


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">ConnectFit: Assisted Living Memory Care Fitness & Wellness Activity Calendar</p> 		<p align="center">1 3rd Floor:</p> <p>10:30 Nintendo Wii</p> <p>1:30 New Year's Game: Rolling Around the Clock</p> <p>3:30 Resident Choice</p>	<p align="center">2</p> <p>10:00 Hymns w/ Chaplain Jim – 3</p> <p>10:30 Fitness Club: Chair Yoga – 3</p> <p>1:00 Funny New Year's Resolutions & Jokes – 2 East</p> <p>1:00 Communion – 3</p> <p>2:00 BINGO! – 3</p> <p>3:00 Baby Doll Visit! – 2 East</p>	<p align="center">3</p> <p>9:45 Hymn Songs w/ Chaplain Jim – 2 East</p> <p>10:30 Fitness Club: Armchair Travel – 3</p> <p>1:00 Solo Cup Challenge – 2 East</p> <p>2:00 Zumba Gold w/ Michelle – 3</p> <p>3:00 Pamper Hands – 3</p>	<p align="center">4</p> <p>10:30 Fitness Club: Nintendo Wii – 1st Floor Lounge</p> <p>1:30 Health Seminar: Cold & Flu Prevention – 3</p> <p>2:45 Guitar w/ Bobby – 3</p> <p>4:00 Brain Games – 2 East</p> <p>6:30 Friday Night Fun – 3</p>	<p align="center">5 3rd Floor:</p> <p>10:00 Jeopardy</p> <p>1:30 BINGO!</p> <p>3:30 UNO Cards</p>
<p align="center">6 3rd Floor:</p> <p>10:00 Mass w/ Father Mike</p> <p>11:00 Coffee Social</p> <p>2:00 Church w/ Chaplain Jim</p> <p>3:00 Resident Choice</p>	<p align="center">7</p> <p>10:30 Fitness Club: Zumba® Gold w/ Dorothy – 2 East</p> <p>12:45 Do You Hear What I Hear? – 2 East</p> <p>1:30 Bible Study – 3</p> <p>2:30 Movie & Snack – 3</p> <p>3:00 Art Group w/ Megan – 2 East</p> <p>6:30 BINGO! – 3</p>	<p align="center">8</p> <p>10:00 Inspiration w/ Chaplain Jim – 3</p> <p>10:30 Fitness Club: Muscular Strength – 3</p> <p>1:00 Happy Birthday Elvis: Elvis Presley Trivia! – 2 East</p> <p>1:30 Game: Don't Burst My Bubble! – 3</p> <p>3:30 Piano w/ Henry – 3</p>	<p align="center">9</p> <p>10:00 Hymns w/ Chaplain Jim – 3</p> <p>10:30 Fitness Club: Chair Yoga – 3</p> <p>1:00 Communion – 3</p> <p>2:00 BINGO! – 3</p> <p>3:30 Ring Toss – 2 East</p>	<p align="center">10</p> <p>9:45 Hymn Songs w/ Chaplain Jim – 2 East</p> <p>10:30 Fitness Club: Armchair Travel – 3</p> <p>1:00 Retrieve the Pennies! – 2 East</p> <p>1:30 Mass w/ Father Brian – 3</p> <p>3:00 Short Stories – 3</p> <p>6:30 Harp w/ Sheryl - 3</p>	<p align="center">11</p> <p>10:30 Music Memories w/ Dr. Butler – 3</p> <p>1:30 Fitness Club: Nintendo Wii – 1st Floor Lounge</p> <p>3:30 Cocoa Café – 3</p> <p>6:30 Nutrition Trivia BINGO! w/ Katie! – 3</p>	<p align="center">12 3rd Floor:</p> <p>10:00 Jeopardy</p> <p>1:30 BINGO!</p> <p>3:30 Craft</p>
<p align="center">13 3rd Floor:</p> <p>10:00 Mass w/ Father Mike</p> <p>11:00 Coffee Social</p> <p>2:00 Church w/ Chaplain Jim</p> <p>3:00 Scrabble</p>	<p align="center">14</p> <p>10:30 Fitness Club: Music & Movement w/ Lori K. – 3</p> <p>1:30 Bible Study – 3</p> <p>2:30 BINGO! – 3</p> <p>3:30 Bubble Blowing Contest – 2 East</p>	<p align="center">15</p> <p>9:30 Outing: Little Caesars Arena Tour Detroit, MI! – Sign up with Katie Murphy</p> <p>10:00 Inspiration w/ Chaplain Jim – 3</p> <p>10:30 Word Game w/ Megan – 3</p> <p>1:30 Resident Activity – 3</p> <p>3:30 Piano w/ Henry – 3</p>	<p align="center">16</p> <p>10:00 Hymns w/ Chaplain Jim – 3</p> <p>10:30 Fitness Club: Flow & Restore w/ Mandy – 3</p> <p>1:00 Rosary – 3</p> <p>1:30 Mass w/ Father Dehondt – 3</p> <p>2:30 BINGO! – 3</p> <p>3:00 Baby Doll Visit! – 2 East</p>	<p align="center">17</p> <p>9:45 Hymn Songs w/ Chaplain Jim – 2 East</p> <p>10:30 Fitness Club: Armchair Travel – 3</p> <p>1:00 Popcorn Parachute! – 2 East</p> <p>3:00 Foodie Group: Fiber Focus! – 1 East Dining Room</p>	<p align="center">18 3rd Floor:</p> <p>10:30 Indoor Bowling</p> <p>1:30 Pictionary</p> <p>3:30 Happy Hour w/ Mocktails!</p> <p>6:30 Friday Night Fun!</p>	<p align="center">19 3rd Floor:</p> <p>10:00 Wellness Jeopardy</p> <p>1:30 BINGO!</p> <p>3:30 Bean Bag Toss</p>

<p>20 <u>3rd Floor:</u> 10:00 Mass w/ Father Mike 11:00 Coffee Social 1:30 Ice Breakers 3:00 Church w/ Elmwood COC</p>	<p>21 10:30 Fitness Club: Zumba® Gold w/ Dorothy – 3 1:30 Bible Study – 3 2:30 Movie & Snack – 3 3:00 Art Group w/ Megan – 2 East 6:30 BINGO! – 3</p>	<p>22 10:00 Inspiration w/ Chaplain Jim – 3 10:30 Fitness Club: Muscular Strength – 3 1:00 Armchair Travel: <u>Let's Go to the Oregon Zoo Part 1 – 2 East</u> 1:30 Craft – 3 3:30 Piano w/ Henry – 3</p>	<p>23 10:00 Hymns w/ Chaplain Jim – 3 10:30 Fitness Club: Chair Yoga – 3 1:00 Communion – 3 2:00 BINGO! – 3 3:30 Bean Bag Toss</p>	<p>24 9:45 Hymn Songs w/ Chaplain Jim – 2 East 10:30 Fitness Club: Armchair Travel – 3 1:00 Peanut Butter and Jelly Game – 2 East <u>3:00 Reminiscing Corner: Campbell's Soup Presentation – 3</u></p>	<p>25 10:30 Fitness Club: Nintendo Wii – 1st Floor Lounge 1:30 Shuffleboard – 3 3:30 Yogurt Parfait Social – 3 6:30 Friday Night Fun! – 3</p>	<p>26 <u>3rd Floor:</u> 10:00 BINGO! <u>1:30 Birthday Party w/ Cake, Ice Cream, and Entertainment by The Little Big Bad!</u></p>
<p>27 <u>3rd Floor:</u> 10:00 Mass w/ Father Mike 11:00 Coffee Social 2:00 Church w/ Chaplain Jim 3:00 Gardening Club</p>	<p>28 10:30 Fitness Club: Music & Movement w/ Lori K. – 3 1:00 Candy Stack Challenge – 2 East 1:30 Bible Study – 3 2:30 Movie & Snack – 3 3:00 Art Group w/ Megan – 2 East</p>	<p>29 10:00 Inspiration – 3 10:30 Fitness Club: Muscular Strength – 3 <u>11:00 Lunch Outing: Ms. Mary's – Sign Up w/ Megan!</u> 1:30 Pamper Hands – 3 3:30 Piano w/ Henry – 3</p>	<p>30 10:00 Hymns w/ Chaplain Jim – 3 10:30 Fitness Club: Flow & Restore w/ Mandy – 2 East <u>1:00 Reminiscing Game: The Lawrence Welk Show! – 2 East</u> 1:00 Communion – 3 2:00 BINGO! – 3 3:00 Baby Doll Visit! – 2 East</p>	<p>31 9:45 Hymn Songs w/ Chaplain Jim – 2 East 10:30 Fitness Club: Armchair Travel – 3 1:00 Cereal Box Puzzles – 2 East 1:30 Short Stories – 3 <u>3:00 Health Seminar: How to Set Goals, Big or Small! – 3</u></p>		



**ConnectFit: Assisted Living Memory Care
Fitness & Wellness Activity Calendar**



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