

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 Chair Exercise 11:00 Sport of the Week 2:00 Snowflake Craft 3:00 Hot Chocolate Party 5:30 Shuffle-Board New Year's Day	10:00 Chair Workout 10:30 Giant Darts 11:00 Music & News 1:30 Taking Down Christmas 2:30 Sarah Ziroll 5:30 Horseshoes	10:00 Chair Cardio 10:30 Bowling 1:00 Social Hour 2:00 Cooking Demo -Chocolate Cheeseball 5:30 Cornhole	10:00 Exercise 10:30 Balloon Volleyball 11:00 Music & News 1:30 Hungry Hippos 2:30 Singing with Matthew 5:30 Basketball	10:00 Scenic Drive -Alpine 1:30 Manicures 5:30 Keep it Up	10:30 Workout 11:00 Sport of the Week 2:00 Coloring/Crafts 3:00 Jerry's Family Performance 5:30 Sing Along and Evening Stretches
2:30 Church Services	10:00Chair Exercise 10:30 Bocce Ball 11:00 Music and News 1:30 Bus Ride 2:30 Bingo 5:30 Shuffle-Board	10:00 Chair Workout 10:30 Giant Darts 11:00 Music & News 1:30 Silly Putty Day 2:30 Heart and Soul 5:30 Horseshoes	10:00 Chair Cardio 10:30 Bowling 1:00 Alex Plays Piano 2:00 Cooking Demo -Breakfast Foods 5:30 Cornhole	10:00 Exercise 10:30 Balloon Volleyball 11:00 Music & News 1:30 Aquarium Group 2:00 Music Mike 5:30 Basketball	10:00 Scenic Drive -Utah Lake 1:30 Manicures 5:30 Keep it Up	10:30 Workout 11:00 Sport of the Week 2:00 Coloring/Crafts 3:00 Cathy Plays Violin 5:30 Sing Along and Evening Stretches Happy Birthday Linda
2:30 Church Services	10:00 Chair Exercise 10:30 Bocce Ball 11:00 Music and News 1:30 Bus Ride 2:30 Bingo 5:30 Steffensen Family Martin Luther King Jr. Day	10:00 Chair Workout 10:30 Giant Darts 11:00 Music & News 1:30 Traveling to Newfoundland 2:30 Music Therapy 5:30 Horseshoes	10:00 Chair Cardio 10:30 Bowling 1:00 Social Hour 2:00 Cooking Demo -French Fries 5:30 Cornhole	10:00 Exercise 10:30 Balloon Volleyball 11:00 Music & News 1:30 Walking Group 2:30 Guess Who! 3:30 Bob on Piano 5:30 Basketball	10:00 Scenic Drive -Provo Canyon 1:30 Manicures 5:30 Keep it Up	10:30 Workout 11:00 Sport of the Week 2:00 Coloring/Crafts 3:00 Dieter the Singing Cowboy 5:30 Chair Yoga
2:30 Church Services Activity Professionals Week	10:00 Chair Exercise 10:30 Bocce Ball 11:00 Music and News 1:30 Bus Ride 2:30 Bingo 5:30 Shuffle-Board Happy Birthday Peggy	10:00 Chair Workout 10:30 Giant Darts 11:00 Music & News 1:30 Laughing Day 2:00Cartoon Drawing 5:30 Horseshoes	10:00 Chair Cardio 10:30 Bowling 1:00 Cooking Demo -Chocolate Cake 2:30 Animal Therapy 5:30 Cornhole Tu B'Shevat Begins	10:00 Exercise 10:30 Balloon Volleyball 11:00 Music & News 1:30 Snow Globe Craft 2:30 Puzzles and Games 5:30 Basketball Happy Birthday Bonnie	10:00 Scenic Drive -Eagle Mountain 1:30 Manicures 5:30 Keep it Up Australia Day (Observed)	10:30 Workout 11:00 Sport of the Week 2:00 Coloring/Crafts 3:00 Keegan Sings 5:30 Sing Along and evening Stretches
2:30 Church Services	10:00 Chair Exercise 10:30 Bocce Ball 11:00 Music and News 1:30 Bus Ride 2:30 Bingo 5:30 Shuffle-Board	10:00 Chair Workout 10:30 Giant Darts 11:00 Music & News 1:30 Coca-cola day 2:30 Audio Visual 5:30 Horseshoes	10:00 Chair Cardio 10:30 Bowling 1:00 Social Hour 2:00 Cooking Demo -Mac and Cheese 5:30 Cornhole	<div>January 2024</div> <div>Memory Care</div>		