

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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# January

## The Poets Calendar by Henry Wadsworth

January  
Janus am I; oldest of potentates;  
Forward I look, and backward, and  
below  
I count, as god of avenues and  
gates,  
The years that through my portals

I block the roads, and drift the  
fields with snow;  
I chase the wild-fowl from the  
frozen fen;  
My frosts congeal the rivers in  
their flow,



The Sandpiper.

<p>9:30 Seated Calisthenics 1 10:30 Letter Man 11 am Table Hockey 12:45 Music with Bing Crosby 1:30 Stroll n' Roll/ Button Sort 2:30 Game of Choice 3 pm Sing-along/ Physical Game 3:30 Talk n' Toss 4 pm Bowling/ Short Story</p>	<p>9:30 Chair Yoga 2 10:30 Sudoku 11 am Balloon Toss 12:45 Categories 1:30 Basketball 2:30 BINGO 3 pm Dave Doren, Musician OR 3:30 Table Target Toss 4 pm Jeopardy/ Nail Care</p>	<p>9:30 Resistance Stretches 3 10 am Terry Sings Hymns 11 am Physical Game 12:45 Logic Puzzles and Jokes 1:30 Target Toss 2:30 Kickball 3 pm Dave Doren, Musician 3:30 Bowling/ Shoulder Massages 4 pm Wild Kingdom</p>	<p>9:30 Simon Says Stretch 4 10:30 Uplifting News 11 am Noodle Ball/ Letter Man 12:45 Words n' Words 1:30 Gecko Ball/ Poetry and Music 2:30 Rhythm and Rhyme 3 pm Stroll n' Roll 3:30 Game of Choice 4 pm Scarf Football</p>	<p>9:30 Seated Calisthenics 5 10:30 Going on Safari 11 am Table Target Toss 12:45 Music with Chuck Berry 1:30 Table Hockey/ Short Story 2:30 Talk n' Toss 3 pm Sing-along 3:30 Kickball 4 pm Mayberry &amp; Sitcoms</p>		
<p>9:30 Chair Yoga 6 10 am Church Services 12:45 Scarf Football 1:30 Balloon Toss/ Categories 2:30 BINGO/ Basketball 3 pm Logic Puzzles and Jokes 3:30 Physical Game 4 pm Jeopardy</p>	<p>9:30 Resistance Stretches 7 10 Ladies Tea &amp; Hymns 11 am Reverse Pictionary 12:45 Music with Count Basie 1:30 Target Toss 2:30 Game of Choice 3 pm Bowling/ Sudoku 3:30 Shoulder Massages 4 pm Wild Kingdom</p>	<p>9:30 Simon Says Stretch 8 10:30 Uplifting News 11 am Gecko Ball 12:45 Going on Safari 1:30 Noodle Ball/ Sing-along 2:30 Words n' Words 3 pm Table Hockey 3:30 Self Directed Play and Chat 4 pm Kickball</p>	<p>9:30 Seated Calisthenics 9 10:30 Talk n' Toss 11 am Table Target Toss 1 pm Sue Osbourne, Musician 2:30 Ambitious Origami Bonsai / Stroll n' Roll 3 pm Letter Man 3:30 Bowling/ Short Story 4 pm Mayberry &amp; Sitcoms</p>	<p>9:30 Chair Yoga 10 10 am Terry Sings Hymns 11 am Categories 12:45 Poetry and Music 1:30 Balloon Toss 2:30 BINGO/ Self Directed Play 3 pm Basketball 3:30 Logic Puzzles and Jokes 4 pm Jeopardy/ Nail Care</p>	<p>9:30 Resistance Stretches 11 10:30 Reverse Pictionary 11 am Table Hockey/ Short Story 12:45 Music with Andrew Sisters 1:30 Discussion and Recall 2:30 Target Toss 3 pm Sing-along 3:30 Kickball 4 pm Wild Kingdom</p>	<p>9:30 Simon Says Stretch 12 10:30 Letter Man 11 am Noodle Ball/ Stroll n' Roll 12:45 Uplifting News 1:30 Ambitious Origami Bonsai 2:30 Gecko Ball/ Game of Choice 3 pm Words n' Words 3:30 Scarf Football 4 pm Rhythm and Rhyme</p>
<p>9:30 Seated Calisthenics 13 10 am Church Services 11 am Table Hockey/ Short Story 12:45 Music with Sam Cooke 1:30 Talk n' Toss 2:30 Game of Choice 3 pm Balloon Toss 3:30 Letter Man 4 pm Mayberry &amp; Sitcoms</p>	<p>9:30 Chair Yoga 14 10 Ladies Tea &amp; Hymns 11 am Scarf Football 12:45 Happy birthday, Wanda!!! 1:30 Bowling/ Sing-along 2:30 BINGO 3 pm Basketball/ Sudoku 3:30 Jeopardy 6 p Tilley the Therapy Dog</p>	<p>9:30 Resistance Stretches 15 10:30 Reverse Pictionary 11 am Kickball 12:45 Crocus Flower Coloring 2:30 Stroll n' Roll 3 pm Target Toss 3:30 Shoulder Massages 4 pm Wild Kingdom</p>	<p>9:30 Simon Says Stretch 16 10:30 Uplifting News/ Gecko Ball 11 am Happy birthday, Audrey!!! 1 pm Sue Osbourne, Musician 2:30 Noodle Ball/ Poetry and Music 3 pm Letter Man 3:30 Table Hockey 4 pm Words n' Words</p>	<p>9:30 Seated Calisthenics 17 10 am Terry Sings Hymns 11 am Table Target Toss 12:45 Music with Johnny Cash 1:30 Community C. Meeting 2:30 Game of Choice 3 pm Bowling/ Short Story 3:30 Talk n' Toss 4 pm Mayberry &amp; Sitcoms</p>	<p>9:30 Chair Yoga 18 10:30 Categories 11 am Scarf Football 12:45 Music 1:30 Crocus Flower Coloring 2:30 BINGO/ Basketball 3 pm Sing-along 3:30 Balloon Toss 4 pm Jeopardy/ Nail Care</p>	<p>9:30 Resistance Stretches 19 10:30 Reverse Pictionary 11 am Stroll n' Roll 12:45 Kickball/ Words n' Words 1:30 Poetry and Music 2:30 Target Toss 3 pm Physical Game 3:30 Shoulder Massages 4 pm Wild Kingdom</p>
<p>9:30 Simon Says Stretch 20 10 am Church Services 11 am Noodle Ball 12:45 Words n' Words 1:30 Ambitious Origami Bonsai 2:30 Gecko Ball/ Game of Choice 3 pm Uplifting News 3:30 Scarf Football 4 pm Rhythm and Rhyme</p>	<p>9:30 Seated Calisthenics 21 10 Ladies Tea &amp; Hymns 11 am Kickball 12:45 Music with Johnny Mathis 1:30 Table Hockey 2:30 Letter Man 3 pm Balloon Toss 3:30 Short Story/ Talk n' Toss 4 pm Mayberry &amp; Sitcoms</p>	<p>9:30 Chair Yoga 22 10:30 Sudoku 11 am Stroll n' Roll 12:45 Sing-along 1:30 Basketball 2:30 BINGO 3 pm Poetry and Music 3:30 Bowling/ Nail Care 4 pm Jeopardy</p>	<p>9:30 Resistance Stretches 23 10:30 Letter Man 11 am Reverse Pictionary 1 pm Sue Osbourne, Musician 2:30 Button Sort/ Kickball 3 pm Target Toss 3:30 Categories 4 pm Wild Kingdom/ Shoulder Massages</p>	<p>9:30 Simon Says Stretch 24 10 am Terry Sings Hymns 11 am Noodle Ball 12:45 Rhythm and Rhyme 1:30 Ambitious Origami Bonsai 2:30 Stroll n' Roll 3 pm Uplifting News 3:30 Gecko Ball/ Poetry and Music 4 pm Words n' Words</p>	<p>9:30 Seated Calisthenics 25 10:30 Talk n' Toss 11 am Logic Puzzles and Jokes 12:45 Music with Buddy Holly 1:30 Target Toss 2:30 Discussion and Recall 3 pm Bowling/ Short Story 3:30 Positive Affirmations 4 pm Mayberry &amp; Sitcoms</p>	<p>9:30 Chair Yoga 26 10:30 Categories 11 am Table Hockey/ Categories 12:45 Happy birthday, Lois!!! 1:30 Balloon Toss 2:30 BINGO/ Sing-along 3 pm Basketball 3:30 Table Target Toss 4 pm Jeopardy</p>
<p>9:30 Resistance Stretches 27 10 am Church Services 11 am Stroll n' Roll/ Letter Man 12:45 Happy birthday, Kena!!! 1:30 Ambitious Origami Bonsai 2:30 Poetry and Music/ Target Toss/ Shoulder Massages 3 pm Table Hockey 3:30 Wild Kingdom</p>	<p>9:30 Simon Says Stretch 28 10 Ladies Tea &amp; Hymns 11 am Gecko Ball 12:45 Uplifting News 1:30 Noodle Ball/ Sudoku 2:30 Words n' Words 3 pm Scarf Football 3:30 Bowling 4 pm Tilley the Therapy Dog</p>	<p>9:30 Seated Calisthenics 29 10:30 Sing-along (Love Songs) 11 am Table Target Toss 12:45 Music with Fats Domino 1:30 Reverse Pictionary 2:30 Short Story 3 pm Kickball 3:30 Talk n' Toss 4 pm Mayberry &amp; Sitcoms</p>	<p>9:30 Chair Yoga 30 10:30 Letter Man 11 am Balloon Toss 1 pm Sue Osbourne, Musician 2:30 Stroll n' Roll/ Canvas 3 pm Game of Choice 3:30 Basketball/ Categories 4 pm Jeopardy/ Nail Care</p>	<p>9:30 Resistance Stretches 31 10 am Terry Sings Hymns 11 am Scarf Football 12:45 Poetry and Music 1:30 Table Hockey/ Short Story 2:30 BINGO 3 pm Bowling 3:30 Wild Kingdom/ Shoulders 4 pm Target Toss</p>	<p>Snack Time is at 10 am, 2 pm, &amp; 7 pm; Breakfast at 8 am, Lunch 12 pm, and Dinner at 5 pm. Activities of the Month: Going on Safari, Sudoku, &amp; Scarf Football, Self-Directed Play and Chat.</p>	