunch 2:45 PM Sing along with a CD 4:00 PM Balloon Toss 6:45 PM Video	26 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Jingo (AS) 12:00 PM Lunch 2:45 PM Resident's Choice 4:00 PM Balloon Toss 6:45 PM Travel Video	27 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Balloon Toss 11:00 AM Bingo 12:00 PM Lunch 2:45 PM Games 6:45 PM Viewing Choice	
8:00 AM Breakfast 9:15 AM Catholic Services on TV 11:00 AM Inspirational TV 12:00 PM Lunch 2:00 PM Bingo (NF) 4:00 PM Balloon Toss 6:45 PM Travel Time	29 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM T.V. Time 11:00 AM Bingo (AS) 12:00 PM Lunch 2:45 PM Bowling (AS) 4:30 PM Balloon Toss 6:45 PM Resident's Choice	30 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM T.V. Time 11:00 AM Jingo (AS) 12:00 PM Lunch 2:45 PM Marker Art 4:00 PM Sing-Along with CD 6:45 Viewing Choice	31 8:00 AM Breakfast 9:30 AM Exercise 10:00 AM Cooking Channel 11:00 AM Bingo 12:00 PM Lunch 2:45 PM Movin' with the music 4:00 PM Travel Video 6:45 PM Movie Nigh	<h1>January 2018</h1>			
<i>Sunshine Alley Activity Calendar</i>							Any changes in the schedule will be posted in the living room/activity area.