

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2025

Eagle Harbor

			<p><i>Morning</i> 1 Movement with Meredith Flight of the Butterflies <i>Afternoon</i> Colors of Butterflies Bean Bag Toss <i>Evening</i> Chats with Friends</p> <p><small>New Year's Day</small></p>	<p><i>Morning</i> 2 Upper Body Strengthening Who, What, Where? <i>Afternoon</i> Tai Ji with Chris Basketball <i>Evening</i> No Time for Sergeants</p>	<p><i>Morning</i> 3 Balance Exercises What's Your Verdict? <i>Afternoon</i> SingFit Book Nook <i>Evening</i> Wheel of Fortune</p>	<p><i>Morning</i> 4 Morning Stretches Easy Trivia <i>Afternoon</i> Flower Arranging Balloon Ball <i>Evening</i> Lawrence Welk</p>
<p><i>Morning</i> 5 Church Service How Many Can You Name? <i>Afternoon</i> Hand and Nail Care Kickball <i>Evening</i> It Happened on 5th Avenue</p>	<p><i>Morning</i> 6 Whole Brain Health Wheel of Fortune <i>Afternoon</i> Bird Feeder Hymn Sing <i>Evening</i> Crafts of Sort</p>	<p><i>Morning</i> 7 Upper Body Strengthening Resident Council <i>Afternoon</i> Travelogue <i>Afternoon</i> Baked Oxford Pudding Walking Club <i>Evening</i> 1 Minute Massages</p>	<p><i>Morning</i> 8 Balance Exercises Visit Mexico City <i>Afternoon</i> Birthday Party Book Nook <i>Evening</i> Chats with Friends</p>	<p><i>Morning</i> 9 Upper Body Strengthening Lifelong Learning: Billionaires <i>Afternoon</i> Scenic Drive Dick VanDyke <i>Evening</i> The Music Man</p>	<p><i>Morning</i> 10 Balance Exercises Current Events <i>Afternoon</i> SingFit Twister <i>Evening</i> Jeopardy</p>	<p><i>Morning</i> 11 Morning Movement Letter Clues Trivia <i>Afternoon</i> Bingo Noodle Ball <i>Evening</i> Lawrence Welk</p>
<p><i>Morning</i> 12 Church Service Over or Under 50 <i>Afternoon</i> Hand and Nail Care Ring Toss <i>Evening</i> The Seven Year Itch</p>	<p><i>Morning</i> 13 Yoga Dance Crosswords <i>Afternoon</i> Korean Cooking Bible Study <i>Evening</i> Sort It Out</p>	<p><i>Morning</i> 14 Upper Body Strengthening Math Minds <i>Afternoon</i> Watercolor Painting Walking Club <i>Evening</i> Hand Massages</p>	<p><i>Morning</i> 15 Balance Exercises Travel: Africa <i>Afternoon</i> Ryke's Bakery Puzzles <i>Evening</i> Chats with Friends</p>	<p><i>Morning</i> 16 Upper Body Strengthening Last to First <i>Afternoon</i> Spa Day Ping Pong Basketball <i>Evening</i> How to Save a Marriage...</p>	<p><i>Morning</i> 17 Balance Exercises Current Events <i>Afternoon</i> Book Nook Snowball Toss <i>Evening</i> Wheel of Fortune</p>	<p><i>Morning</i> 18 Morning Stretches Categories <i>Afternoon</i> Yahtzee Shooting Hoops <i>Evening</i> Lawrence Welk</p>
<p><i>Morning</i> 19 Church Service True or False <i>Afternoon</i> Hand and Nail Care Horseshoes <i>Evening</i> Show Boat</p> <p><small>Activity Professionals Week</small></p>	<p><i>Morning</i> 20 Movement with Meredith MLK Remembered <i>Afternoon</i> SingFit Parachute <i>Evening</i> Hand Massages</p> <p><small>Martin Luther King Jr. Day</small></p>	<p><i>Morning</i> 21 Upper Body Strengthening Word Puzzles <i>Afternoon</i> Cornflake Cookies Book Nook <i>Evening</i> 1 Minute Massages</p>	<p><i>Morning</i> 22 Balance Exercises Travel: Sahara <i>Afternoon</i> Decorative Trays Hymn Sing <i>Evening</i> Chats with Friends</p>	<p><i>Morning</i> 23 Upper Body Strengthening Current Events <i>Afternoon</i> SingFit Knitball Toss <i>Evening</i> Casablanca</p>	<p><i>Morning</i> 24 Balance Exercises Bob Evans <i>Afternoon</i> Snowflake Yarn Art Walking Club <i>Evening</i> Jeopardy</p>	<p><i>Morning</i> 25 Morning Movement What Doesn't Belong? <i>Afternoon</i> Uno Paddle Ball <i>Evening</i> Lawrence Welk</p>
<p><i>Morning</i> 26 Church Service Happy Birthday Michigan! <i>Afternoon</i> Hand and Nail Care Kick and Toss <i>Evening</i> Miracle</p> <p><small>Australia Day (Observed)</small></p>	<p><i>Morning</i> 27 Seated Disco Exercise Reminisce <i>Afternoon</i> Chocolate Cake Hymn Sing <i>Evening</i> Crafts of Sorts</p>	<p><i>Morning</i> 28 Upper Body Strengthening A to Z <i>Afternoon</i> Sticker Art Book Nook <i>Evening</i> Hand Massages</p>	<p><i>Morning</i> 29 Balance Exercises Where In The World? <i>Afternoon</i> Hemlock Crossings Beverly Hillbillies <i>Evening</i> Chats with Friends</p> <p><small>Chinese New Year (Year of the Snake)</small></p>	<p><i>Morning</i> 30 Upper Body Strengthening Roll & Rhyme <i>Afternoon</i> SingFit Walking Club <i>Evening</i> Casino Royale</p>	<p><i>Morning</i> 31 Balance Exercises Current Events <i>Afternoon</i> Knittervention Ring Toss <i>Evening</i> Wheel of Fortune</p>	