

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019 Arcadia Gardens Memory Lane

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| <p>9:00 Light & Lively Stretches 6 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time</p> | <p>10:00 Arcadia Daily Chronicle 7 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage</p> | <p>9:30 Rose Parade Viewing TV TIME 10:00 Arcadia Daily Chronicle 10:30 Colorful New Year's Creations 11:30 Poetry Time 4:00 Chair Basketball Fun New Year's Day</p> | <p>9:30 Exercise 2 10:30 Gentle Tai Chi 1:00 Cookie Decorating & Group Singing 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie</p> | <p>9:30 Exercise 3 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Leaf Wreaths 1:30 New Year's Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie</p> | <p>Favorite character Friday / popcorn & a seasonal movie 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Gardening 4</p> | <p>9:30 Bowling 5 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations</p> |
| <p>9:00 Light & Lively Stretches 6 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time</p> | <p>10:00 Arcadia Daily Chronicle 7 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage</p> | <p>10:00 Arcadia Daily Chronicle 8 10:30 Erik Newton- Guitar 11:30 Poetry Time 3:00 Happy Day social 4:00 Chair Basketball Fun</p> | <p>9:30 Exercise 9 10:30 Gentle Chair Exercise 1:00 Social Time 3:00 Parachute Group Fun 4:00 Movie</p> | <p>9:30 Exercise 10 10:00 Bead Making 10:30 Accordion with Helen 11:30 September Crafts 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie</p> | <p>Favorite character Friday / popcorn & a Disney movie 11 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Chalk Art In Our Garden</p> | <p>9:30 Bowling 12 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations</p> |
| <p>9:00 Light & Lively Stretches 13 10:00 Singing Songs of Spirit 1:30 Gratitude Readings 2:30 Blowing Bubbles 3:00 In the News 6:00 Movie Time</p> | <p>10:00 Out & About Mystery Tour 14 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 School Days Talk 6:00 Gentle Hand Massage</p> | <p>10:00 Arcadia Daily Chronicle 15 10:30 Colorful Creations 11:30 Poetry Time 3:00 Good Times social 4:00 Chair Basketball Fun</p> | <p>9:30 Exercise 16 10:30 Gentle Tai Chi 1:00 Seasonal Craft 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie</p> | <p>9:30 Exercise 17 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie</p> | <p>Wear Green Friday/Nature Walk in Garden 18 9:30 Movin' n Groovin' 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Gardening</p> | <p>9:30 Bowling 19 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations 6:00 Relaxation Breathing</p> |
| <p>9:00 Light & Lively Stretches 20 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time</p> | <p>10:00 Arcadia Daily Chronicle 21 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage Martin Luther King Day Tu B'Shevat</p> | <p>10:00 Arcadia Daily Chronicle 22 10:30 Colorful Creations 11:30 Poetry Time 3:00 Good Times social 4:00 Chair Basketball Fun</p> | <p>9:30 Exercise 23 10:30 Gentle Tai Chi 1:00 Seasonal Craft 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie</p> | <p>9:30 Exercise 24 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Seasonal Art 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie</p> | <p>Wear Yellow or Orange Friday 25 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 In Our Garden</p> | <p>9:30 Air Balloon Tennis 26 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations 6:00 Relaxation Breathing</p> |
| <p>9:00 Light & Lively Stretches 27 10:00 Singing Songs of Spirit 1:30 Mid-Day Stretching 2:30 Marble Art 3:00 In the News 6:00 Movie Time</p> | <p>10:00 Out & About Mystery Tour 28 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Activities 6:00 Gentle Hand Massage Australia Day (observed)</p> | <p>10:00 Arcadia Daily Chronicle 29 10:30 Colorful Fall Creations 11:30 Poetry Time 3:00 Garden social- Outdoor Nature Observations 4:00 Chair Basketball Fun</p> | <p>9:30 Exercise 30 10:30 Gentle Tai Chi 1:00 Seasonal Craft 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie</p> | <p>9:30 Exercise 31 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie</p> | <p>Happy New Year's from all of us at Arcadia Gardens Retirement Hotel <i>Gratitude is the Memory of the Heart.</i> ~Jean Baptiste Massieu</p> | |