

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p><b>1</b></p> <p>Breakfast – 9:30am Morning Stroll</p> <p>11am Coffee &amp; Chats</p> <p>Lunch – 1pm Sing Along</p> <p>Supper – Puzzles</p> <p><small>New Year's Day</small></p>	<p><b>2</b></p> <p>Breakfast – Chair Exercises</p> <p>Lunch – Coffee &amp; Colors</p> <p>Supper – 1 on 1 Hand Massages w/ Lotion</p>	<p><b>3</b></p> <p>Breakfast – 9:30am Morning Stroll</p> <p>11am Reading</p> <p>Supper – Movie &amp; Popcorn</p>	<p><b>4</b></p> <p>Breakfast – Manicures</p> <p>Lunch – Moving Party</p> <p>Supper – Relax &amp; Music</p>	<p><b>5</b></p> <p>Breakfast – 8:30am Chair Exercises</p> <p>Lunch – 11am Trivia</p> <p>Supper – American Funniest Video &amp; Snacks</p>	<p><b>6</b></p> <p>Morning Walks</p> <p>Afternoon Cards Group</p> <p>6pm Lawrence Welk Show (Televised)</p>	
<p><b>7</b></p> <p>“Day of Rest”</p> <p>Worship Services Televised 11am Coffee &amp; Convers</p> <p><b>1:30pm Church Services w/ Grinnell Methodist Church</b></p>	<p><b>8</b></p> <p>Breakfast – 9:30am Morning Stroll</p> <p>11am Coffee &amp; Chats</p> <p>Lunch – 1pm Sing Along</p> <p>Supper – Poems</p>	<p><b>9</b></p> <p>Breakfast – Coffee &amp; Colors</p> <p>Lunch – Walk &amp; Talk</p> <p>Supper – Relax &amp; Reminisce</p>	<p><b>10</b></p> <p>Breakfast – 9:30am Morning Strolls</p> <p>11am Reading</p> <p>Supper – Movie &amp; Popcorn</p>	<p><b>11</b></p> <p>Breakfast – Manicures</p> <p>Lunch – Moving Party</p> <p>Supper – Relax &amp; Music</p>	<p><b>12</b></p> <p>Breakfast – 8:30am Chair Exercises</p> <p>Lunch – 11am Trivia</p> <p>Supper – American Funniest Video &amp; Snacks</p>	<p><b>13</b></p> <p>Morning Walks</p> <p>Afternoon Cards Group</p> <p>6pm Lawrence Welk Show (Televised)</p>	
<p><b>14</b></p> <p>“Day of Rest”</p> <p>Worship Services Televised 11am Coffee &amp; Convers</p>	<p><b>15</b></p> <p>Breakfast – 9:30am Morning Stroll</p> <p>11am Coffee &amp; Chats</p> <p>Lunch – 1pm Sing Along</p> <p>Supper – Puzzles</p> <p><small>Martin Luther King Jr. Day</small></p>	<p><b>16</b></p> <p>Breakfast – Chair Exercises</p> <p>Lunch – Coffee &amp; Colors</p> <p><b>1:30pm Music w/ Ron B. – Dining Room</b></p> <p>Supper – 1 on 1 Hand Massages w/ Lotion</p>	<p><b>17</b></p> <p>Breakfast – 9:30am Morning Strolls</p> <p>11am Reading</p> <p>Supper – Movie &amp; Popcorn</p>	<p><b>18</b></p> <p>Breakfast – Manicures</p> <p>Lunch – Moving Party</p> <p>Supper – Relax &amp; Music</p>	<p><b>19</b></p> <p>Breakfast – 8:30am Chair Exercises</p> <p>Lunch – 11am Trivia</p> <p>Supper – American Funniest Video &amp; Snacks</p>	<p><b>20</b></p> <p>Morning Walks</p> <p>Afternoon Cards Group</p> <p>6pm Lawrence Welk Show (Televised)</p>	
<p><b>21</b></p> <p>“Day of Rest”</p> <p>Worship Services Televised 11am Coffee &amp; Convers</p> <p><small>Activity Professionals Week</small></p>	<p><b>22</b></p> <p>Breakfast – 9:30am Morning Stroll</p> <p>11am Coffee &amp; Chats</p> <p>Lunch – 1pm Sing Along</p> <p>Supper – Poems</p>	<p><b>23</b></p> <p>Breakfast – Coffee &amp; Colors</p> <p>Lunch – Walk &amp; Talk</p> <p>Supper – Relax &amp; Reminisce</p>	<p><b>24</b></p> <p>Breakfast – 9:30am Morning Strolls</p> <p>11am Reading</p> <p>Supper – Movie &amp; Popcorn</p> <p><small>Tu B'Shevat Begins</small></p>	<p><b>25</b></p> <p>Breakfast – Manicures</p> <p>Lunch – Moving Party</p> <p>Supper – Relax &amp; Music</p>	<p><b>26</b></p> <p>Breakfast – 8:30am Chair Exercises</p> <p>Lunch – 11am Trivia</p> <p>Supper – American Funniest Video &amp; Snacks</p> <p><small>Australia Day (Observed)</small></p>	<p><b>27</b></p> <p>Morning Walks</p> <p>Afternoon Cards Group</p> <p>6pm Lawrence Welk Show (Televised)</p>	
<p><b>28</b></p> <p>“Day of Rest”</p> <p>Worship Services Televised 11am Coffee &amp; Convers</p>	<p><b>29</b></p> <p>Breakfast – 9:30am Morning Stroll</p> <p>11am Coffee &amp; Chats</p> <p>Lunch – 1pm Sing Along</p> <p>Supper – Puzzles</p>	<p><b>30</b></p> <p>Breakfast – Chair Exercises</p> <p>Lunch – Coffee &amp; Colors</p> <p>Supper – 1 on 1 Hand Massages w/ Lotion</p>	<p><b>31</b></p> <p>Breakfast – 9:30am Morning Strolls</p> <p>11am Reading</p> <p>Supper – Movie &amp; Popcorn</p>	<h1>January 2024</h1>			