



JANUARY 2025

Assisted Living

SUN

MON

TUE

WED

THU

FRI

SAT



ALL ACTIVITIES ARE SUBJECT TO CHANGE

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1
10:00am Morning Coffee Club (AL Dining Room)
11:00am Exercise (Gym)
12pm Men's Lunch (Private Dining Room)
1:00PM Publix Bus Outing (Lobby)
3:30pm Social hour (Lounge)
5:30pm Poker Night (Lounge)

2
10:00am Noodle Hockey (Gym)
11:00am Exercise (Gym)
1:00pm Bible Study (Library)
1:30pm Tech Help (Theater)
2:00pm Matinee Movie (Theater)
3:30pm Social Hour (Lounge)
5:30pm Comedy Night (Theater)

3
10:00am Morning Coffee Club (AL Dining Room)
11:00am Exercise (Gym)
11:30am Dining through the world (AL Dining Room)
1:30pm Bingo (Theater)
3:30pm Social Hour (Lounge)
5:30pm Poker Night (Lounge)

4
10:00am Coffee and Pastries (Cafe)
11:00am Exercise (Gym)
1:00pm Paint and Sip (Art Studio)
4:00pm Coloring Mazes (Art Studio)
6:00pm Fire Pit Chat (Side Patio)

5
10:00am Coffee and Donuts w/Brookwood Church (Cafe)
10:30am Worship Services w/Brookwood Church (Theater)
1:30pm Bingo (Theater)
6:00pm Patio Conversations (AL Patio)

6
10:00am Morning Coffee Club (AL Dining Room)
10:30am Tre Luna Lunch Outing (Lobby)
11:00am Exercise (Gym)
1:30pm Jewelry Making Class (Art Studio)
2:30pm Hatchet Throwing Game (Art Studio)
3:30pm Social hour (Lounge)
5:30pm Poker Night (Lounge)

7
10:00am Noodle Hockey (Gym)
11:00am Exercise (Gym)
2:00pm Kevin Atkins Live Music (Theater)
3:00pm Music Trivia (Lounge)
3:30pm Social hour (Lounge)
5:30pm Ted Talk Tuesday (Theater)

8
10:00am Morning Coffee Club (AL Dining Room)
11:00am Exercise (Gym)
1:00pm Civil Rights Bus Tour Downtown (Lobby)
2:00pm Knitting Class with Janice (Art Studio)
3:30pm Social hour (Lounge)
5:30pm Poker Night (Lounge)

9
10:00am Noodle Hockey (Gym)
11:00am Exercise (Gym)
1:00pm Bible Study (Library)
1:30pm Tech Help (Theater)
2:00pm Matinee Movie (Theater)
3:30pm Social hour (Lounge)
5:30pm Comedy Night (Theater)

10
10:00am Morning Coffee Club (AL Dining Room)
11:00am Exercise (Gym)
1:30pm Bingo (Theater)
3:30pm Social Hour (Lounge)
5:30pm Poker Night (Lounge)

11
10:00am Coffee and Pastries (Cafe)
11:00am Exercise (Gym)
1:00pm Paint and Sip (Art Studio)
4:00pm Coloring Mazes (Art Studio)
6:00pm Fire Pit Chat (Side Patio)

12
10:00am Coffee and Donuts w/Brookwood Church (Cafe)
10:30am Worship Services w/Brookwood Church (Theater)
1:30pm Bingo (Theater)
6:00pm Patio Conversations (AL Patio)

13
10:00am Morning Coffee Club (AL Dining Room)
10:30am Chicken Salad Chick Lunch Outing (Lobby)
11:00am Exercise (Gym)
1:30pm Jewelry Making Class (Art Studio)
2:30pm Hatchet Throwing Game (Art Studio)
3:30pm Social Hour (Lounge)
5:30pm Poker Night (Lounge)

14
10:00am Noodle Hockey (Gym)
11:00am Exercise (Gym)
11:30am Ladies Steak Lunch (AL Dining Room)
2:00pm Card & Domino Games (Lounge)
3:00pm Music Trivia (Lounge)
3:30pm Social Hour (Lounge)
5:30pm Ted Talk Tuesday (Theater)

15
10:00am Morning Coffee Club (AL Dining Room)
11:00am Exercise (Gym)
1:00pm Publix Bus Outing (Lobby)
2:00pm Knitting Class with Janice (Art Studio)
3:30pm Social hour (Lounge)
5:30pm Poker Night (Lounge)

16
10:00am Noodle Hockey (Gym)
11:00am Exercise (Gym)
1:00pm Bible Study (Library)
1:30pm Tech Help (Theater)
2:00pm Matinee Movie (Theater)
3:30pm Social hour (Lounge)
5:30pm Comedy Night (Theater)

17
10:00am Morning Coffee Club (AL Dining Room)
10:30am Birmingham Museum of Art Bus Outing (Lobby)
11:00am Exercise (Gym)
1:30pm Bingo (Theater)
3:30pm Social Hour (Lounge)
5:30pm Poker Night (Lounge)

18
10:00am Mountain Brook 6th Grade Music Group (Theater)
11:00am Exercise (Gym)
1:00pm Paint and Sip (Art Studio)
4:00pm Coloring Mazes (Art Studio)
6:00pm Fire Pit Chat (Side Patio)

19
10:00am Coffee and Donuts w/Brookwood Church (Cafe)
10:30am Worship Services w/Brookwood Church (Theater)
1:30pm Bingo (Theater)
6:00pm Patio Conversations (AL Patio)

20
10:00am Morning Coffee Club (AL Dining Room)
10:30am Corbeau Wine Bar (Lobby)
11:00am Exercise (Gym)
1:30pm Jewelry Making Class (Art Studio)
2:30pm Hatchet Throwing Game (Art Studio)
3:30pm Social hour (Lounge)
5:30pm Poker Night (Lounge)

21
10:00am Noodle Hockey (Gym)
11:00am Exercise (Gym)
2:00pm Card & Domino Games (Lounge)
3:00pm Music Trivia (Lounge)
3:30pm Social hour (Lounge)
5:30pm Ted Talk Tuesday (Theater)

22
10:00am Morning Coffee Club (AL Dining Room)
11:00am Exercise (Gym)
1:30pm Chef Chat (AL Dining Room)
2:00pm Knitting Class with Janice (Art Studio)
3:30pm Social hour (Lounge)
5:30pm Poker Night (Lounge)

23
10:00am Noodle Hockey (Gym)
11:00am Exercise (Gym)
1:00pm Bible Study (Library)
1:30pm Tech Help (Theater)
2:00pm Matinee Movie (Theater)
3:30pm Social Hour (Lounge)
5:30pm Comedy Night (Theater)

24
10:00am Morning Coffee Club (AL Dining Room)
11:00am Exercise (Gym)
1:30pm Bingo (Theater)
3:30pm Social Hour (Lounge)
5:30pm Poker Night (Lounge)

25
10:00am Coffee and Pastries (Cafe)
11:00am Exercise (Gym)
1:00pm Paint and Sip (Art Studio)
4:00pm Coloring Mazes (Art Studio)
6:00pm Fire Pit Chat (Side Patio)

26
10:00am Coffee and Donuts w/Brookwood Church (Cafe)
10:30am Worship Services w/Brookwood Church (Theater)
1:30pm Bingo (Theater)
6:00pm Patio Conversations (AL Patio)

27
10:00am Morning Coffee Club (AL Dining Room)
10:30am Nail Salon Bus Outing (Lobby)
11:00am Exercise (Gym)
1:30pm Jewelry Making Class (Art Studio)
2:30pm Hatchet Throwing Game (Art Studio)
3:30pm Social hour (Lounge)
5:30pm Poker Night (Lounge)

28
10:00am Noodle Hockey (Gym)
11:00am Exercise (Gym)
2:00pm Card & Domino Games (Lounge)
3:00pm Music Trivia (Lounge)
3:30pm Social hour (Lounge)
5:30pm Ted Talk Tuesday (Theater)

29
10:00am Morning Coffee Club (AL Dining Room)
11:00am Exercise (Gym)
1:30pm Resident Town Hall (AL Dining Room)
2:30pm New Resident Meet and Greet (Lounge)
3:30pm Social hour (Lounge)
5:30pm Poker Night (Lounge)

30
10:00am Noodle Hockey (Gym)
11:00am Exercise (Gym)
1:00pm Bible Study (Library)
1:30pm Tech Help (Theater)
2:00pm Matinee Movie (Theater)
3:30pm Social hour (Lounge)
5:30pm Comedy Night (Theater)

31
10:00am Morning Coffee Club (AL Dining Room)
11:00am Exercise (Gym)
1:30pm Bingo (Theater)
3:30pm Social Hour Champagne Bar (AL Dining Room)
5:30pm Poker Night (Lounge)

STAFF LED PROGRAM
RESIDENT LED PROGRAM
SPECIAL EVENT
BUS OUTING

COLOR LEGEND



JANUARY 2025

Memory Care

SUN

MON

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THU

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SAT

January

5 9:45am Church of the Highlands Worship Service 11:00am Snack and Chat 11:30am Exercise 2:00pm Movie and Popcorn 6:00pm Hallway Walk Club		6 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Baking Club 2:00pm Balloon Tennis 3:00pm Snack and Chat 4:00pm Music Monday 6:00pm Hallway Walking Club	7 9:30am Morning Exercise 10:30am Snack and Chat 11:00am What Am I? Game 2:00pm Theater Visit 3:30pm Snack and Chat 4:00pm Bingo 6:00pm Patio Stargazing	8 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Beach Ball Hockey 2:00pm Music Sing-A Long 2:30pm Snack and Chat 3:30pm Garden Club/Patio Walk 6:00pm Hallway Walking Club	9 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Garden Walk 2:00pm Coloring Group/Art Therapy 3:00pm Snack and Chat 4:00pm Noodle Hockey 6:00pm Patio Stargazing	10 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Rejoicing Rhythms 2:00pm Bingo 3:30pm Snack and Chat 6:00pm Hallway Walking Club	11 9:30am Morning Exercise 10:30am Snack and Chat 11:00am TV Huddle 2:00pm Snack and Chat 3:00pm Balloon Keep Up 6:00pm Patio Stargazing
12 9:45am Church of the Highlands Worship Service 11:00am Snack and Chat 11:30am Exercise 2:00pm Movie and Popcorn 6:00pm Hallway Walk Club		13 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Baking Club 2:00pm Balloon Tennis 3:00pm Snack and Chat 4:00pm Music Monday 6:00pm Hallway Walking Club	14 9:30am Morning Exercise 10:30am Snack and Chat 11:00am What Am I? Game 2:00pm Theater Visit 3:30pm Christmas Party 4:00pm Bingo 6:00pm Patio Stargazing	15 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Beach Ball Hockey 2:00pm Music Sing-A long 2:30pm Snack and Chat 3:30pm Garden Club/Patio Walk 6:00pm Hallway Walking Club	16 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Drum Circle/Music Therapy 2:00pm Coloring Group/Art Therapy 3:00pm Snack and Chat 4:00pm Noodle Hockey 6:00pm Patio Stargazing	17 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Rejoicing Rhythms 2:00pm Bingo 3:30pm Snack and Chat 6:00pm Hallway Walking Club	18 9:30am Morning Exercise 10:30am Snack and Chat 11:00am TV Huddle 2:00pm Snack and Chat 3:00pm Balloon Keep Up 6:00pm Patio Stargazing
19 9:45am Church of the Highlands Worship Service 11:00am Snack and Chat 11:30am Exercise 2:00pm Movie and Popcorn 6:00pm Hallway Walk Club		20 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Baking Club 2:00pm Balloon Tennis 3:00pm Snack and Chat 4:00pm Music Monday 6:00pm Hallway Walking Club	21 9:30am Morning Exercise 10:30am Snack and Chat 11:00am What Am I? Game 2:00pm Theater Visit 3:30pm Snack and Chat 4:00pm Bingo 6:00pm Patio Stargazing	22 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Beach Ball Hockey 2:00pm Music Sing-A long 2:30pm Snack and Chat 3:30pm Garden Club/Patio Walk 6:00pm Hallway Walking Club	23 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Drum Circle/Music Therapy 2:00pm Coloring/Art Therapy 3:00pm Snack and Chat 4:00pm Noodle Hockey 6:00pm Patio Stargazing	24 9:30am Morning Exercise 10:30am Snack and Chat 11:00am Rejoicing Rhythms 2:00pm Bingo 3:30pm Snack and Chat 6:00pm Hallway Walking Club	25 9:30am Morning Exercise 10:30am Snack and Chat 11:00am TV Huddle 2:00pm Snack and Chat 3:00pm Balloon Keep Up 6:00pm Patio Stargazing
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