

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day 9:15 Stretch and Tone 10:00 Yoga and meditation 1:00 Board Games 4:00 Dinner at Regular hours	2 9:00 Stroll along 1:30 PM Shopping Trip 3:00 Birthday Celebration 6:00 Poker	3 9:15 Stretch and Tone 10:00 Yoga and meditation 1:00 Board Games 2:30 Meditation Moments 3:00 Social Hour	4 9:00 Stroll along 10:00 Morning Mimosas 1:00 Board games 3:00 Social Hour 6:00 Resident Bingo
5 1:00 Board games 2:00 Worship Service 2:30 Twelfth Night Concert 5:00 Piano Music With Jean	6 9:15 Stretch and Tone 10:00 Yoga and meditation 1:00 Board Games 1:00 Movie:Gone with the wind 3:30 Meditation Moments	7 9:00 Stroll along 10:30 Am Shopping Trip 2:00 LO Bingo / 10¢ a card 25¢ Blackout	8 9:15 Stretch and Tone 10:00 Yoga and meditation 10:30 Communion 12:00 Dementia Support Group Off Campus 1:00 Board Games 1:00 Fall Prevention Presentation	9 9:00 Stroll along 11:30 (Men's) Jersey Lil lunch trip w/Lonnie 1:30 PM Shopping Trip	10 9:15 Stretch and Tone 10:00 Yoga and meditation 1:00 Board Games 2:30 Meditation Moments 3:00 Social Hour	11 9:00 Stroll along 10:00 Morning Mimosas 1:00 Board games 3:00 Social Hour 6:00 Resident Bingo
12 1:00 Board games 2:00 Worship Service 5:00 Piano Music With Jean	13 9:15 Stretch and Tone 10:00 Yoga and meditation 11:00 Bereavement 1:00 Board Games 3:30 Meditation Moments	14 9:00 Stroll along 10:30 Am Shopping Trip 2:00 LO Bingo / 10¢ a card 25¢ Blackout	15 9:15 Stretch and Tone 10:00 Yoga and meditation 10:30 Communion 1:00 Board Games	16 9:00 Stroll along 1:30 PM Shopping Trip 2:00 Resident Council Meeting 3:00 Silver Creek Band 6:00 Poker	17 9:15 Stretch and Tone 10:00 Yoga and meditation 12:30 Roseburg Audiology MailRoom 1:00 Board Games 2:30 Meditation Moments 3:00 Social Hour	18 9:00 Stroll along 10:00 Contemplative Prayer 10:00 Morning Mimosas 1:00 Board games 3:00 Social Hour 6:00 Resident Bingo
19 1:00 Board games 2:00 Worship Service 5:00 Piano Music With Jean	20 Martin Luther King Day No Bank or Mail today 9:15 Stretch and Tone 10:00 Yoga and meditation 1:00 Board Games 1:00 Bunco 3:30 Meditation Moments	21 9:00 Stroll along 10:30 Am Shopping Trip 1:00 Vision Writers Group 2:00 LO Bingo / 10¢ a card 25¢ Blackout 6:15 Umpqua Valley Youth Orchestra	22 9:15 Stretch and Tone 10:00 Yoga and meditation 1:00 Board Games	23 9:00 Stroll along 1:00 Ladies Tea 1:30 PM Shopping Trip	24 9:15 Stretch and Tone 10:00 Yoga and meditation 1:00 Board Games 2:30 Meditation Moments 3:00 Social Hour	25 9:00 Stroll along 10:00 Morning Mimosas 1:00 Board games 3:00 Social Hour 6:00 Resident Bingo
26 1:00 Board games 2:00 Worship Service 5:00 Piano Music With Jean	27 9:15 Stretch and Tone 10:00 Yoga and meditation 11:00 Bereavement 1:00 Board Games 3:30 Meditation Moments	28 9:00 Stroll along 10:30 Am Shopping Trip 2:00 LO Bingo / 10¢ a card 25¢ Blackout	29 9:15 Stretch and Tone 10:00 Yoga and meditation 1:00 Board Games	30 9:00 Stroll along 1:30 PM Shopping Trip 11:30 Lunch at Los Dos Amigo's	31 9:15 Stretch and Tone 10:00 Yoga and meditation 1:00 Board Games 2:30 Meditation Moments 3:00 Social Hour	

*Activities subject to change
Life is like riding a bicycle. To Keep your balance, you must keep moving."