

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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| <p>Seated Stretches Daily Chronicles / Hydration + Snack Simple Winter Trivia with Hot Coco Movie Night</p> <p style="text-align: right;">4</p> | <p>Seated Zumba Daily Chronicles Then & Now Discussion Painting Mittens Hymn Sing Along</p> <p style="text-align: right;">5</p> <p style="text-align: center;">Kelly Birthday!</p> | <p>Sit & Fit Daily Chronicles Collage with Winter Pictures Balloon Volleyball Sensory Jar</p> <p style="text-align: right;">6</p> | <p>Sit Zumba Daily Chronicles Sit Zumba "This Or That" Winter Edition Scarf Dancing Bingo</p> <p style="text-align: right;">7</p> | <p>Morning Movement / New Year Party Daily Chronicles Winter Discussions Snowflake Craft Hydration/Snack Chair Dancing to Oldies</p> <p style="text-align: center;">New Year's Day</p> <p style="text-align: right;">1</p> | <p>Sit & Fit Daily Chronicles Sorting Mittens And Socks Hand Massage Hydration/Snack Winter Coloring Pages</p> <p style="text-align: center;">Sachin Birthday!</p> <p style="text-align: right;">2</p> | <p>Scarf Movement Daily Chronicles / Hydration Snack Simon Says Hydration/Snack Folding Napkins Read A Short Story</p> <p style="text-align: center;">Andy Birthday!</p> <p style="text-align: right;">3</p> |
| <p>Seated Zumba Daily Chronicles Rhythm Band Bowling Hydration & Snack Plant Care</p> <p style="text-align: right;">11</p> | <p>Chair Aerobics Daily Chronicles Craft Corner Hand Over Hand Painting Hydration Snack Poetry Hour</p> <p style="text-align: right;">12</p> <p style="text-align: center;">Betty, Harry & Tom Birthday!</p> | <p>Seated Zumba Daily Chronicles Balloon Volleyball Bingo Hydration and Snacks Baking club Fireplace video + Hot Coco</p> <p style="text-align: right;">13</p> | <p>Sit & Fit Daily Chronicles Ping Pong Kindness Circle Hydration Snacks Superbowl Highlights Guided Relaxation</p> <p style="text-align: right;">14</p> | <p>Seated Stretches Daily Chronicles Pet Therapy Sing - Along Old Movie Clips Hydration & Snack Storytelling</p> <p style="text-align: right;">15</p> | <p>Seated Zumba Daily Chronicles Bowling Bingo Hydration & Snack Hook It Ring Toss</p> <p style="text-align: right;">16</p> | <p>Sit & Fit Daily Chronicles Music Appreciation Reading Group & Snack Finish The Phrase Balloon Volleyball</p> <p style="text-align: right;">17</p> |
| <p>Chair Yoga Daily Chronicles Shake A Memory Table Games & Puzzles Cranium Crunches & Snacks Coloring Corner</p> <p style="text-align: right;">18</p> | <p>Chair Exercise Daily Chronicles Kindness Circle MLK story + Snacks Coloring Corner Movie Night</p> <p style="text-align: right;">19</p> <p style="text-align: center;">Martin Luther King Jr. Day</p> | <p>Chair Posture Balance Daily Chronicles Balloon Volleyball Baking Club Pretty Nails Team Scrabble</p> <p style="text-align: right;">20</p> | <p>Sit & Fit Daily Chronicles Ring Toss and Snacks Trivia Tea Time Connect 4 Cranium Crunches & Snacks</p> <p style="text-align: right;">21</p> | <p>Seated Zumba Daily Chronicles Bingo Riddle Me That Finish the Phase Coloring Corner</p> <p style="text-align: right;">22</p> | <p>Seated Stretches Daily Chronicles Inspirational Art Reading Club and Snack Snowball Toss Antique Show</p> <p style="text-align: right;">23</p> | <p>Sit & Fit Daily Chronicles Guess who Table games & Puzzles Finish the Phase Ballon Volleyball</p> <p style="text-align: right;">24</p> |
| <p>Chair Exercise Daily Chronicles Then vs Now Triva Bowling Bingo</p> <p style="text-align: right;">25</p> | <p>Seated Zumba Daily Chronicles Snowman Kit Candy Cane Testing Say it on Beat</p> <p style="text-align: right;">26</p> <p style="text-align: center;">Australia Day (Observed)</p> | <p>Sit & Fit Daily Chronicles Baking Club Guess who Cranium Crunches Coloring Color</p> <p style="text-align: right;">27</p> | <p>Seated Exercise Daily Chronicles Quiet Reading Time Bingo This or That Winter Edition Painting</p> <p style="text-align: right;">28</p> | <p>Scarf Movement Daily Chronicles Craft Corner Ping Pong Sticker Art Pretty Nails</p> <p style="text-align: right;">29</p> | <p>Seated Stretches Daily Chronicles Baking Club Hook It Bingo Say it on Beat</p> <p style="text-align: right;">30</p> | <p>Seated Yoga Daily Chronicles Rhythm Baand Storytelling Target Practice Caft Corner</p> <p style="text-align: right;">31</p> |