

# January 2025 MOSIAC Life Engagement Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   <b>Memories</b>  <b>Opportunities</b>  <b>Social</b>  <b>Active</b>  <b>Intellectual</b>  <b>Creativity</b>				<b>New Year's Day 1</b> <ul style="list-style-type: none"> <li>Story Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Trivia</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Nail Care</li> <li>Calming Coloring</li> <li>Meditation Music</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Music Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Secret George Washington Carver Quote</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>3D Teacups</li> <li>Movie Night</li> <li>Purposeful Destination Walks</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Exercise with Weights</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li><b>Name That 60's Tune</b></li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li><b>Tea Time Cucumber Sammies</b></li> <li>Calming Coloring</li> <li>Post Modern Jukebox</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Hot Chocolate &amp; Chat</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Cup of Tea Lacing Cards</li> <li>Bowling</li> </ul>
	<b>5</b> <ul style="list-style-type: none"> <li>Sunday Church Service</li> <li>Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Puzzle Group</li> <li>Basketball</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Scarf Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>BREW Categories</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Whose Card is it Anyway?</li> <li>Bingo</li> <li>You Tube-Smooth Jazz</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li><b>Learn Dances From the 60s</b></li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Wheel of Fortune</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Balloon Volleyball</li> <li><b>Hippie Handicrafts-Tie-Dye Coffee Filters</b></li> <li>Game Night</li> <li>Classical Music</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>Story Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li><b>The Price was Right</b></li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Nail Care</li> <li>Calming Coloring</li> <li>Meditation Music</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Music Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Where Am I?</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li><b>Retro Coffee Hour</b></li> <li>Football Finish Lines</li> <li>Purposeful Destination Walks</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Exercise with Weights</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Azura Band</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li><b>60's Chef's-Ambrosia</b></li> <li>Calming Coloring</li> <li>Post Modern Jukebox</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Hot Chocolate &amp; Chat</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Sock Snowman</li> <li>Snowman Toss</li> </ul>
	<b>12</b> <ul style="list-style-type: none"> <li>Sunday Church Service</li> <li>Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Puzzle Group</li> <li>Elvis' Blue Shoe Game</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Scarf Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>LODGE Categories</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Balloon Concentration</li> <li>Bingo</li> <li>You Tube-Smooth Jazz</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li><b>Learn Dances From the 60s</b></li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Jeopardy</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Balloon Volleyball</li> <li><b>Hippie Handicrafts-Peace Plates</b></li> <li>Game Night</li> <li>Classical Music</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>Story Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Trivia</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Nail Care</li> <li>Calming Coloring</li> <li>Meditation Music</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Music Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Cranium Crunch</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Zig Zag Zoom</li> <li>1920's Slang Word Game</li> <li>Purposeful Destination Walks</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Exercise with Weights</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li><b>Name that 60's Tune</b></li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li><b>60's Chef's-Microwave Cheese Fondue</b></li> <li>Calming Coloring</li> <li>6:00 Post Modern Jukebox</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Hot Chocolate &amp; Chat</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Popsicle Stick Snowman</li> <li>Bowling</li> </ul>
		<b>19</b> <ul style="list-style-type: none"> <li>Sunday Church Service</li> <li>Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Puzzle Group</li> <li>Basketball</li> </ul>	<b>Martin Luther King, Jr. Day 20</b> <ul style="list-style-type: none"> <li>Scarf Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Mixed-Up Spaghetti</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Whose Card is it Anyway?</li> <li>Bingo</li> <li>You Tube-Smooth Jazz</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li><b>Learn Dances From the 60s</b></li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Wheel of Fortune</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Balloon Volleyball</li> <li><b>Hippie Handicrafts-Friendship Bracelets</b></li> <li>Game Night</li> <li>Classical Music</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>Story Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li><b>The Price was Right</b></li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Nail Care</li> <li>Calming Coloring</li> <li>Meditation Music</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>Music Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>What Am I?</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Snowball Fight</li> <li>Modern Calligraphy Art</li> <li>Purposeful Destination Walks</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Exercise with Weights</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Azura Band</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li><b>60's Chef's-No Bake Pineapple Dream Dessert</b></li> <li>Calming Coloring</li> <li>Post Modern Jukebox</li> </ul>
	<b>26</b> <ul style="list-style-type: none"> <li>Sunday Church Service</li> <li>Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Puzzle Group</li> <li>Elvis' Blue Shoe Game</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>Scarf Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>The Billionaire's Club Puzzle</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>An Afternoon at the Theater</li> <li>Bingo</li> <li>You Tube-Smooth Jazz</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li><b>Learn Dances From the 60s</b></li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Arm Chair Travels-Oxford, England</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Balloon Volleyball</li> <li><b>Hippie Handicrafts-Flower Power Bouquets</b></li> <li>Game Night</li> <li>Classical Music</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>Story Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li>Trivia</li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li>Nail Care</li> <li>Calming Coloring</li> <li>Meditation Music</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Music Exercise</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li><b>60's Photo Shoot</b></li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li><b>Swinging Sixties Party</b></li> <li>Purposeful Destination Walks</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>Exercise with Weights</li> <li>Daily Chronicles</li> <li>Daily Positive News</li> <li><b>Name that 60's Tune</b></li> <li>12:00 Lunch</li> <li>Grab and Go</li> <li>Walking Group</li> <li><b>60's Chef's-Classic Egg Salad</b></li> <li>Calming Coloring</li> <li>Post Modern Jukebox</li> </ul>	