


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>SAGEBROOK</b> SENIOR LIVING AT CARMICHAEL</p>	<p><b>KWANZAA</b> New Year's Day</p> <p>9:30 ♡ Club Fit 10:00 ♡ Tasty Tidbits 10:30 ☆ Expressive Design 1:30 ♡ Manicure and Massage 2:00 ♡ Tasty Tidbits 2:00 🟩 Poets Corner 3:00 🟩 Ball Games 3:30 ♡ Tai Chi 4:00 🟩 Tune-In To Me</p>	<p>9:15 🟩 Morning News/Daily Chronicles 10:00 🟩 Culinary Creations 11:00 🟩 Hallway Games 1:30 🟩 Expressive Design 2:00 ♡ Snacks 2:30 🟩 Movie Time &amp; Snacks 3:00 🟩 Butterfly Documentary 4:00 🟩 Tune-In To Me</p>	<p><b>CHOCOLATE COVERED CHERRY DAY</b></p> <p>9:30 ♡ Morning Stroll 10:00 ♡ Nosh on Nibbles 10:30 ☆ Expressive Design 10:45 ☆ Catholic Services/Trivia 1:30 🟩 Bingo 2:00 ♡ Coffee Klatch 3:00 ☆ Raise the Curtain 4:00 🟩 Tune-In To Me</p>	<p><b>NATIONAL TRIVIA DAY</b></p> <p>10:00 🟩 Culinary Creations 11:00 🟩 Hallway Games 1:30 🟩 Let's Reminisce 2:00 ♡ Snacks 2:30 🟩 Expressive Design 4:00 ☆ Tune-in To Me</p>	<p>9:30 ♡ Fitness Junction 10:00 ♡ Quick Bite 10:30 🟩 Scenic Drive 11:00 🟩 Tune-In To Me 1:30 🟩 Cranium Crunches 2:00 🟩 Happy Hour/Favorite Songs Karaoke 4:00 🟩 Bingo</p>	<p>9:30 ♡ Noodle Sticks Ball Toss 10:00 ♡ Treats to Eat 10:30 ☆ Old Time Comedy 1:30 🟩 Tune-In To Me 2:00 ♡ Treats to Eat 2:30 ☆ Expressive Design 3:30 🟩 Solve The Puzzle 4:00 ♡ Manicures</p>
<p>9:30 ♡ Chair Yoga 10:00 ♡ Refreshments 10:30 🟩 Water Color 1:30 🟩 Tune-In To Me 2:00 🟩 Tea Time 3:30 🟩 Gen-Narrations: The Story Behind The Picture</p>	<p><b>Elvis Birthday</b></p> <p>9:30 ♡ Club Fit 10:00 ♡ Tasty Tidbits 10:30 ☆ Expressive Design 1:30 ♡ Manicure and Massage 2:00 ♡ Tasty Tidbits 2:00 🟩 Poets Corner 3:00 🟩 Ball Games 3:30 ♡ Tai Chi 4:00 🟩 Elvis Tunes</p>	<p>9:15 🟩 Morning News/Daily Chronicles 10:00 🟩 Culinary Creations 11:00 🟩 Hallway Games 1:30 🟩 Trivia Games 2:00 ♡ Snacks 2:30 🟩 Elvis Movies 3:00 🟩 Hallway Games 4:00 🟩 Tune-In To Me</p>	<p><b>BITTERSWEET CHOCOLATE DAY</b></p> <p>9:30 ♡ Morning Stroll 10:00 ♡ Nosh on Nibbles 10:30 ☆ Expressive Design 10:45 ☆ Catholic Services/Trivia 1:30 🟩 Bingo 2:00 ♡ Coffee Klatch 3:00 ☆ Raise the Curtain 4:00 🟩 Tune-In To Me</p>	<p>10:00 🟩 Culinary Creations 11:00 🟩 Hallway Games 1:30 🟩 Let's Reminisce 2:00 ♡ Snacks 2:30 🟩 Expressive Design 4:00 ☆ Tune-in To Me</p>	<p><b>Hot Tea Day</b></p> <p>9:30 ♡ Fitness Junction 10:00 ♡ Quick Bite 10:30 🟩 Scenic Drive 11:00 🟩 Tune-In To Me 1:30 🟩 Cranium Crunches 2:00 🟩 Happy Hour/Favorite Songs Karaoke 4:00 🟩 Bingo</p>	<p>9:30 ♡ Noodle Sticks Ball Toss 10:00 ♡ Treats to Eat 10:30 ☆ Old Time Comedy 1:30 🟩 Tune-In To Me 2:00 ♡ Treats to Eat 2:30 ☆ Expressive Design 3:30 🟩 Solve The Puzzle 4:00 ♡ Manicures</p>
<p>9:30 ♡ Chair Yoga 10:00 ♡ Refreshments 10:30 🟩 Water Color 1:30 🟩 Tune-In To Me 2:00 🟩 Tea Time 3:30 🟩 Gen-Narrations: The Story Behind The Picture</p>	<p><b>Strawberry Ice Cream Day</b> <b>NATIONAL HAT DAY</b> <b>Martin Luther King, Jr. Day</b></p> <p>9:30 ♡ Club Fit 10:00 ♡ Tasty Tidbits 10:30 ☆ Expressive Design 1:30 ♡ Manicure and Massage 2:00 ♡ Tasty Tidbits 2:00 🟩 Poets Corner 3:00 🟩 Ball Games 3:30 ♡ Tai Chi 4:00 🟩 Tune-In To Me</p>	<p>9:15 🟩 Morning News/Daily Chronicles 10:00 🟩 Culinary Creations-Hello Dolly Bars 11:00 🟩 Hallway Games 1:30 🟩 Trivia Games 2:00 ♡ Snacks 2:00 🟩 Hello Dolly! 4:00 🟩 Tune-In To Me</p>	<p>9:30 ♡ Morning Stroll 10:00 ♡ Nosh on Nibbles 10:30 ☆ Expressive Design 10:45 ☆ Catholic Services/Trivia 1:30 🟩 Bingo 2:00 ♡ Coffee Klatch 3:00 ☆ Raise the Curtain 4:00 🟩 Tune-In To Me</p>	<p>10:00 🟩 Culinary Creations 11:00 🟩 Hallway Games 1:30 🟩 Let's Reminisce 2:00 ♡ Snacks 2:30 🟩 Expressive Design 4:00 ☆ Tune-in To Me</p>	<p><b>NATIONAL POPCORN DAY</b></p> <p>9:30 ♡ Fitness Junction 10:00 ♡ Quick Bite 10:30 🟩 Scenic Drive 11:00 🟩 Tune-In To Me 1:30 🟩 Cranium Crunches 2:00 🟩 Happy Hour/Favorite Songs Karaoke 4:00 🟩 Bingo</p>	<p>9:30 ♡ Noodle Sticks Ball Toss 10:00 ♡ Treats to Eat 10:30 ☆ Old Time Comedy 1:30 🟩 Tune-In To Me 2:00 ♡ Treats to Eat 2:30 ☆ Expressive Design 3:30 🟩 Solve The Puzzle 4:00 ♡ Manicures</p>
<p>9:30 ♡ Chair Yoga 10:00 ♡ Refreshments 10:30 🟩 Water Color 1:30 🟩 Tune-In To Me 2:00 🟩 Tea Time 3:30 🟩 Gen-Narrations: The Story Behind The Picture</p>	<p>9:30 ♡ Club Fit 10:00 ♡ Tasty Tidbits 10:30 ☆ Expressive Design 1:30 🟩 Manicure and Massage 2:00 ♡ Tasty Tidbits 2:00 🟩 Poets Corner 3:00 🟩 Ball Games 3:30 ♡ Tai Chi 4:00 🟩 Tune-In To Me</p>	<p><b>NATIONAL PIE DAY</b> <b>NATIONAL PUZZLE DAY</b></p> <p>9:15 🟩 Morning News/Daily Chronicles 10:00 🟩 Culinary Creations-Pie 11:00 🟩 Hallway Games 1:30 🟩 Trivia Games 2:00 ♡ Snacks 4:00 🟩 Tune-In To Me</p>	<p>9:30 ♡ Morning Stroll 10:00 ♡ Nosh on Nibbles 10:30 ☆ Expressive Design 10:45 ☆ Catholic Services/Trivia 1:30 🟩 Bingo 2:00 ♡ Coffee Klatch 3:00 ☆ Raise the Curtain 4:00 🟩 Tune-In To Me</p>	<p>10:00 🟩 Culinary Creations 11:00 🟩 Hallway Games 1:30 🟩 Let's Reminisce 2:00 ♡ Snacks 2:30 🟩 Expressive Design 4:00 ☆ Tune-in To Me</p>	<p>9:30 ♡ Fitness Junction 10:00 ♡ Quick Bite 10:30 🟩 Scenic Drive 11:00 🟩 Tune-In To Me 1:30 🟩 Cranium Crunches 2:00 🟩 Happy Hour/Favorite Songs Karaoke 4:00 🟩 Bingo</p>	<p>9:30 ♡ Noodle Sticks Ball Toss 10:00 ♡ Treats to Eat 10:30 ☆ Old Time Comedy 1:30 🟩 Tune-In To Me 2:00 ♡ Treats to Eat 2:30 ☆ Expressive Design 3:30 🟩 Solve The Puzzle 4:00 ♡ Manicures</p>
<p>9:30 ♡ Chair Yoga 10:00 ♡ Refreshments 10:30 🟩 Water Color 1:30 🟩 Tune-In To Me 2:00 🟩 Tea Time 3:30 🟩 Gen-Narrations: The Story Behind The Picture</p>	<p>9:30 ♡ Club Fit 10:00 ♡ Tasty Tidbits 10:30 ☆ Expressive Design 1:30 🟩 Manicure and Massage 2:00 ♡ Tasty Tidbits 2:00 🟩 Poets Corner 3:00 🟩 Ball Games 3:30 ♡ Tai Chi 4:00 🟩 Tune-In To Me</p>	<p>9:15 🟩 Morning News/Daily Chronicles 10:00 🟩 Culinary Creations 11:00 🟩 Hallway Games 1:30 🟩 Trivia Games 2:00 ♡ Snacks 4:00 🟩 Tune-In To Me</p>	<p><b>INSPIRE YOUR HEART WITH HEART DAY</b></p> <p>9:30 ♡ Morning Stroll 10:00 ♡ Nosh on Nibbles 10:30 ☆ Expressive Design 10:45 ☆ Catholic Services/Trivia 1:30 🟩 Bingo 2:00 ♡ Coffee Klatch 3:00 ☆ Raise the Curtain 4:00 🟩 Tune-In To Me 4:30 Evening in Italy Dinner</p>	<p><b>Resident Birthdays</b></p> <p>Elizabeth S. 1/2 Martin R. 1/1 Estelita B. 1/21 Marlene M. 1/27</p>	<p>🟩 Be Adventurous 🟩 Be Challenged 🟩 Be Connected 🟩 Be Family 🟩 Be Inspired 🟩 Be Social 🟩 Be Well</p>	<p><b>DAILY ROUTINE</b></p> <p>9:00 Daily Chronicles 10:00 Refreshments 11:45 Mealtime Transitions 2:00 Refreshments 4:45 Mealtime Transitions 6:00 Silver Screen Classics 7:00 Nightcap &amp; Snack</p>