



- Memories
- Opportunities
- Social
- Active
- Intellectual
- Creativity



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Location Keys</b></p> <p>Cafe                      Cafe Community Room      CR Nohl Private Dining   Nohl Salon                      Salon in house                  In House</p>				<p><b>New Year's Day</b> 1</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Wellness in the Wilderness</p> <p>—  Cool Down Chats</p> <p>—  Word of the Day</p> <p>—  Daily Chronicles</p> <p>—  Daily Buzz</p> <p>12:00 LUNCH</p> <p>—  Barefoot Mike</p> <p>5:00 DINNER</p> <p>—  Game Night Gladiators</p>	<p>2</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Frosty Flex Time</p> <p>—  Cool Down Chats</p> <p>—  Gayle's Gals</p> <p>—  Daily Chronicles</p> <p>11:00  Songs and Prayers with Rabbi C. [Nohl]</p> <p>—  Word of the Day</p> <p>12:00 LUNCH</p> <p>—  Polish Perfection [Salon]</p> <p>—  Ness and her Tunes [Cafe]</p> <p>5:00 DINNER</p> <p>—  Echoes of Earth</p>	<p>3</p> <p>9:30  Music and Memories!</p> <p>—  Silver Sneakers [CR]</p> <p>—  Snack - N - Chat</p> <p>—  Daily Chronicles</p> <p>12:00 LUNCH</p> <p>—  Mental Gym [CR]</p> <p>—  Matinee Magic and Popcorn</p> <p>5:00 DINNER</p> <p>—  Game Night Gladiators</p>
<p>4</p> <p>9:30  Music and Memories!</p> <p>—  Faith &amp; Fellowship [CR]</p> <p>—  Grace and Goodies</p> <p>12:00 LUNCH</p> <p>—  Heinzl Piano Music [Cafe]</p> <p>—  Packer Party - The Rest of the Game</p> <p>—  Daily Chronicles</p> <p>5:00 DINNER</p> <p>—  Symphony Sounds</p>	<p>5</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Zumba [In House]</p> <p>—  Cool Down Chats</p> <p>—  Daily Chronicles</p> <p>—  Daily Buzz</p> <p>12:00 LUNCH</p> <p>—  Polish Perfection [Salon]</p> <p>—  Sippy Social</p> <p>—  Afternoon Visits</p> <p>5:00 DINNER</p> <p>—  Chill Chats</p>	<p>6</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Chair Yoga with Jana! [CR]</p> <p>—  Cool Down Chats</p> <p>—  Daily Chronicles</p> <p>12:00 LUNCH</p> <p>—  Prayers with Rabbi Samuels [Nohl]</p> <p>—  Singing and Hymns with Sue [Cafe]</p> <p>—  Crafters Corner: Creating in the Cold</p> <p>—  Sippy Social</p> <p>5:00 DINNER</p> <p>—  Daily Buzz</p>	<p>7</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Wellness Wednesday</p> <p>—  Cool Down Chats</p> <p>—  Word of the Day</p> <p>—  Daily Chronicles</p> <p>—  Daily Buzz</p> <p>12:00 LUNCH</p> <p>—  Take a Trip to Alaska</p> <p>—  Sippy Social</p> <p>—  Calming Coloring</p> <p>—  Gayle's Gals Book Club</p> <p>3:30  Sensory Studio</p> <p>5:00 DINNER</p> <p>—  Film Frenzy</p>	<p>8</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Wellness in the Wilderness</p> <p>—  Cool Down Chats</p> <p>—  Word of the Day</p> <p>—  Daily Chronicles</p> <p>—  Daily Buzz</p> <p>12:00 LUNCH</p> <p>—  Journey to the Last Frontier Trivia</p> <p>—  Sippy Social</p> <p>—  Winter Wonderings</p> <p>—  Puzzles and Games Corner</p> <p>5:00 DINNER</p> <p>—  Game Night Gladiators</p>	<p>9</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Frosty Flex Time</p> <p>—  Cool Down Chats</p> <p>—  Gayle's Gals</p> <p>—  Chaplin Derik [CR]</p> <p>11:00  Songs and Prayers with Rabbi C. [Nohl]</p> <p>12:00 LUNCH</p> <p>—  Bingo Bonanza [CR]</p> <p>—  Happy Hour: Northern Lights and Bites</p> <p>—  Ness and her Tunes [Cafe]</p> <p>5:00 DINNER</p> <p>—  Echoes of Earth</p>	<p>10</p> <p>9:30  Music and Memories!</p> <p>—  Silver Sneakers [CR]</p> <p>—  Snack - N - Chat</p> <p>—  Daily Chronicles</p> <p>12:00 LUNCH</p> <p>—  Mental Gym [CR]</p> <p>—  Matinee Magic and Popcorn</p> <p>5:00 DINNER</p> <p>—  Game Night Gladiators</p>
<p>11</p> <p>9:30  Music and Memories!</p> <p>—  Faith &amp; Fellowship [CR]</p> <p>—  Grace and Goodies</p> <p>12:00 LUNCH</p> <p>—  Chair Exercise [CR]</p> <p>—  Sippy Social</p> <p>—  Daily Chronicles and Current Events</p> <p>—  Mind Masters</p> <p>5:00 DINNER</p> <p>—  Symphony Sounds</p>	<p>12</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Zumba [In House]</p> <p>—  Cool Down Chats</p> <p>—  Daily Chronicles</p> <p>—  Daily Buzz</p> <p>12:00 LUNCH</p> <p>—  Polish Perfection [Salon]</p> <p>—  Sippy Social</p> <p>—  Afternoon Visits</p> <p>5:00 DINNER</p> <p>—  Chill Chats</p>	<p>13</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Chair Yoga with Jana! [CR]</p> <p>—  Cool Down Chats</p> <p>—  Daily Chronicles</p> <p>12:00 LUNCH</p> <p>—  Prayers with Rabbi Samuels [Nohl]</p> <p>—  Singing and Hymns with Sue [Cafe]</p> <p>—  Crafters Corner: Creating in the Cold</p> <p>—  Sippy Social</p> <p>5:00 DINNER</p> <p>—  Daily Buzz</p>	<p>14</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Wellness Wednesday</p> <p>—  Cool Down Chats</p> <p>—  Word of the Day</p> <p>—  Daily Chronicles</p> <p>—  Daily Buzz</p> <p>12:00 LUNCH</p> <p>—  Take a Trip to Alaska</p> <p>—  Sippy Social</p> <p>—  Calming Coloring</p> <p>—  Gayle's Gals Book Club</p> <p>3:30  Sensory Studio</p> <p>5:00 DINNER</p> <p>—  Film Frenzy</p>	<p>15</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Whisk It Good! with Chef Sam [CR]</p> <p>—  Cool Down Chats</p> <p>—  Word of the Day</p> <p>—  Daily Chronicles</p> <p>—  Daily Buzz</p> <p>12:00 LUNCH</p> <p>—  Journey to the Last Frontier Trivia</p> <p>—  Sippy Social</p> <p>—  Winter Wonderings</p> <p>—  Puzzles and Games Corner</p> <p>5:00 DINNER</p> <p>—  Game Night Gladiators</p>	<p>16</p> <p>9:30  Morning Chitter Chatter and Coffee [In House]</p> <p>—  Frosty Flex Time</p> <p>—  Cool Down Chats</p> <p>—  Gayle's Gals</p> <p>—  Daily Chronicles</p> <p>11:00  Songs and Prayers with Rabbi C. [Nohl]</p> <p>—  Word of the Day</p> <p>12:00 LUNCH</p> <p>—  Bingo Bonanza [CR]</p> <p>—  Happy Hour: Northern Lights and Bites</p> <p>—  Ness and her Tunes [Cafe]</p> <p>5:00 DINNER</p> <p>—  Echoes of Earth</p>	<p>17</p> <p>9:30  Music and Memories!</p> <p>—  Silver Sneakers [CR]</p> <p>—  Snack - N - Chat</p> <p>—  Daily Chronicles</p> <p>12:00 LUNCH</p> <p>—  Mental Gym [CR]</p> <p>—  Matinee Magic and Popcorn</p> <p>5:00 DINNER</p> <p>—  Game Night Gladiators</p>
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