

Mariah Cearley- Enrichment Coordinator | 405-792-2401| This institution is an equal opportunity provider.

Monday	Tuedays	Wednesday	Thursday	Friday
 <p>JANUARY</p>		<p>1</p> <p>CLOSED FOR NEW YEARS</p>		<p>9:00 Golden Walkers</p> <p>9:30 Chair Yoga</p> <p>10:00 Craft</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Movies</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Mindfulness Discussion</p>
				<p>9:00 Golden Walkers</p> <p>9:30 Freestyle Friday</p> <p>10:00 Craft</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Bingo</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Senior Smartboard</p>
<p>9:00 Golden Walkers</p> <p>9:30 Balloon Volleyball</p> <p>10:00 Senior Council Discussion</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Bingo</p> <p>2:00 Snack</p> <p>2:30 Rootbeer Floats w/ Leslie</p> <p>3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers</p> <p>9:30 Senior Stretch</p> <p>10:00 Crafts w/ Leslie</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Games w/ Kamilah</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers</p> <p>9:30 Silver Sneakers</p> <p>10:00 Duo Lingo</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Bingo</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers</p> <p>9:30 Chair Yoga</p> <p>10:00 Music w/ Catherine</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Movies</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers</p> <p>9:30 Freestyle Friday</p> <p>10:00 Coloring</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Bingo</p> <p>2:00 Snack</p> <p>2:30 Birthday Party!</p> <p>3:30 Senior Smartboard</p>
<p>9:00 Golden Walkers</p> <p>9:30 Balloon Volleyball</p> <p>10:00 Craft</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Bingo</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers</p> <p>9:30 Senior Stretch</p> <p>10:00 Games w/ Kamilah</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Coloring</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers</p> <p>9:30 Silver Sneakers</p> <p>10:00 Duo Lingo</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Bingo</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers</p> <p>9:30 Chair Yoga</p> <p>10:00 Bella Dogs/Color</p> <p>11:30 Lunch</p> <p>12:30 Music w/ Margo</p> <p>1:00 Movies</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers</p> <p>9:30 Freestyle Friday</p> <p>10:00 Craft</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Bingo</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Senior Smartboard</p>
<p>20</p> <p>WE WILL BE CLOSED ON MLK DAY</p>	<p>9:00 Golden Walkers</p> <p>9:30 Senior Stretch</p> <p>10:00 Crafts w/ Leslie</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Games</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers</p> <p>9:30 Silver Sneakers</p> <p>10:00 Duo Lingo</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Bingo</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers</p> <p>9:30 Chair Yoga</p> <p>10:00 Music w/ Catherine</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Movies</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers</p> <p>9:30 Freestyle Friday</p> <p>10:00 Craft</p> <p>11:30 Lunch</p> <p>12:30 Mix and Mingle</p> <p>1:00 Bingo</p> <p>2:00 Snack</p> <p>2:30 Dear Abby</p> <p>3:30 Senior Smartboard</p>
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<p>Special Events</p> <p>1/06 - Rootbeer Floats w/ Leslie</p> <p>1/09 - Music w/ Catherine</p> <p>1/14 - Games w/ Kamilah</p> <p>1/16 - Music w/ Margo & Bella Dogs</p> <p>1/21 - Crafts w/ Leslie</p> <p>1/23 - Music w/ Catherine</p>	<p>Birthdays</p> <p>1/10 Janice</p> <p>1/10 Chien</p> <p>1/12 Clarice</p> <p>1/27 Lawanna</p> <p>1/29 Howard</p> <p>1/31 Caroline</p>	<p>Outings</p> <p>1/07 - Skyline (JR/SHINE)</p> <p>1/08 - Cruise (SR)</p> <p>1/15 - Skyline (Dresses)</p> <p>1/21 - Skyline (JR/SHINE)</p> <p>1/23 - Cruise (JR)</p> <p>1/31 - Mr.Gattis (JR)</p>	<p>Participant of the Month</p> <p>Kathleen loves to play bingo. She makes scarves and hats at home for her loved ones. She has made over 20 hats for our winter shine project! She is an absolute rockstar, and she gives the best hugs!</p>	