


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">January 2025</h1> <h2 style="text-align: center;">Memory Care</h2>			10:30 Exercise 11:00 Target Practice 1:00 Art Group 2:00 Table Hockey 3:00 Snacks and Whiteboard Games 5:30 Keep it Up <small>New Year's Day</small>	10:00 Chair Workout 10:30 Bowling 1:30 Walking Group 2:00 Toast Day! 3:00 Watercolors 5:30 Soccer	10:00 Scenic Drive -Eagle Mountain 1:00 Manicures 5:30 Giant Darts	10:30 Exercise 11:00 Sport of the Week 1:00 Art Group 3:00 Puzzles/Games 5:30 Shuffleboard 6:00 Evening Stretches Happy Birthday Barbara!
2:30 LDS Sacrament Meeting 5	10:00 Jazzercise 10:30 Balloon Volleyball 11:00 Music & News 1:30 Bus Ride 2:30 Bingo 5:30 Cornhole 6	10:00 Morning Walk 10:30 Chair Exercise 11:00 Bocce Ball 1:30 Utah Day! 2:30 Sarah Plays Violin 5:30 Basketball 7	10:00 Chair Cardio 10:30 Target Practice 11:00 Music & News 1:00 Social Hour 2:00 Cooking Demo -Cinnamon Roll Cookies 5:30 Keep it Up 8	10:00 Chair Workout 10:30 Bowling 1:30 Walking Group 2:00 Music Mike 5:30 Soccer 9	10:00 Scenic Drive -Pleasant Grove 1:00 Manicures 5:30 Giant Darts 10	10:30 Exercise 11:00 Sport of the Week 1:00 Art Group 3:00 Merrill Plays Piano 5:30 Shuffleboard 6:00 Evening Stretches 11
2:30 LDS Sacrament Meeting 12	10:00 Jazzercise 10:30 Balloon Volleyball 11:00 Music & News 1:30 Bus Ride 2:30 Bingo 5:30 Cornhole 13	10:00 Morning Walk 10:30 Chair Exercise 11:00 Bocce Ball 1:30 Happy Birthday Dolly! 2:30 Heart and Soul 5:30 Basketball 14	10:00 Chair Cardio 10:30 Target Practice 11:00 Music & News 1:00 Social Hour 2:00 Cooking Demo -Blueberry Muffins 5:30 Keep it Up 15	10:00 Chair Workout 10:30 Bowling 1:30 Walking Group 2:00 Peanut Butter and Banana Sandwich Day 2:30 Where Am I Trivia 5:30 Soccer 16	10:00 Scenic Drive -Bridal Veil Falls 1:00 Manicures 5:30 Winter Ball 17	10:30 Exercise 11:00 Sport of the Week 1:00 Art Group 3:00 Bluegrass group 5:30 Shuffleboard 6:00 Evening Stretches 18
2:30 LDS Sacrament Meeting <small>Activity Professionals Week</small> 19	10:00 Jazzercise 10:30 Balloon Volleyball 11:00 Music & News 1:30 Bus Ride 2:30 Bingo 5:30 Cornhole <small>Martin Luther King Jr. Day</small> 20	10:00 Morning Walk 10:30 Chair Exercise 11:00 Bocce Ball 1:30 Watercolors 3:00 Music Therapy 5:30 Basketball 21	10:00 Chair Cardio 10:30 Target Practice 11:00 Music & News 1:00 Social Hour 2:00 Cooking Demo -M&M Cookie Bar 5:30 Keep it Up Happy Birthday Peggy! 22	10:00 Chair Workout 10:30 Bowling 1:30 Walking Group 2:00 Snowman Craft 3:00 National Pie Day 5:30 Soccer 23	10:00 Scenic Drive -Gardner Village 1:00 Manicures 5:30 Giant Darts 24	10:30 Exercise 11:00 Sport of the Week 1:00 Art Group 3:00 Cathy Plays Violin 5:30 Shuffleboard 6:00 Evening Stretches 25
2:30 LDS Sacrament Meeting <small>Australia Day (Observed)</small> 26	10:00 Jazzercise 10:30 Balloon Volleyball 11:00 Music & News 1:30 Bus Ride 2:30 Bingo 5:30 Family Home Evening 27	10:00 Morning Walk 10:30 Chair Exercise 11:00 Bocce Ball 1:30 Calligraphy 2:30 Audio Visual 5:30 Basketball 28	10:00 Chair Cardio 10:30 Target Practice 11:00 Music & News 1:00 Social Hour 2:00 Cooking Demo -Dessert Wantons 5:30 Keep it Up <small>Chinese New Year (Year of the Snake)</small> 29	10:00 Chair Workout 10:30 Bowling 1:30 Alex Plays Piano 2:00 Aquarium Visit 5:30 Soccer 30	10:00 Scenic Drive -Dimple Dell 1:00 Manicures 5:30 Giant Darts 31	