




	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>January</p> <p>Memory Lane</p> <p>Birthdays</p> <p>1/7 Mary Jane Anderson</p>	 <p>New Year's Day 1</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:00 🦋 Communion</p> <p>10:45 🎵 Music through the Decades</p> <p>11:30 🍽️ Lunch</p> <p>1:00 ❤️ Movie: New Year's Eve</p> <p>3:00 🌿 Hydration</p>	<p>2</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:30 🌿 Scenic Tour</p> <p>3:00 🌿 Hydration</p> <p>4:00 ❤️ Reminiscing</p>	<p>3</p> <p>9:45 ❤️ <i>Rosary [MR]</i></p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:00 🌿 Boxing up Christmas</p> <p>3:00 🌿 Hydration</p> <p>4:00 📅 This Day in History</p>	<p>4</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:15 🍽️ Lunch: Spaghetti Day</p> <p>1:00 🧘 Chair Exercise with Sharon</p> <p>— 🎵 <i>Live Music: Suzette Pritchett</i></p> <p>3:30 🌿 Hydration</p> <p>5:00 ❤️ Movie</p>	<p>5</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>3:00 🌿 Hydration</p> <p>3:30 🎵 Movie: Alfred Hitchcock's: The Birds</p>	<p>6</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>3:00 🌿 Hydration</p>	
	<p>7</p> <p>9:45 ❤️ <i>Rosary [MR]</i></p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:00 ☕ Coffee and Conversation [SS]</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:30 ❤️ Movie: Philadelphia Story [EC]</p> <p>3:00 🌿 Hydration</p> <p>6:00 🦋 Online Mass -St Ursula's [MR]</p>	<p>8</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:30 🧘 Exercise with Sharon</p> <p>2:30 🌿 Hydration</p> <p>3:00 🎵 Puzzle</p> <p>4:00 📅 This day in History</p>	<p>9</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:30 🎵 Card Matching Game</p> <p>3:00 🌿 Hydration</p> <p>4:00 🎵 Reminiscing</p> <p>5:00 🎵 Movie [LR]</p>	<p>10</p> <p>Massage Therapy Today</p> <p>9:45 ❤️ <i>Rosary [MR]</i></p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:00 🧘 Sing-a-long with Susie Q</p> <p>2:30 🧘 Chair Exercise</p> <p>3:00 🌿 Hydration</p> <p>4:00 🎵 This Day in History</p> <p>5:00 ❤️ Cinema Soiree</p>	<p>11</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:00 🧘 Chair Exercise</p> <p>2:00 ❤️ <i>Music with Helmut</i></p> <p>3:30 🌿 Hydration</p> <p>4:00 🎵 Match the Shadow</p> <p>5:00 📅 This Day in History</p>	<p>12</p> <p>9:30 🎵 <i>Baltimore County Bookmobile visit</i></p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>2:00 🎵 Birthday Party</p> <p>4:00 🎵 This Day in History</p>	<p>13</p> <p>Manicures Today</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>3:00 🌿 Hydration</p>
	<p>14</p> <p>9:45 ❤️ <i>Rosary [MR]</i></p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:00 ☕ Coffee and Conversation [SS]</p> <p>10:30 🎵 This Day in History</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:30 ❤️ Movie: Mannequin [EC]</p> <p>3:00 🌿 Hydration</p> <p>6:00 🦋 Online Mass -St Ursula's [MR]</p>	<p>15</p> <p>Martin Luther King, Jr. Day</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>2:00 🎵 Martin Luther King Day Celebration</p> <p>3:00 🌿 Hydration</p> <p>3:30 🎵 BINGO</p> <p>5:00 🎵 This Day in History</p>	<p>16</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:30 🧘 Chair Exercise</p> <p>3:00 🌿 Hydration</p> <p>4:00 🎵 Puzzle</p> <p>5:00 🎵 This Day in History</p>	<p>17</p> <p>9:45 ❤️ <i>Rosary [MR]</i></p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:00 🎵 Sock Sorting</p> <p>2:00 ❤️ <i>Live Music with SD & Friends [DR]</i></p> <p>3:30 🌿 Hydration</p> <p>5:00 ❤️ Cinema Soiree</p>	<p>18</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>2:00 ☕ Floats and Tunes</p> <p>3:00 🌿 Hydration</p> <p>5:00 🎵 This Day in History</p>	<p>19</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:30 ☕ Sip and Chips</p> <p>3:00 🌿 Hydration</p> <p>4:00 🎵 This Day in History</p> <p>5:00 ❤️ Movie</p>	<p>20</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>3:00 🌿 Hydration</p>
	<p>21</p> <p>9:45 ❤️ <i>Rosary [MR]</i></p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:00 ☕ Coffee and Conversation [SS]</p> <p>10:30 🎵 This Day in History</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:30 ❤️ Movie: Casablanca [EC]</p> <p>3:00 🌿 Hydration</p> <p>6:00 🦋 Online Mass -St Ursula's [MR]</p>	<p>22</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:00 🎵 Card Matching Game</p> <p>2:00 🌿 <i>Echoes of Nature</i></p> <p>3:00 🌿 Hydration</p> <p>5:00 🎵 This Day in History</p>	<p>23</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>11:30 🍽️ Lunch Trip</p> <p>3:00 🌿 Hydration</p> <p>3:00 🎵 Match the Shadow</p> <p>5:00 🎵 This Day in History</p>	<p>24</p> <p>9:45 ❤️ <i>Rosary [MR]</i></p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>12:00 ☕ Scoop of the Day</p> <p>3:00 ❤️ Cinema Soiree</p> <p>5:00 🎵 This Time in History</p>	<p>25</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:30 🧘 Chair Exercise</p> <p>2:30 🌿 Hydration</p> <p>3:00 🍽️ Button Sorting Cups</p> <p>4:00 🎵 This Day in History</p>	<p>26</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:30 🧘 Nail Care</p> <p>3:00 🌿 Hydration</p> <p>4:00 🎵 This Day in History</p> <p>5:00 ❤️ Movie</p>	<p>27</p> <p>Manicures Today</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>3:00 🌿 Hydration</p>
<p>28</p> <p>9:45 ❤️ <i>Rosary [MR]</i></p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:00 ☕ Coffee and Conversation [SS]</p> <p>10:30 🎵 This Day in History</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:30 ❤️ Movie: Driving Miss Daisy [EC]</p> <p>3:00 🌿 Hydration</p> <p>6:00 🦋 Online Mass -St Ursula's [MR]</p>	<p>29</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:00 ❤️ Sing Along with Susie Q</p> <p>3:00 🌿 Ice Cream Social</p> <p>4:30 🎵 This Day in History</p>	<p>30</p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>3:00 🌿 Hydration</p> <p>5:00 🎵 This Day in History</p>	<p>31</p> <p>9:45 ❤️ <i>Rosary [MR]</i></p> <p>10:00 ☕ Coffee & Table Talk</p> <p>10:45 🎵 Music through the Decades</p> <p>11:00 🧘 Morning Stretch</p> <p>11:30 🍽️ Lunch</p> <p>1:00 ❤️ Reminiscing</p> <p>2:30 ❤️ Inspire Your Heart with Art</p> <p>4:00 🌿 Hydration</p> <p>5:00 🎵 This Day in History</p>				

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- ❤️ Emotional
- 🌿 Environmental
- 🎵 Intellectual
- 🌸 Other
- 🧘 Physical
- 👥 Social
- 🦋 Spiritual