	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Lets Celebrate! National Bowing Month National Trivia Month National Self-Love Month Stock Show Activities Professionals Week	10:00 Glitter Ball 10:45 Funny Resolutions and Jokes 1:30 New Year's Fill In 2:30 Afternoon Cinema 3:30 Kings in the Corner	9:30 Exercise 10:30 Sensory 11:00 Daily Chronicle Chat 1:00 General Store Open 2:00 Karaoke 3:00 Coloring Corner	9:30 Exercise 10:15 Manicure Appointments 1:00 General Store Open 1:00 Bible Study - Chapel 2:00 BINGO 3:00 Dining Room Tunes 3:30 A Sense of January	9:30 Exercise 10:30 Sensory 11:00 Daily Chronicle Chat 1:00 General Store Open 2:00 Arts & Crafts 3:30 Trivia	9:30 Exercise 10:15 Manicures Appointments 11:00 Daily Chronicles 1:30 Catholic Mass- Chapel 2:30 Jeopardy 3:30 Aromatherapy	9:30 Whole Brain Exercise 10:30 Word Games 11:00 Daily Chronicle Chat 2:00 BINGO 3:00 Dining Room Tunes 3:30 Balloon Volleyball Happy Birthday, Jackie K!	
	9:30 Drum Beats 10:45 Sunday Prayer & Music 1:30 Vision or Prayer Boards 2:30 BINGO 3:30 Sports Corner	9:30 Exercise 11:00 Daily Chronicle Chat 1:00 Catholic Mass- Chapel 1:30 Stock Show Facts 2:30 Trivia 3:30 Soccer	9:30 Exercise 10:30 Sensory 11:00 Daily Chronicle Chat 1:00 General Store Open 2:00 Karaoke 3:00 Coloring Corner	9:30 Exercise 10:15 Manicure Appointments 1:00 General Store Open 1:00 Bible Study - Chapel 2:00 BINGO 3:00 Dining Room Tunes 3:30 A Sense of January	9:30 Exercise 10:30 Sensory 11:00 Daily Chronicle Chat 1:00 General Store Open 2:00 Cooking Corner	9:30 Exercise 10:30 Reminiscing: Siblings 11:00 Food Club 1:00 Catholic Mass- Chapel 2:30 Bowling 3:30 Would you Rather?	9:30 Exercise 10:30 A Sense of January 11:00 Daily Chronicle Chat 2:00 Kings in the Corner 3:00 Dining Room Tunes 3:30 Balloon Volleyball	
	9:30 Exercise 10:45 Sunday Prayer & Music 1:30 Breathing Exercises 2:30 BINGO 3:30 Sports Corner	19:30 Exercise 11:00 Daily Chronicle Chat 1:00 Catholic Mass- Chapel 1:30 MLK Day Chat 2:30 Trivia 3:30 Soccer Martin Luther King Jr. Day	9:30 Exercise 10:30 Sensory 11:00 Daily Chronicle Chat 1:00 General Store Open 2:00 Karaoke 3:00 Coloring Corner	9:30 Exercise 10:00 Manicure Appointments 10:30 Meet and Greet Anthony G, NHA! 1:00 General Store Open 1:00 Bible Study - Chapel 3:30 BINGO	8:30 Outing: Stock Show 9:30 Exercise 10:30 Sensory 11:00 Daily Chronicle Chat 1:00 General Store Open 2:00 Arts & Crafts 3:30 Trivia	9:30 Exercise 10:00 Manicures Appointments 10:30 Music with Bill S 11:00 Daily Chronicles 1:30 Catholic Mass- Chapel 2:30 Jeopardy 3:30 Aromatherapy	9:30 Whole Brain Exercise 10:30 Word Games 11:00 Daily Chronicle Chat 2:00 BINGO 3:00 Dining Room Tunes 3:30 Balloon Volleyball	
	9:30 Drum Beats 10:45 Sunday Prayer & Music 1:30 Board Games 2:30 BINGO 3:30 Sports Corner Activity Professionals Week	9:30 Exercise 11:00 Daily Chronicle Chat 1:00 Catholic Mass- Chapel 1:30 Trivia 2:30 Illuminating Hearts 3:30 Soccer	9:30 Exercise 10:30 Sensory 11:00 Classic TV 1:00 General Store Open 2:00 Karaoke 3:00 Coloring Corner	10:15 Manicure Appointments 1:00 General Store Open 1:00 Bible Study - Chapel 2:00 BINGO 3:00 Dining Room Tunes 3:30 A Sense of January Happy Birthday, Barb F!	9:30 Exercise 10:30 Sensory 11:00 Daily Chronicle Chat 1:00 General Store Open 1:30 Bowling Outing 1:30 Afternoon Cinema	9:30 Exercise 10:30 Reminiscing: Winter Sceneries 1:00 Catholic Mass- Chapel 2:30 Bowling 3:30 Would you Rather? Happy Birthday, Pauline M!	9:30 Exercise 10:30 A Sense of January 11:00 Daily Chronicle Chat 2:00 Kings in the Corner 3:00 Dining Room Tunes 3:30 Balloon Volleyball	
7 /	9:30 Drum Beats 10:45 Sunday Prayer & Music 1:30 Journaling 2:30 BINGO 3:30 Sports Corner	9:30 Exercise 11:00 Daily Chronicle Chat 1:00 Catholic Mass- Chapel 1:30 Activity Planning 2:30 Trivia 3:30 Soccer	9:30 Exercise 10:30 Sensory 11:00 Daily Chronicle Chat 1:00 General Store Open 2:00 Karaoke 3:00 Coloring Corner	9:30 Exercise 10:30 Resident Council 1:00 General Store Open 1:00 Bible Study - Chapel 2:00 BINGO 3:00 Dining Room Tunes 3:30 A Sense of January	Catholic Communion wi Please call the activities depa	ill be given on Thusday by Mary artment to sign up for outings are independent activities.	y Ann from Joan of Arc. nd for any supplies needed for	
16.	MOUNTAIN VISTA SENIOR LIV	THE COMMUNICALLY	**ACTIVITIES SUBJECT TO C	HANGE	QUESTIONS: CONTA	CT THE ACTIVITIES DIRECTOR	1303- 421-4101 EXt. 3011	3