

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
8:00AM Breakfast 9:00AM Church Service on YouTube 12:00PM Lunch 2:00PM Outside Stroll 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner New Year's Day	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Bingo 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 10:00AM Seated Stretch 12:00PM Lunch 2:00PM Sensory Therapy - Beach 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Puzzle/ Coloring Group 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Service with Pastor Andy 10:00AM Seated Stretch 12:00PM Lunch 2:00PM Bingo 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Table Activities 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 10:00AM Outside Stroll 12:00PM Lunch 3:00PM Snack 3:30PM Happy Hour 4:00PM Rest and Relax 5:00PM Dinner		
8:00AM Breakfast 9:00AM Church Service on YouTube 12:00PM Lunch 2:00PM Outside Stroll 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Bingo 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 10:00AM Seated Stretch 12:00PM Lunch 2:00PM Sensory Therapy - Color Sorting 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Puzzle/ Coloring Group 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Service with Pastor Andy 10:00AM Seated Stretch 12:00PM Lunch 2:00PM Bingo 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 1:00PM Pet Therapy Jemimah 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 10:00AM Outside Stroll 12:00PM Lunch 3:00PM Snack 3:30PM Happy Hour 4:00PM Rest and Relax 5:00PM Dinner		
8:00AM Breakfast 9:00AM Church Service on YouTube 12:00PM Lunch 2:00PM Outside Stroll 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Bingo 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner Martin Luther King Jr. Day	8:00AM Breakfast 10:00AM Seated Stretch 12:00PM Lunch 2:00PM Painting on Canvas 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Birthday Fiesta 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Service with Pastor Andy 10:00AM Seated Stretch 12:00PM Lunch 2:00PM Bingo 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Table Activities 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 10:00AM Outside Stroll 12:00PM Lunch 3:00PM Snack 3:30PM Happy Hour 4:00PM Rest and Relax 5:00PM Dinner		
8:00AM Breakfast 9:00AM Church Service on YouTube - Pastor Stanley Sermon 12:00PM Lunch 2:00PM Outside Stroll 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner Chinese New Year	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Bingo 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner Activity Professionals Week	8:00AM Breakfast 10:00AM Seated Stretch 12:00PM Lunch 2:00PM Sensory Therapy - Touch (Pouches) 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Puzzle/ Coloring Group 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 9:00AM Service with Pastor Andy 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Bingo 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner Australia Day (observed)	8:00AM Breakfast 9:00AM Chit-Chat with Staff 10:00AM Seated Exercise 12:00PM Lunch 2:00PM Table Activities 3:00PM Snack 4:00PM Rest and Relax 5:00PM Dinner	8:00AM Breakfast 10:00AM Outside Stroll 12:00PM Lunch 3:00PM Snack 3:30PM Happy Hour 4:00PM Rest and Relax 5:00PM Dinner		
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January 2023



PINK = COGNITIVE
 BLUE = FITNESS
 GREEN = SPIRITUAL
 RED = EMOTIONAL
 ORANGE = SOCIAL
 PURPLE = PURPOSEFUL