

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 New Year's Day Worship Service – Channel 954 After Lunch: Game Hour Refresh and Reminisce Tabletop activities Evening: Hangman or Name 10 New Year's Day	Exercise, Refreshments, Music and Devotions After Lunch: Bingo Refresh and Reminisce Evening: Shuffleboard Happy 78th Birthday to Dean! Happy 58th Anniversary to Bob and Helen!	Exercise, Refreshments, Music and Devotions After Lunch: Manicures Refresh and Reminisce 50 States Challenge Evening: Movie Night or Staff Choice	Exercise, Refreshments, Music and Devotions After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard
9:30 Worship Service Refreshments, Music and Devotions After Lunch: Resident Choice Travelogue Evening: 6:30 LaGrave CRC Service Coffee & Fellowship	9:15 Hymn Sing with Dee Exercise, Refreshments and Devotions 2:00 Scenic Bus Ride Evening: Staff Choice	9:30 Knitting Club 11:00 Vibrant Living Exercise Class of the Month – on unit After Lunch: Game Hour Refresh and Reminisce Tabletop activities 7:00 The Legacy Trio (piano, flute and cello) - Chapel	Exercise 11:00 Evening Star Worship Service After Lunch: Game Hour Tabletop activities 5:45 Dinner Music with Geneva Evening: Hangman or Name 10	Exercise, Refreshments, Music and Devotions 2:30 Visit with Lincoln & Phoebe (Dogs) Bingo Refresh and Reminisce Evening: Shuffleboard	Exercise, Refreshments, Music and Devotions After Lunch: Manicures 3:00 Bible Stories and Songs with Marilyn – On Unit Evening: Movie Night or Staff Choice Happy 81st Birthday to Barb!	Exercise, Refreshments, Music and Devotions 2:00 Music with Chris Sloan – on unit Trivia Evening: Shuffleboard
9:30 Worship Service Refreshments, Music and Devotions After Lunch: Resident Choice Travelogue Evening: 6:30 LaGrave CRC Service Coffee & Fellowship	9:15 Hymn Sing with Dee Exercise, Refreshments and Devotions Game Hour Refresh and Reminisce Trivia Evening: Staff Choice	9:30 Knitting Club After Lunch: Game Hour Refresh and Reminisce Tabletop activities Evening: Tabletop Bowling	Exercise 11:00 Evening Star Worship Service After Lunch: Game Hour Refresh and Reminisce Tabletop activities 7:00 Sacred Harmonies Vocal Quartet - Chapel Happy 97th Birthday to Ruth!	Exercise, Refreshments, Music and Devotions 1:30 Piano Music with Tricia Bingo Refresh and Reminisce Evening: Shuffleboard	10:30 Intergenerational Social Time After Lunch: Manicures Refresh and Reminisce 50 States Challenge Evening: Movie Night or Staff Choice	Exercise, Refreshments, Music and Devotions After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard
9:30 Worship Service Refreshments, Music and Devotions After Lunch: Resident Choice Travelogue Evening: 6:30 LaGrave CRC Service Coffee & Fellowship Activity Professionals Week	9:15 Hymn Sing with Dee 10:00 Intergenerational Social Time After Lunch: Game Hour Refresh and Reminisce Trivia 7:00 Music with the Gentit Family – on unit Martin Luther King Day	9:30 Knitting Club 9:45 Regina plays the Dulcimer After Lunch: Game Hour Refresh and Reminisce Tabletop activities 7:00 Eldermusic Ministries – On Unit	Exercise 11:00 Evening Star Worship Service After Lunch: Game Hour Tabletop activities 5:45 Dinner Music with Geneva Evening: Hangman or Name 10	Exercise, Refreshments, Music and Devotions 2:30 Visit with Lincoln & Phoebe (Dogs) Bingo Refresh and Reminisce Evening: Shuffleboard	Exercise, Refreshments, Music and Devotions After Lunch: Manicures Refresh and Reminisce 50 States Challenge Evening: Movie Night or Staff Choice	Exercise, Refreshments, Music and Devotions After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard Chinese New Year
9:30 Worship Service Refreshments, Music and Devotions After Lunch: Resident Choice Travelogue Evening: 6:30 LaGrave CRC Service Coffee & Fellowship	9:15 Hymn Sing with Dee Exercise, Refreshments and Devotions 2:00 Scenic Bus Ride Evening: Staff Choice Happy 95th Birthday to Bea! Australia Day (observed)	9:30 Knitting Club After Lunch: Game Hour Refresh and Reminisce Tabletop activities Evening: Tabletop Bowling	Exercise 10:00 Catholic Mass - Chapel 11:00 Evening Star Worship Service 3:00 January Birthday Party 7:00 Potter's House High School Gospel Choir - Chapel	Exercise, Refreshments, Music and Devotions After Lunch: Bingo Refresh and Reminisce Evening: Shuffleboard	10:30 Intergenerational Social Time After Lunch: Manicures Refresh and Reminisce 50 States Challenge Evening: Movie Night or Staff Choice	

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