

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2025

Memory Haven

				Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report 10:00AM- LV Smith Music Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation New Year's Day	Rise & Shine Devotional Exercise – Lower Body 9:00 - Music Therapy with Amanda Casper Daily News / Weather Report Thirsty Thursday Mocktails Arts & Crafts Exercise Rest & Rejuvenation Nail Bar/ Brain Builder	Rise & Shine Devotional Exercise – YOGA Daily News / Weather Report Rest & Rejuvenation Exercise 1:00pm – Rock N Rose DJ Rest & Rejuvenation	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Exercise Arts & Crafts Brain Builder	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	Rise & Shine Devotional Exercise – Lower Body Daily News / Weather Report Thirsty Thursday Mocktails Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar Brain Builder	Rise & Shine Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance	
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Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social Activity Professionals Week	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Exercise Arts & Crafts Brain Builder Martin Luther King Jr. Day	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	Rise & Shine Devotional Exercise – Lower Body Daily News / Weather Report Thirsty Thursday Mocktails Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar Brain Builder	Rise & Shine Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance	
Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social Australia Day (Observed)	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy 1:00- Guitar Music w/ Greg BINGO Exercise Arts & Crafts Brain Builder	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation Chinese New Year (Year of the Snake)	Rise & Shine Devotional Exercise – Lower Body Daily News / Weather Report Thirsty Thursday Mocktails Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar Brain Builder	Rise & Shine Devotional Exercise – YOGA Daily News / Weather Report Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	<p><i>Happy Birthday!!</i></p> <p><i>Ruth Wetta – January 1st</i></p> <p><i>Will Leiker- January 17th</i></p>	

Activities are subject to change without notice. Location Key: GR- Game Room, L- Library, FR- Family Room, F- Fitness, C- Chapel, D - Dining, OD- Overflow Dining, \$- Cost, O- Outing, R2R – Room to Room