



January 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 <i>Closed</i> <i>Happy New Year!</i> 🎉	2 9:00 Morning Chat 10:00 Mucin' & Groovin' 12:30 New Year, New Me! 1:30 Vision Boards 3:00 Reel Relaxation	3 9:00 News Watch 10:00 Chair Yoga 12:30 Bingo! 2:00 Left, Center, Right 3:00 GameShow Hour	4 9:00 Current Events 10:00 Sit & Stretch 12:30 Minute To Win It Challenge 3:00 Movie Matinee	5 9:00 Feel Good Feed 10:00 Mucin' & Groovin' 12:30 Bingo! 1:30 Cranium Crunches 3:00 Popcorn Palooza	6 <i>Closed</i>
7 <i>Closed</i>	8 9:00 Current Events 10:00 Exercise 12:30 Bingo! 2:00 Elvis Presley: A Life From Beginning To End	9 9:00 News Watch 10:00 Sit & Stretch 12:30 Music Bingo! 1:30 Brain Busters 3:00 Movie Matinee	10 9:00 Feel Good Feed 10:00 Chair Yoga 12:30 Bingo! 1:30 Scattergories 3:00 Popcorn Palooza	11 9:00 Morning Chat 10:00 Mucin' & Groovin' 12:30 I Love Lucy History* 1:30 Chocolate Tasting 3:00 Reel Relaxation	12 9:00 Current Events 10:00 Chair Yoga 12:30 Bingo! 1:30 Family Fun 3:00 Around the World	13 <i>Closed</i>
14 <i>Closed</i>	15 9:00 Morning Chat 10:00 Sit & Stretch 12:30 Bingo! 1:30 Cranium Crunches 3:00 Reel Relaxation	16 9:00 Current Events 10:00 Exercise 12:30 Tricia Tuesday 1:30 Uno Fest 3:00 Movie Matinee	17 9:00 Feel Good Feed 10:00 Mucin' & Groovin' 12:30 Bingo! 1:30 DIY Nail Polish* 3:00 Reel Relaxation	18 9:00 News Watch 10:00 Sit & Stretch 12:30 Sequence 1:30 NFL Highlights 3:00 Popcorn Palooza	19 9:00 Current Events 10:00 Chair Yoga 12:30 Bingo! 2:00 Dolly Parton: Queen of Country	20 <i>Closed</i>
21 <i>Closed</i>	22 9:00 News Watch 10:00 Mucin' & Groovin' 12:30 Bingo! 1:30 Dominos 3:00 Cozy Cinema	23 9:00 Feel Good Feed 10:00 Chair Yoga 12:30 Jackson Pollock Abstract DIY 3:00 Movie Matinee	24 9:00 Morning Chat 10:00 Sit & Stretch 12:30 January Birthday Celebrations! 3:00 Popcorn Palooza	25 9:00 Current Events 10:00 Chair Yoga 12:30 Left, Center, Right! 1:30 Mocktail Mixer 3:00 Reel Relaxation	26 9:00 News Watch 10:00 Sit & Stretch 12:30 Bingo! 1:30 Beers & Tattoos* 3:00 ESPN Highlights	27 <i>Closed</i>
28 <i>Closed</i>	29 9:00 Morning Chats 10:00 Sit & Stretch 12:30 Bingo! 1:30 Mini Monday 3:00 Movie Matinee	30 9:00 Feel Good Feed 10:00 Mucin' & Groovin' 12:30 History of Crayola 1:30 Crayola Melted Art* 3:00 Reel Relaxation	31 9:00 News Watch 10:00 Chair Yoga 12:30 Bingo! 1:30 Jeopardy 3:00 Festive February Decor	<i>Adult Day Care Center of Henderson</i>		

