


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">Activities and Event Locator</p> <p>A Abbey B Beaujolais C1 Chateau 1 C2 Chateau 2 VDR Villa Dining Room CT Coterie Theatre LM Le Marche' CH Commons Hallway</p> <p>FQ French Quarter LC Le Cinema MWC Monterey Warren Chapel V Villa VC Villa Courtyard GRL Grand Riviera Lounge CM Café Mondial</p>				<p>Variety of Opportunities available daily includes but not limited to: Brain Puzzles Devotions Color Yourself Calm Room Visits Games- Cards Virtual Tours Facetime Assistance Word Search / Crossword Art Therapy Music Therapy</p>	<p>Questions about activities? Call Kim Calabrese 918-491-5223</p>	
<p>Games Available: Rummikub Monopoly Dominoes Mexican Train Dominoes Outburst II Skip-Bo UNO Card Game Finish Lines</p>	<p>Games Available: American Trivia Trivial Pursuit Sequence Phase 10 Farkle</p>				<p>1</p> <p>8:30 Guided Meditation Class: Channel 1960 9:30 Tom Hunter Devotion Video 10:30 Balance Class (SE Hallway) 2:00 Activity & Movie Planning Meeting (B) 3:00 Craft (FQ) 6:00 Movie: The Da Vinci Code 6:30 Friday Night Feature: Channel 1960</p>	<p>2</p> <p>10:45 Meditation for Anxiety Channel 1960 1:30 Bridge Game (Dining Room) 2:00 Bingo (FQ) 3:00 Basic Balance: Channel 1960 3:30 Happy Hour in Villa Dining Room (\$5 per drink) 3:30 & 6:00 Movie: Our Souls at Night (B)</p>
<p>3</p> <p>11:00 Boston Ave Church on TV (B) 11:30 Protestant Worship: Channel 1960 1:30 Catholic Mass (FQ) 2:00 Protestant Worship: Channel 1960 3:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 6:00 Movie: National Parks Adventure (B)</p>	<p>4</p> <p>9:30 Devotions with Kim (B) 10:00 Basic Stretch & Tone: channel 1960 1:00 Chair Yoga: Channel 1960 2:00 Bingo (FQ) 3:30 Fanfare Music (B) 6:00 Monday Night at the Movies: The World's Most Extraordinary Homes (B)</p>	<p>5</p> <p>8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 2:00 Resident Council (FQ) 3:00 Game Time (FQ) 3:30 Balance Class (1st floor SE Hallway)</p>	<p>6</p> <p>8:30 Guided Meditation: Channel 1960 9:00 Walk & Tone: Channel 1960 9:00 Doughnuts to your door 10:30 Balance Class (1st floor SE Hallway) 2:00 Cornbread tasting (FQ) 3:00 Rummikub (FQ)</p>	<p>7</p> <p>8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 1:00 Room Visits 2:00 Bingo (FQ) 3:15 Aroma Therapy and Hand Massages (FQ)</p>	<p>8</p> <p>8:30 Guided Meditation Class: Channel 1960 9:30 Tom Hunter Devotion Video 10:30 Balance Class (1st floor SE Hallway) 2:00 Brain Games (FQ) 3:00 January Birthday Party (FQ) 6:00 Movie: Lemony Snicket (B) 6:30 Friday Night Feature on channel 1960</p>	<p>9</p> <p>10:45 Meditation for Anxiety: Channel 1960 1:30 Bridge Game (Dining Room) 2:00 Bingo (FQ) 3:00 Basic Balance: Channel 1960 3:30 Happy Hour in Villa Dining Room (\$5 per drink) 3:30 & 6:00 Movie: Yes Man (B)</p>

Monterey

Villa January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">10</p> <p>11:00 Boston Ave Church on TV (B) 11:30 Protestant Worship: Channel 1960 1:30 Catholic Mass (FQ) 2:00 Protestant Worship on Channel 1960 3:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 6:00 Movie: The Longest Yard (B)</p>	<p align="center">11</p> <p>9:30 Devotions with Kim (B) 10:00 Basic Stretch & Tone: Channel 1960 1:00 Chair Yoga: Channel 1960 2:00 Bingo (FQ) 3:30 Fanfare Music (B) 6:00 Monday Night at the Movies: The Climb (B)</p>	<p align="center">12</p> <p>8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 2:00 Villa Town Hall (FQ) 3:30 Balance Class (1st floor SE Hallway)</p>	<p align="center">13</p> <p>8:30 Guided Meditation: Channel 1960 9:00 Walk & Tone : Channel 1960 10:30 Balance Class (1st floor SE Hallway) 2:00 Art class w/ Kim 3:30 Word search puzzles 6:30 Gathan Graham On the Piano: Channel 1960</p>	<p align="center">14</p> <p>8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 1:00 Room Visits 2:00 Bingo (FQ) 3:30 Trivia & Chat</p>	<p align="center">15</p> <p>8:30 Guided Meditation Class: Channel 1960 9:30 Tom Hunter Devotion Video (B) 10:30 Balance Class (1st floor SE Hallway) 2:00 Noodle Ball 3:00 New Neighbor Social (FQ) 6:00 Movie: Under the Eiffel Tower (B) 6:30 Friday Night Feature: Channel 1960</p>	<p align="center">16</p> <p>10:45 Meditation for Anxiety: Channel 1960 1:30 Bridge Game (Dining Room) 2:00 Bingo (FQ) 3:00 Basic Balance: Channel 1960 3:30 Happy Hour in Villa Dining Room (\$5 per drink) 3:30 & 6:00 Movie: Jo Koy Live From Seattle (B)</p>
<p align="center">17</p> <p>11:00 Boston Ave Church on TV (B) 11:30 Protestant Worship: Channel 1960 1:30 Catholic Mass (FQ) 3:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 6:00 Movie: Night on Earth (B)</p>	<p align="center">18</p> <p>9:30 Devotions with Kim (B) 10:00 Basic Stretch & Tone: Channel 1960 1:00 Chair Yoga: Channel 1960 2:00 Bingo (FQ) 3:30 Fanfare Music (B) 6:00 Monday Night at the Movies: Anne Frank Parallel Stories (B)</p>	<p align="center">19</p> <p>8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 2:00 Painting with Kim (FQ) 3:30 Balance Class (1st floor SE Hallway) 3:45 Whiteboard games</p>	<p align="center">20</p> <p>8:30 Guided Meditation : Channel 1960 9:00 Walk & Tone : Channel 1960 10:30 Balance Class (SE Hallway) 1:45 Virtual program (B) 2:00 Game Day (FQ) 6:00 Movie: (B)</p>	<p align="center">21</p> <p>8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 1:00 Room Visits 2:00 Bingo (FQ) 3:00 Food & Beverage Meeting with Chad (FQ)</p>	<p align="center">22</p> <p>8:30 Guided Meditation Class: Channel 1960 9:30 Tom Hunter Devotion Video (B) 10:30 Balance Class (1st floor SE Hallway) 2:00 Popcorn Tasting 3:00 Brain Teasers 6:00 Movie: The Secrets of Great Castles (B)</p>	<p align="center">23</p> <p>10:45 Meditation for Anxiety: Channel 1960 1:30 Bridge Game (Dining Room) 2:00 Bingo (FQ) 3:00 Basic Balance: Channel 1960 3:30 Happy Hour in Villa Dining Room (\$5 per drink) 3:30 & 6:00 Movie: Shawn Mendes In Wonder (B)</p>
<p align="center">24</p> <p>11:00 Boston Ave Church on TV (B) 11:30 Protestant Worship: Channel 1960 1:30 Catholic Mass (FQ) 3:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 6:00 Movie: The Prom (B)</p>	<p align="center">25</p> <p>9:30 Devotions with Kim (B) 10:00 Basic Stretch & Tone: Channel 1960 1:00 Chair Yoga: Channel 1960 2:00 Bingo (FQ) 3:30 Fanfare Music (B) 6:00 Movie: Someone Great (B)</p>	<p align="center">26</p> <p>8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 2:00 Game Afternoon (FQ) 3:30 Balance Class (1st floor SE Hallway)</p>	<p align="center">27</p> <p>8:30 Guided Meditation : Channel 1960 9:00 Walk & Tone: Channel 1960 10:30 Balance Class (SE Hallway) 2:00 Song Bingo (FQ) 3:15 Cooking Group: (FQ)</p>	<p align="center">28</p> <p>8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 2:00 Bingo (FQ) 3:15 Finish Lines Game (FQ)</p>	<p align="center">29</p> <p>8:30 Guided Meditation Class: Channel 1960 9:30 Tom Hunter Devotion Video (B) 10:30 Balance Class (1st floor SE Hallway) 2:00 Room Visits & Treats 3:00 Brain Teasers 6:00 Movie: Wedding Planner (B)</p>	<p align="center">30</p> <p>10:45 Meditation for Anxiety: Channel 1960 1:30 Bridge Game (Dining Room) 2:00 Bingo (FQ) 3:00 Basic Balance: Channel 1960 3:30 Happy Hour in Villa Dining Room (\$5 per drink) 3:30 & 6:00 Movie: Diana in Her Own Words</p>