


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday!!! Barbara Reed 1/01 Frances Bower 1/11 Blanche Ledoux 1/12 Melvin McIntosh 1/16 Judy Davis 1/21 James (Paul) Becham 1/26 Star Southwick 1/28 Jim Collins 1/30	"Tomorrow is the first blank page of a 365-page book. Write a good one". Brad Paisley		All activities are subject to change due to weather, availability and/or covid restrictions. Please see daily schedules for any updates.	Start Getting Your Consignment Items Together for the 27th!!! "You are never too old to set another goal or to dream a new dream." -C.S. Lewis	Outside Travel Please make sure you sign up for all outside travel as space is limited. The travel book is located in the Bistro. See Activities team with any questions.	New Years Day 11:00 ■ Daily Devotional ✓ 12:00 ■ Weekend Warriors workout ✓ 1:00 ■ Bingo ✓
Motivation and Inspiration Day 2 10:00 ■ St. Monica Catholic Church Ablaze Videos 11:00 ■ Sugarloaf Methodist Church Live Streamed 12:00 ■ Weekend Warriors workout ✓ 1:00 ■ Bingo ✓	International Mind-Body Wellness Day 3 10:00 ■ Coffee Chronicles 10:30 ■ Daily Devotional 11:00 ■ Monday Stretches with Star ✓ 12:45 ■ Bingo 12:45 ■ Walmart Trip ☞ 3:00 ■ Black Felt Coloring 3:30 ■ Happy Hour with Kim	National Trivia Day 4 9:00 ■ Transportation to Doctors 10:30 ■ Chaplain Joe Smith 11:00 ■ Ball Mania with Star ✓ 1:00 ■ Movie & Popcorn "Usual Suspects" 2:30 ■ Card Games 4:00 ■ Kirin House Hibachi Trip ☞	National Bird Day 5 10:30 ■ Daily Devotional 11:00 ■ Exercise with Star ✓ 12:45 ■ Bingo 12:45 ■ Kroger ☞ 2:30 ■ Card Games 3:30 ■ Trivia Social Hour	Technology Day 6 9:00 ■ Transportation to Doctors 9:30 ■ Early Risers Social & Coffee 10:30 ■ Daily Devotional 11:00 ■ Weights Workout with Star ✓ 1:00 ■ Movie & Popcorn "Forest Gump" 2:30 ■ Activities Planning Group for February Calendars 3:30 ■ Time Capsule Letters	I Am A Mentor Day 7 9:30 ■ 2022 Journaling. Come get your journal and 2022 fresh ideas 9:30 ■ Dominos 10:30 ■ Daily Devotional 11:00 ■ Feeling it Friday workout with Star ✓ 12:45 ■ Bingo 2:30 ■ Arm Chair travel to Denmark 3:30 ■ "Love Thy Neighbor" Info & Nominees. Happy Hour	Earth's Rotation Day 8 11:00 ■ Daily Devotional ✓ 12:00 ■ Weekend Warriors workout ✓ 1:00 ■ Bingo ✓
Law Enforcement Appreciation Day 9 10:00 ■ St. Monica Catholic Church Ablaze Videos 11:00 ■ Sugarloaf Methodist Church Live Streamed 12:00 ■ Weekend Warriors workout ✓ 1:00 ■ Bingo ✓	National Houseplant Appreciation Day 10 10:30 ■ Daily Devotional 11:00 ■ Monday Stretches with Star ✓ 12:45 ■ Bingo 12:45 ■ Walmart Trip ☞ 3:00 ■ Dance Lesson with "Dancing without Limits" 4:00 ■ Happy Hour Drinks immediately following Dance Lessons	National Clean Off Your Desk Day 11 9:00 ■ Transportation to Doctors 10:30 ■ Daily Devotional 11:00 ■ Ball Mania with Star ✓ 1:00 ■ Movie & Popcorn "City Slickers" 2:00 ■ Book Club 2:30 ■ Card Games 3:30 ■ Trivia Tuesday	Poetry at Work Day 12 8:30 ■ Ladies Breakfast, Cracker Barrel ☞ 10:30 ■ Daily Devotional 11:00 ■ Exercise with Star ✓ 12:45 ■ Bingo 12:45 ■ Publix ☞ 3:30 ■ Poetry Social, Bring yours and hear ours	National Gluten-Free Day 13 9:00 ■ Transportation to Doctors 9:30 ■ Early Risers Social & Coffee 10:30 ■ Daily Devotional 11:00 ■ Weights Workout with Star ✓ 1:00 ■ Movie & Popcorn "Nights of Rodanthe" 2:30 ■ Group Brain Teaser & Word Searches 3:30 ■ Games and Social 4:00 ■ Men's Dinner & Drinks outing with Justice ☞	Hat Day..Wear Your Favorite Hat 14 9:30 ■ Journaling check-in 10:30 ■ Daily Devotional with Carolyn Hill 11:00 ■ Feeling it Friday workout with Star ✓ 12:45 ■ Bingo 3:30 ■ Dr. James Rowe, D.C. with Vitality Ageless Center. Talk on "Neuropathy"	Martin Luther King's Birthday 15 11:00 ■ Daily Devotional ✓ 12:00 ■ Weekend Warriors workout ✓ 1:00 ■ Bingo ✓
National Nothing Day 16 10:00 ■ St. Monica Catholic Church Ablaze Videos 11:00 ■ Sugarloaf Methodist Church Live Streamed 12:00 ■ Weekend Warriors workout ✓ 1:00 ■ Bingo ✓	Martin Luther King Day 17 10:00 ■ Donuts and Chronicles 10:30 ■ Daily Devotional 11:00 ■ Monday Stretches with Star ✓ 12:45 ■ Bingo 12:45 ■ Walmart Trip ☞ 3:00 ■ Creative coloring 3:00 ■ Murder Mystery Happy Hour	National Thesaurus Day 18 9:00 ■ Transportation to Doctors 10:30 ■ Chaplain Joe Smith 11:00 ■ Ball Mania with Star ✓ 1:00 ■ Movie & Popcorn "League of Extraordinary Gentleman" 2:30 ■ Card Games 4:00 ■ Privinos Italian Restaurant ☞	National Popcorn Day 19 10:30 ■ Daily Devotional 11:00 ■ Exercise with Star ✓ 12:00 ■ Birthday Celebration! 12:45 ■ Bingo 12:45 ■ Kroger ☞ 2:30 ■ Food Forum 3:30 ■ Goal Setting with Sovereign Rehab	National Cheese Lovers Day 20 9:00 ■ Transportation to Doctors 9:30 ■ Early Risers Social & Coffee 10:30 ■ Daily Devotional 11:00 ■ Weights Workout with Star ✓ 1:00 ■ Movie & Popcorn "Message in a Bottle" 2:30 ■ Group Brain Teaser & Word Searches 3:30 ■ Team Badminton, Balloon style	International Sweatpants Day 21 9:30 ■ Journaling check-in 10:30 ■ Daily Devotional with Carolyn Hill 11:00 ■ Feeling it Friday workout with Star ✓ 12:00 ■ Piano Debby Shilling, Sponsored by Agape 12:45 ■ Bingo 3:30 ■ Live Music with Eyvette	Celebration of Life Day 22 11:00 ■ Daily Devotional ✓ 12:00 ■ Weekend Warriors workout ✓ 1:00 ■ Bingo ✓
National Pie Day 23 10:00 ■ St. Monica Catholic Church Ablaze Videos 11:00 ■ Sugarloaf Methodist Church Live Streamed 12:00 ■ Weekend Warriors workout ✓ 1:00 ■ Bingo ✓	Belly Laugh Day 24 10:30 ■ Daily Devotional 11:00 ■ Monday Stretches with Star ✓ 12:45 ■ Bingo 12:45 ■ Walmart Trip ☞ 3:30 ■ Comedy Happy Hour Bring your best joke	Opposite Day 25 9:00 ■ Transportation to Doctors 10:30 ■ Daily Devotional 11:00 ■ Ball Mania with Star ✓ 1:00 ■ Movie & Popcorn "Crocodile Dundee" 2:30 ■ Card Games 3:30 ■ Trivia Tuesday	National Spouses Day NO Publix 26 Today 10:30 ■ Daily Devotional 11:00 ■ Exercise with Star ✓ 12:30 ■ Color Sling @ Sugarloaf Mills Mall. Return around 3:30 ☞ 12:45 ■ Bingo 3:30 ■ Can you guess that scent or stack that can?	National Chocolate Cake Day 27 9:00 ■ Transportation to Doctors 9:30 ■ Early Risers Social & Coffee 10:30 ■ Daily Devotional 11:00 ■ Weights Workout with Star ✓ 1:00 ■ Movie & Popcorn "Crocodile Dundee II" 2:30 ■ Group Brain Teaser & Word Searches 3:30 ■ Consignment Shop Social	National Fun at Work Day 28 9:30 ■ Dominos 9:30 ■ Journaling check-in 10:30 ■ Daily Devotional with Carolyn Hill 11:00 ■ Feeling it Friday workout with Star ✓ 12:00 ■ Fidget Blankets till 3:30 12:45 ■ Bingo 3:30 ■ Happy Hour with Jim Collins	National Puzzle Day 29 11:00 ■ Daily Devotional ✓ 12:00 ■ Weekend Warriors workout ✓ 1:00 ■ Bingo ✓
National Croissant Day 30 10:00 ■ St. Monica Catholic Church Ablaze Videos 11:00 ■ Sugarloaf Methodist Church Live Streamed 12:00 ■ Weekend Warriors workout ✓ 1:00 ■ Bingo ✓	Inspire Your Heart With Art Day 31 8:30 ■ Waffle House Breakfast Outing ☞ 10:30 ■ Daily Devotional 11:00 Workout with Star E.R. 12:45 ■ Bingo 12:45 ■ Walmart Trip ☞ 3:30 ■ Paint N Sip Happy Hour					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday!!! Barbara Reed 1/01 Frances Bower 1/11 Blanche Ledoux 1/12 Melvin McIntosh 1/16 Judy Davis 1/21 James (Paul) Becham 1/26 Star Southwick 1/28 Jim Collins 1/30	"Tomorrow is the first blank page of a 365-page book. Write a good one." Brad Paisley		All activities are subject to change due to weather, availability and/or covid restrictions. Please see daily schedules for any updates.	Start Getting Your Consignment Items Together for the 27th!!! "You are never too old to set another goal or to dream a new dream." -C.S. Lewis	Outside Travel Please make sure you sign up for all outside travel as space is limited. The travel book is located in the Bistro. See the Activities team with any questions.	New Years Day 11:00 ■ Daily Devotional ✓ 12:00 ■ Weekend Warriors Workout ✓ 1:00 ■ Bingo ✓
Motivation and Inspiration Day 2 10:00 ■ St. Monica Catholic Church Ablaze Videos 11:00 ■ Sugarloaf Methodist Church Live Streamed 12:00 ■ Weekend Warriors Workout ✓ 1:00 ■ Bingo ✓	International Mind-Body Wellness Day 3 10:00 ■ Coffee Chronicles 10:30 ■ Daily Devotional 11:00 ■ Monday Stretches with Star ✓ 12:45 ■ Bingo 12:45 ■ Walmart Trip 📅 3:00 ■ Black Felt Coloring 3:30 ■ Happy Hour with Kim	National Trivia Day 4 9:00 ■ Transportation to Doctors 10:30 ■ Chaplain Joe Smith 11:00 ■ Ball Mania with Star ✓ 12:00 ■ Movie & Popcorn "Usual Suspects" 2:30 ■ Resident Council 4:00 ■ Kirin House Hibachi Trip 📅	National Bird Day 5 10:30 ■ Daily Devotional 11:00 ■ Exercise with Star ✓ 12:45 ■ Bingo 12:45 ■ Kroger 📅 2:30 ■ Card Games 3:30 ■ Trivia Social Hour	Technology Day 6 9:00 ■ Transportation to Doctors 9:30 ■ Early Risers Social & Coffee 10:30 ■ Daily Devotional 11:00 ■ Weights Workout with Star ✓ 1:00 ■ Movie & Popcorn "Forest Gump" 2:30 ■ Activities Planning Group for February Calendars 3:30 ■ Time Capsule Letters	I Am A Mentor Day 7 9:30 ■ 2022 Journaling. Come get your journal and 2022 fresh ideas 10:30 ■ Devotional with Carolyn Hill 11:00 ■ Feeling It Friday Workout with Star ✓ 12:45 ■ Bingo 2:30 ■ Arm Chair travel to Denmark 3:30 ■ "Love Thy Neighbor" Info & Nominees. Happy Hour	Earth's Rotation Day 8 11:00 ■ Daily Devotional ✓ 12:00 ■ Weekend Warriors Workout ✓ 1:00 ■ Bingo ✓
Law Enforcement Appreciation Day 9 10:00 ■ St. Monica Catholic Church Ablaze Videos 11:00 ■ Sugarloaf Methodist Church Live Streamed 12:00 ■ Weekend Warriors Workout ✓ 1:00 ■ Bingo ✓	National Houseplant Appreciation Day 10 10:30 ■ Daily Devotional 11:00 ■ Monday Stretches with Star ✓ 12:45 ■ Bingo 12:45 ■ Walmart Trip 📅 3:00 ■ Dance Lesson with "Dancing without Limits" 4:00 ■ Happy Hour Drinks immediately following Dance Lessons	National Clean Off Your Desk Day 11 9:00 ■ Transportation to Doctors 10:30 ■ Daily Devotional 11:00 ■ Ball Mania with Star ✓ 1:00 ■ Movie & Popcorn "City Slickers" 2:00 ■ Book Club ✓ 2:30 ■ Card Games 3:30 ■ Trivia Tuesday	Poetry at Work Day 12 8:30 ■ Ladies Breakfast, Cracker Barrel 📅 10:30 ■ Daily Devotional 11:00 ■ Exercise with Star ✓ 12:45 ■ Bingo 12:45 ■ Publix 📅 3:30 ■ Poetry Social, Bring yours and hear ours	National Gluten-Free Day 13 9:00 ■ Transportation to Doctors 9:30 ■ Early Risers Social & Coffee 10:30 ■ Daily Devotional 11:00 ■ Weights Workout with Star ✓ 12:30 ■ Tech class, bring your questions & electronics 1:00 ■ Movie & Popcorn "Nights of Rodanthe" 2:30 ■ Group Brainteaser & Word Searches 3:30 ■ Games & Social 4:00 ■ Men's Dinner & Drinks outing with Justice 📅	Hat Day..Wear Your Favorite Hat 14 9:30 ■ Journaling check-in 10:30 ■ Devotional with Carolyn Hill 11:00 ■ Feeling It Friday Workout with Star ✓ 12:45 ■ Bingo 3:30 ■ Dr. James Rowe, D.C. with Vitality Ageless Center. Talk on "Neuropathy"	Martin Luther King's Birthday 15 11:00 ■ Daily Devotional ✓ 12:00 ■ Weekend Warriors Workout ✓ 1:00 ■ Bingo ✓
National Nothing Day 16 10:00 ■ St. Monica Catholic Church Ablaze Videos 11:00 ■ Sugarloaf Methodist Church Live Streamed 12:00 ■ Weekend Warriors Workout ✓ 1:00 ■ Bingo ✓	Martin Luther King Day 17 10:00 ■ Donuts and Chronicles 10:30 ■ Daily Devotional 11:00 ■ Monday Stretches with Star ✓ 12:45 ■ Bingo 12:45 ■ Walmart Trip 📅 3:00 ■ Creative coloring 3:00 ■ Murder Mystery Happy Hour	National Thesaurus Day 18 9:00 ■ Transportation to Doctors 10:30 ■ Chaplain Joe Smith 11:00 ■ Ball Mania with Star ✓ 1:00 ■ Movie & Popcorn "League of Extraordinary Gentleman" 2:30 ■ Card Games 4:00 ■ Provinos Italian Restaurant 📅	National Popcorn Day 19 10:30 ■ Daily Devotional 11:00 ■ Exercise with Star ✓ 12:00 ■ January Birthday Celebration 12:45 ■ Bingo 12:45 ■ Kroger 📅 2:30 ■ Food Forum 3:30 ■ Goal Setting with Sovereign Rehab	National Cheese Lovers Day 20 9:00 ■ Transportation to Doctors 9:30 ■ Early Risers Social & Coffee 10:30 ■ Daily Devotional 11:00 ■ Weights Workout with Star ✓ 1:00 ■ Movie & Popcorn "Message in a Bottle" 2:30 ■ Group Brainteaser & Word Searches 3:30 ■ Team Badminton, Balloon style	International Sweatpants Day 21 9:30 ■ Journaling check-in 10:30 ■ Devotional with Carolyn Hill 11:00 ■ Feeling It Friday Workout with Star ✓ 12:00 ■ Piano Debby Shilling, Sponsored by Agape 12:45 ■ Bingo 3:30 ■ Live Music with Eyvette	Celebration of Life Day 22 11:00 ■ Daily Devotional ✓ 12:00 ■ Weekend Warriors Workout ✓ 1:00 ■ Bingo ✓
National Pie Day 23 10:00 ■ St. Monica Catholic Church Ablaze Videos 11:00 ■ Sugarloaf Methodist Church Live Streamed 12:00 ■ Weekend Warriors Workout ✓ 1:00 ■ Bingo ✓	Belly Laugh Day 24 10:30 ■ Daily Devotional 11:00 ■ Monday Stretches with Star ✓ 12:45 ■ Bingo 12:45 ■ Walmart Trip 📅 3:30 ■ Comedy Happy Hour Bring your best joke	Opposite Day 25 9:00 ■ Transportation to Doctors 10:30 ■ Daily Devotional 11:00 ■ Ball Mania with Star ✓ 1:00 ■ Movie & Popcorn "Crocodile Dundee" 2:30 ■ Card Games 3:30 ■ Trivia Tuesday	National Spouses Day---- NO 26 Publix Today 10:30 ■ Daily Devotional 11:00 ■ Exercise with Star ✓ 12:30 ■ Color Sling @ Sugarloaf Mills Mall. Return around 3:30 📅 12:45 ■ Bingo 3:30 ■ Can you guess that scent or stack that can?	National Chocolate Cake Day 27 9:00 ■ Transportation to Doctors 9:30 ■ Early Risers Social & Coffee 10:30 ■ Daily Devotional 11:00 ■ Weights Workout with Star ✓ 1:00 ■ Movie & Popcorn "Crocodile Dundee II" 2:30 ■ Group Brainteaser & Word Searches 3:30 ■ Consignment Shop Social	National Fun at Work Day 28 9:30 ■ Journaling check-in 10:30 ■ Devotional with Carolyn Hill 11:00 ■ Feeling It Friday Workout with Star ✓ 12:00 ■ Fidget Blankets till 3:30 12:45 ■ Bingo 3:30 ■ Happy Hour with Jim Collins	National Puzzle Day 29 11:00 ■ Daily Devotional ✓ 12:00 ■ Weekend Warriors Workout ✓ 1:00 ■ Bingo ✓
National Croissant Day 30 10:00 ■ St. Monica Catholic Church Ablaze Videos 11:00 ■ Sugarloaf Methodist Church Live Streamed 12:00 ■ Weekend Warriors Workout ✓ 1:00 ■ Bingo ✓	Inspire Your Heart With Art Day 31 8:30 ■ Waffle House Breakfast Outing 📅 10:30 ■ Daily Devotional, 11:00 Workout with Star in ER 12:45 ■ Bingo 12:45 ■ Walmart Trip 📅 3:30 ■ Paint N Sip Happy Hour					