Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
T	Catholic Communion will be given on hursday by Mary Ann from Joan of Arease call the activities department for	n rc. any	9:30 Exercise GR 10:30 Cards 1:00 Word Games AR 2:00 Karaoke and Dance Party MT	9:30 Exercise GR 10:30 Morning Meditations CoR 1:00 Virtual Concert MT 2:00 Chaplain Chat CoR 3:15 BINGO GR	9:30 Exercise GR 10:30 Coffee & Chat CoR 11:30 TGIF Men's Luncheon 1:30 Board Games AR 2:30 One to One Visits 3:30 Pictionary AR	9:30 Exercise GR 10:30 Weekly Reflections CoR 1:30 Past Times AR 2:30 Weekend Movie MT 3:30 Zentangle Art ** AR
SU	pplies needed for independent activiti	ies.	New Year's Day		Happy Birthday, Bob L!	11
Mountain Vista Activity Areas: 5 GR - Great Room (1st Floor) CoR - Community Room/ Library (1st Floor) MT - Movie Theater (1st Floor) BR - Billiards Room (1st Floor) AR - Activity Room (2nd Floor) CY- Courtyard/ Garden	9:30 Chair Yoga GR 10:30 Coffee & Chat CoR 1:00 Catholic Mass MT 1:30 Jeopardy AR 3:30 Wise Guy's Society GR	9:30 Exercise GR 10:30 Bible Study CoR 1:30 Nails AR 2:30 Laughter Therapy: American Funniest Videos MT 3:15 BINGO GR	9:30 Exercise GR 10:30 Cards 1:30 Shopping Outing: Walmart Sign up at 720.849.1691 3:30 BINGO GR	9:30 Exercise GR 10:30 Morning Meditations CoR 1:00 Virtual Concert MT 2:00 Chaplain Chat CoR	9:30 Exercise GR 10:30 Food Committee GR 1:30 One to One Visits 2:00 Vision Boards and Scrapbooking GR 3:30 Pictionary AR	9:30 Exercise GR 10:30 Weekly Reflections CoR 1:30 Who, What, Where AR 2:30 Weekend Movie MT 3:30 Looming with Nelora AR
Board Games, Puzzle, Cards, Activity Packets available in the Activities Room for independent use	9:30 Exercise GR 10:30 Coffee & Chat CoR 11:00 Activity Planning GR 1:00 Catholic Mass MT 1:30 Trivia AR 3:30 Recipe Exchange for MV Cookbook GR	9:30 Exercise GR 10:30 Bible Study CoR 1:30 Nails AR 3:30 Laughter Therapy: Puns and Short Stories	9:30 Exercise GR 10:30 Cards 11:30 Birthday Lunch and Happy Hour! 1:30 Word Games AR 2:30 Coloring AR 3:15 BINGO GR	9:30 Exercise GR 10:30 Morning Meditations CoR 1:00 Virtual Concert MT 2:00 Chaplain Chat CoR 3:15 BINGO GR	9:30 Exercise GR 10:30 Coffee & Chat CoR 1:30 One to One Visits 2:30 Pictionary AR 3:30 Ice Cream Social GR	9:30 Exercise GR 10:30 Weekly Reflections CoR 1:30 Past Times AR 2:30 Weekend Movie MT 3:30 Knitting for Beginners AR
Board Games, Puzzle, Cards, Activity Packets available in the Activities Room for independent use Activity Professionals Week	9:30 Chair Yoga GR 10:30 Coffee & Chat CoR 1:00 Catholic Mass MT 2:00 VR Travel: China and Chinese Near Year MT 3:30 Dancing and Listening to Music GR Martin Luther King Jr. Day	9:30 Exercise GR 10:30 Bible Study CoR 1:30 Nails AR 2:30 Book Club CoR 3:15 BINGO BONZANZA	9:30 Exercise GR 10:00 Floral Safari MT *Zoom Call Presentation 1:30 Paint & Sip GR 3:30 Karaoke and Dance Party MT	9:30 Exercise GR 10:30 Morning Meditations CoR 1:45 Bowling Outing Sign up at 720.849.1691 2:00 Chaplain Chat CoR	9:30 Exercise GR 10:30 Cooking Corner GR 2:00 Clay Jewlery Making AR 3:30 Pictionary AR	9:30 Exercise GR 10:30 Weekly Reflections CoR 1:30 Who, What, Where AR 2:30 Weekend Movie MT 3:30 Painting with Marcia AR
Board Games, Puzzle,	9:30 Exercise GR	9:30 Exercise GR	9:30 Exercise GR	9:30 Exercise GR	9:30 Exercise GR 31	9:30 Exercise GR
Cards, Activity Packets available in the Activities Room for independent use	10:30 Coffee & Chat CoR 1:00 Catholic Mass MT 1:30 Trivia AR 3:30 ArtThrob Club AR	10:30 Bible Study CoR 1:30 Nails AR 2:30 Laughter Therapy: Mad Libs** CoR 3:15 BINGO GR	10:30 Cards 1:30 Resident Council GR 2:30 Coloring AR 3:30 Karaoke and Dance Party MT	10:30 Morning Meditations CoR 1:00 Virtual Concert MT 2:00 Chaplain Chat CoR 3:15 BINGO GR	10:30 Coffee & Chat CoR 1:30 Board Games AR 2:30 One to One Visits 3:30 Pictionary AR	10:30 Weekly Reflections CoR 1:30 Past Times AR 2:30 Weekend Movie MT 3:30 Crotcheting AR
Australia Day (Observed)						
Mountain Vista Assisted Living		**Activities subject to	chango	Ouget	ions? Contact the Activities Dire	octor I 202 420 4102 ovt 5011