

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday ~

Saturday*

Key

D - Dining Room
 F - Fireside Room
 S - Sunroom
 P - Patio
 SN - Sunroom Nook
 D-D - Door to Door
 Outings
 Specials
 > Temporary Time Change for this month
Neighborhoods

(AL) - Assisted Living
 (R2) - Reflections 2
 (R3) - Reflections 3
 (IL) - Independent

RICA Visits -
 Resident Independent Centered Activity Visits

Any changes will be posted on the Daily Sheets



1 Happy New Year's

8:00 Music Fitness - S
 1:00 Cribbage & Table Games - S
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

2

8:00 Music Fitness - S
8:00 - 11:30 Appointment Runs
 10:30 Yoga with Lisa - R3
 12:00 Fitness Class with Lisa - F
1:00 Scenic Treat Drive (AL & R)
 3:00 Residents' Forum- F
 3:30 Calendar Review with Lisa - F
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

3

8:00 Music Fitness - S
 10:30 Slap Stick Volleyball - R3
 12:00 Fitness Class with Lisa - F
 1:00 Winter Treat Cart Visits with L & P
 2:30 RICA Visit with Lisa
 > No Rummikub to night
 6:00 Meet and Greet Kate Jann, Our New Director of Reflection - S (Residents & Families Welcome)



4

8:00 Music Fitness - S
9:15 Scenic Drive (IL & AL)
 1:00 Bridge - F
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

5
 10:00 Worship Group with Volunteers & Maria - R2
 2:00 Music by Irondale Music Society - S
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

6 Start of Un-Decorating DAZES
 8:00 Music Fitness - S
8:00 - 11:30 Appointment Runs
 10:30 All about Animals - R3
 "German Shepherd" with Lisa
 12:00 Fitness Class with Lisa - F
 1:00 Bridge - F
 3:00 WOW (Women of Wisdom) with L - S
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

7
 8:00 Music Fitness - S
 10:30 Yoga with Lisa - R3
 12:00 Fitness Class with Lisa - F
12:00 - 3:00 Appointment Runs
 1:00 Worship Lead by Pastor B - S
 3:00 KIT Box Collections Session
 "Fun Fact of January" Lisa - R2
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

8 (1:30-2:30+ RA Meeting - S)
 8:00 Music Fitness - S
 10:30 Famous Faces
 "Perry Como" with Lisa - R2
 12:00 Fitness Class with Lisa - F
 >1:00 Cribbage & Table Games / L - F
 2:30 Bingo with Lisa - R3
 5:45 Rummikub - S

9
 8:00 Music Fitness - S
8:00 - 11:30 Appointment Runs
 10:30 Yoga with Lisa R3
 12:00 Fitness Class with Lisa - F
1:00 Shopping Outing Savers (AL & R)
 3:00 RICA Visits with Lisa
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

10
 8:00 Music Fitness - S
 10:30 Slap Stick Volleyball - R3
 12:00 Fitness Class with Lisa- F
 1:00 Music by Mary Franz With Happy Hour - R3
 2:30 RICA Visits
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

11
 8:00 Music Fitness - S
9:15 Scenic Drive (IL & AL)
 1:00 Bridge - F
 2:00 Sing along with Maria - R3
 2:45 "RICA" Visits With Maria
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

12
 10:00 Crosswords with Nicole - F
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

13
 8:00 Music Fitness - S
8:00 - 11:30 Appointment Runs
 10:30 All about Animals - R3
 "Snails & Gobies" with Lisa
 12:00 Fitness Class with Lisa - F
1:00 Fridley Scenic Drive (AL & R)
 1:00 Bridge - F
 3:00 WOW (Women of Wisdom) with L - S
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

14
 8:00 Music Fitness - S
 10:30 Yoga with Lisa - R3
12:00 - 3:00 Appointment Runs
 12:30 Monthly Mass with Father - S
 1:15 Safety Chats with Officer Austin - F
 3:00 KIT Box Collections Session
 "Souvenirs from around the world" with Lisa - R2
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

15
 8:00 Music Fitness - S
 10:30 Famous Faces
 "Audrey Hepburn" with Lisa - R2
 12:00 Fitness Class with Lisa - F
 1:00 Cribbage & Table Games / L - S
 2:30 Bingo with Lisa - R3
 5:45 Rummikub - S

16 (CC)
 8:00 Music Fitness - S
8:00 - 11:30 Appointment Runs
 10:30 Yoga with Lisa - R3
 12:00 Fitness Class with Lisa - F
1:00 St Odilia Mass Outing (AL & R)
 3:00 RICA Visits with Lisa
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

17
 8:00 Music Fitness - S
 10:30 Welcome Coffee with New Program Director, Amy Morphew - S
 12:00 Fitness Class with Patricia - F
 1:00 Winter Crafting with P & L - R3
 2:00 RICA Visits
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

18
 8:00 Music Fitness - S
9:15 Scenic Drive (IL & AL)
 1:00 Bridge - F
 2:00 Alive with Animals Visits With Donna and her Senior Dog Named Jazz
 2:45 Chaplin Visits With Maria
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

19
 1:00 Movie - S
 "The Miracle Club" (Netflix)
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

20
 8:00 Music Fitness - S
8:00 - 11:30 Appointment Runs
 10:30 All about Animals - R3
 "Sunda Tigers" with Lisa
 12:00 Fitness Class with Lisa - F
1:00 Coon Rapids Scenic Drive (AL & R)
 1:00 Bridge - F
 3:00 WOW (Women of Wisdom) with L - S
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

21
 8:00 Music Fitness - S
 10:30 Manicures Visits with Lisa - F
 >No Appointment Runs
 12:00 Fitness Class with Lisa - F
 1:00 Worship & Communion Lead by Pastor B - S
 3:00 KIT Box Collections Session
 "Tea Cups" With Lisa - R2
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

22 (2:00 All Staff Meeting - S)
 8:00 Music Fitness - S
 10:30 Famous Faces
 "Willie Mays" with Lisa - R2
 12:00 Fitness Class with Lisa - F
 1:00 Cribbage & Table Games / L - S
 2- 3:30 Music by Tony Garry - R3
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

23
 8:00 Music Fitness - S
8:00 - 11:30 Appointment Runs
 10:30 Yoga with Lisa - R3
 12:00 Fitness Class with Lisa - F
1:00 Outing to Spring Brook Nature Center (AL & R)
 3:00 RICA Visits with Lisa
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

24
 8:00 Music Fitness - S
8:30 \$ Men's Breakfast Outing
 "Good Day Cafe" (AL, R & IL)
 12:00 Fitness Class with Patricia- F
 1:00 Baking & Tasting with PA - R3
 2:30 New Resident Orientation & Class of 2024 with Patricia - S
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

25
 8:00 Music Fitness - S
11:15 \$\$ Lutefisk Lunch Outing to 1st Lutheran (IL & AL)
 1:00 Bridge - F
 2:00 Creative Art with Maria - R3
 2:45 Chaplin Visits With Maria
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

26
 10:00 Names & Numbers with Nicole - F
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

27
 8:00 Music Fitness - S
8:00 - 11:30 Appointment Runs
 10:30 All About Animals" - R3
 "Chameleons" with Lisa
 12:00 Fitness Class with Lisa - F
 1:00 Bridge - F
1:00 Spring Lake Park Scenic Drive (AL & R)
 3:00 WOW (Women of Wisdom) with L - S
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

28
 8:00 Music Fitness - S
 10:30 Yoga with Lisa - R3
 10:30 Guy Group with Mark - S
12:00 - 3:00 Appointment Runs
 12:00 Fitness Class with Lisa- F
 1:00 Manicures Visits with Lisa
 2:00 Catholic Communion Service - S
 3:00 KIT Box Collections Session
 "Snowman" With Lisa - R2
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

29
 8:00 Music Fitness - S
 10:30 Famous Faces
 "Phil Harris" with Lisa - R2
 12:00 Fitness Class with Lisa - F
 1:00 Cribbage & Table Games / L - S
 2:30 Bingo with Lisa - R3
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

30
 8:00 Music Fitness - S
8:00 - 11:30 Appointment Runs
 10:30 Yoga with Lisa - R3
 12:00 Fitness Class with Lisa - F
1:00 Drive by Winter Carnival Ice & Snow Sculptures (AL & R)
 3:00 RICA Visits with Lisa
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

31
 8:00 Music Fitness - S
 10:30 Slap Stick Volleyball - R3
 12:00 Fitness Class with Patricia - F
 1:00 Variety of Music Style by Pete Hofmann - R3
 2:30 RICA Visits
 5:45 Rummikub 1 - F
 5:45 Rummikub 2 - S

