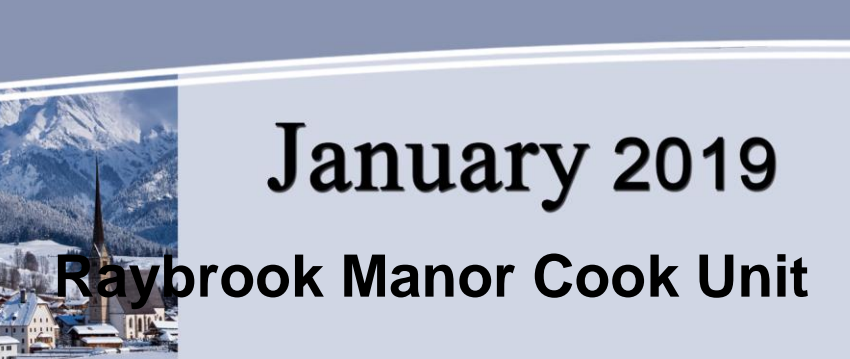


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>9:30 New Year's Day Worship Service</b> Refreshment and Devotions <b>After Lunch:</b> Game Hour Refresh and Reminisce <b>4:00 Reading Group</b> <b>Evening:</b> Staff Choice <p style="text-align: center;">New Year's Day</p>	<b>10:30 Exercise</b> <b>11:00 Evening Star</b> <b>After Lunch:</b> Game Hour Refresh and Reminisce Trivia <b>Evening:</b> <b>7:00 New Year's Celebration – Friendship Room</b>	<b>10:30 Exercise, Refreshments, Music and Devotions</b> <b>After Lunch:</b> Bingo Refresh and Reminisce Trivia <b>Evening:</b> Shuffleboard	<b>10:30 Exercise, Refreshments, Music and Devotions</b> <b>After Lunch:</b> Manicures Refresh and Reminisce <b>50 States Challenge</b> <b>Evening:</b> Movie Night	<b>After Breakfast:</b> Exercise, Refreshments, Music and Devotions <b>After Lunch:</b> Individual Leisure Resident Choice Trivia <b>Evening:</b> Shuffleboard
<b>9:30 Worship Service</b> Refreshments, Music and Devotions <b>After Lunch:</b> Resident Choice Travelogue <b>Evening:</b> <b>6:30 LaGrave CRC Service</b> Coffee & Fellowship	<b>9:15 Hymn Sing with Dee</b> <b>10:30 Exercise, Refreshments and Devotions</b> <b>2:00 Outing to Grand Rapids Public Museum</b> <b>Evening:</b> Staff Choice	<b>10:30 Exercise, Refreshments, Music and Devotions</b> <b>After Lunch:</b> Game Hour Refresh and Reminisce <b>4:00 Reading Group</b> <b>5:45 Dinner Music with Geneva</b> <b>7:00 Traditional Hymns with the Gentit Family – Friendship Room</b>	<b>10:30 Exercise</b> <b>11:00 Evening Star</b> <b>After Lunch:</b> Game Hour Refresh and Reminisce <b>4:00 Tabletop activities</b> <b>Evening:</b> Hangman or Name 10	<b>10:30 Exercise, Refreshments, Music and Devotions</b> <b>After Lunch:</b> <b>2:30 Visit with Lincoln (Dog)</b> Bingo Refresh and Reminisce Trivia <b>Evening:</b> Shuffleboard <b>Happy 80<sup>th</sup> Birthday to Barb!</b>	<b>10:30 Intergenerational Social Time</b> <b>After Lunch:</b> Manicures Refresh and Reminisce <b>50 States Challenge</b> <b>Evening:</b> Movie Night	<b>After Breakfast:</b> Exercise, Refreshments, Music and Devotions <b>After Lunch:</b> Individual Leisure Resident Choice Trivia <b>Evening:</b> Shuffleboard
<b>9:30 Worship Service</b> Refreshments, Music and Devotions <b>After Lunch:</b> Resident Choice Travelogue <b>Evening:</b> <b>6:30 LaGrave CRC Service</b> Coffee & Fellowship	<b>9:15 Hymn Sing with Dee</b> <b>10:30 Exercise, Refreshments and Devotions</b> <b>After Lunch:</b> Game Hour Refresh and Reminisce Trivia <b>Evening:</b> Staff Choice	<b>10:30 Exercise, Refreshments, Music and Devotions</b> <b>After Lunch:</b> Game Hour Refresh and Reminisce <b>4:00 Reading Group</b> <b>7:00 Eldermusic Ministries – On Unit</b> <b>Happy Birthday to Ruth!</b>	<b>10:30 Exercise</b> <b>11:00 Evening Star</b> <b>After Lunch:</b> Game Hour Refresh and Reminisce <b>4:00 Tabletop activities</b> <b>Evening:</b> Hangman or Name 10	<b>10:30 Exercise, Refreshments, Music and Devotions</b> <b>After Lunch:</b> <b>1:30 Piano Music with Tricia</b> Bingo Refresh and Reminisce Trivia <b>Evening:</b> Shuffleboard	<b>10:30 Exercise, Refreshments, Music and Devotions</b> <b>After Lunch:</b> Manicures Refresh and Reminisce <b>50 States Challenge</b> <b>Evening:</b> Movie Night	<b>After Breakfast:</b> Exercise, Refreshments, Music and Devotions <b>After Lunch:</b> Individual Leisure Resident Choice Trivia <b>Evening:</b> Shuffleboard
<b>9:30 Worship Service</b> Refreshments, Music and Devotions <b>After Lunch:</b> Resident Choice Travelogue <b>Evening:</b> <b>6:30 LaGrave CRC Service</b> Coffee & Fellowship	<b>9:15 Hymn Sing with Dee</b> <b>10:30 Exercise, Refreshments and Devotions</b> <b>After Lunch:</b> Game Hour Refresh and Reminisce Trivia <b>Evening:</b> Staff Choice <p style="text-align: center;">Martin Luther King Day Tu B'Shevat</p>	<b>10:30 Exercise, Refreshments, Music and Devotions</b> <b>After Lunch:</b> Game Hour Refresh and Reminisce <b>4:00 Reading Group</b> <b>5:45 Dinner Music with Geneva</b> <b>Evening:</b> Staff Choice	<b>10:30 Exercise</b> <b>11:00 Evening Star</b> <b>After Lunch:</b> Game Hour Refresh and Reminisce <b>4:00 Tabletop activities</b> <b>Evening:</b> Hangman or Name 10	<b>10:30 Exercise, Refreshments, Music and Devotions</b> <b>After Lunch:</b> <b>2:30 Visit with Lincoln (Dog)</b> Bingo Refresh and Reminisce Trivia <b>Evening:</b> Shuffleboard	<b>10:30 Intergenerational Social Time</b> <b>After Lunch:</b> Manicures Refresh and Reminisce <b>50 States Challenge</b> <b>Evening:</b> Movie Night	<b>After Breakfast:</b> Exercise, Refreshments, Music and Devotions <b>After Lunch:</b> Individual Leisure Resident Choice Trivia <b>Evening:</b> Shuffleboard
<b>9:30 Worship Service</b> Refreshments, Music and Devotions <b>After Lunch:</b> Resident Choice Travelogue <b>Evening:</b> <b>6:30 LaGrave CRC Service</b> Coffee & Fellowship <b>Happy Birthday to Bea!</b>	<b>9:15 Hymn Sing with Dee</b> <b>10:30 Exercise, Refreshments and Devotions</b> <b>2:00 Scenic Bus Ride</b> <b>Evening:</b> Staff Choice <p style="text-align: center;">Australia Day (observed)</p>	<b>10:30 Exercise, Refreshments, Music and Devotions</b> <b>After Lunch:</b> Game Hour Refresh and Reminisce <b>4:00 Reading Group</b> <b>Evening:</b> Staff Choice	<b>10:30 Exercise</b> <b>11:00 Evening Star</b> <b>After Lunch:</b> <b>3:00 January Birthday Party</b> <b>Evening:</b> Hangman or Name 10	<b>10:30 Exercise, Refreshments, Music and Devotions</b> <b>After Lunch:</b> Bingo Refresh and Reminisce Trivia <b>Evening:</b> Shuffleboard	<b>Components of Vibrant Living:</b> <ul style="list-style-type: none"> <li>* Social Engagement</li> <li>* Physical Wellness</li> <li>* Spiritual Fulfillment</li> <li>* Intellectual Discovery</li> <li>* Emotional Wellbeing</li> </ul>	

We appreciate a little spontaneity on the Cook Unit. Therefore, calendar events are subject to change, without notice.