



Memories  
Opportunities  
Social  
Active  
Intellectual  
Creativity



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Location Keys**

Cafe  
Community Room  
Nohl Private Dining  
Salon  
in house

Cafe  
CR  
Nohl  
Salon  
In House



<p><b>Location Keys</b></p> <p>Cafe Community Room Nohl Private Dining Salon in house</p>	<p><b>4</b> 9:30 Music and Memories! - Faith &amp; Fellowship [CR] - Grace and Goodies 12:00 LUNCH - Heinzel Piano Music [Cafe] - Packer Party - The Rest of the Game - Daily Chronicles 5:00 DINNER - Symphony Sounds</p> <p><b>5</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Chair Yoga with Jana! [CR] - Zumba [In House] - Cool Down Chats - Daily Chronicles 12:00 LUNCH - Prayers with Rabbi Samuels [Nohl] - Singing and Hymns with Sue [Cafe] - Crafters Corner: Creating in the Cold - Sippy Social 5:00 DINNER - Polish Perfection [Salon] - Sippy Social - Afternoon Visits - Daily Buzz</p>	<p><b>6</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Chair Yoga with Jana! [CR] - Zumba [In House] - Cool Down Chats - Daily Chronicles 12:00 LUNCH - Prayers with Rabbi Samuels [Nohl] - Singing and Hymns with Sue [Cafe] - Crafters Corner: Creating in the Cold - Sippy Social 5:00 DINNER - Polish Perfection [Salon] - Sippy Social - Afternoon Visits - Daily Buzz</p>	<p><b>7</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Knit Happens with Erin - Wellness Wednesday - Cool Down Chats - Word of the Day - Daily Chronicles 12:00 LUNCH - Take a Trip to Alaska - Sippy Social - Calming Coloring - Gayle's Gals Book Club 3:30 Sensory Studio 5:00 DINNER - Film Frenzy</p>	<p><b>8</b> 9:30 Morning Chitter Chatter and Coffee [In House] - The Men's Den [Cafe] - Wellness in the Wilderness - Cool Down Chats - Word of the Day - Daily Chronicles 12:00 LUNCH - Journey to the Last Frontier Trivia - Sippy Social - Calming Coloring - Gayle's Gals Book Club 3:30 Puzzles and Games Corner 5:00 DINNER - Game Night Gladiators</p>	<p><b>1</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Frosty Flex Time - Cool Down Chats - Gayle's Gals - Word of the Day - Daily Chronicles - Daily Buzz 12:00 LUNCH - Barefoot Mike 5:00 DINNER - Game Night Gladiators</p>	<p><b>2</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Frosty Flex Time - Cool Down Chats - Gayle's Gals - Word of the Day - Daily Chronicles - Daily Buzz 11:00 Songs and Prayers with Rabbi C. [Nohl] - Word of the Day 12:00 LUNCH - Polish Perfection [Salon] - Ness and her Tunes [Cafe] 5:00 DINNER - Echoes of Earth</p>	<p><b>3</b> 9:30 Music and Memories! - Silver Sneakers [CR] - Snack - N - Chat - Daily Chronicles 12:00 LUNCH - Mental Gym [CR] - Matinee Magic and Popcorn 5:00 DINNER - Game Night Gladiators</p>					
<p><b>11</b> 9:30 Music and Memories! - Faith &amp; Fellowship [CR] - Grace and Goodies 12:00 LUNCH - Chair Exercise [CR] - Sippy Social - Daily Chronicles and Current Events - Mind Masters 5:00 DINNER - Symphony Sounds</p>	<p><b>12</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Chair Yoga with Jana! [CR] - Zumba [In House] - Cool Down Chats - Daily Chronicles 12:00 LUNCH - Prayers with Rabbi Samuels [Nohl] - Singing and Hymns with Sue [Cafe] - Crafters Corner: Creating in the Cold - Sippy Social 5:00 DINNER - Polish Perfection [Salon] - Sippy Social - Afternoon Visits - Daily Buzz</p>	<p><b>13</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Chair Yoga with Jana! [CR] - Zumba [In House] - Cool Down Chats - Daily Chronicles 12:00 LUNCH - Prayers with Rabbi Samuels [Nohl] - Singing and Hymns with Sue [Cafe] - Crafters Corner: Creating in the Cold - Sippy Social 5:00 DINNER - Polish Perfection [Salon] - Sippy Social - Afternoon Visits - Daily Buzz</p>	<p><b>14</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Knit Happens with Erin - Wellness Wednesday - Cool Down Chats - Word of the Day - Daily Chronicles 12:00 LUNCH - Take a Trip to Alaska - Sippy Social - Calming Coloring - Gayle's Gals Book Club 3:30 Sensory Studio 5:00 DINNER - Film Frenzy</p>	<p><b>15</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Whisk It Good! with Chef Sam [CR] - Cool Down Chats - Word of the Day - Daily Chronicles 12:00 LUNCH - Journey to the Last Frontier Trivia - Sippy Social - Winter Wonderings - Puzzles and Games Corner 5:00 DINNER - Game Night Gladiators</p>	<p><b>16</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Frosty Flex Time - Cool Down Chats - Gayle's Gals - Word of the Day - Daily Chronicles 11:00 Songs and Prayers with Rabbi C. [Nohl] - Word of the Day 12:00 LUNCH - Bingo Bonanza [CR] - Happy Hour: Northern Lights and Bites - Ness and her Tunes [Cafe] 5:00 DINNER - Echoes of Earth</p>	<p><b>17</b> 9:30 Music and Memories! - Silver Sneakers [CR] - Snack - N - Chat - Daily Chronicles 12:00 LUNCH - Mental Gym [CR] - Matinee Magic and Popcorn 5:00 DINNER - Game Night Gladiators</p>	<p><b>18</b> 9:30 Music and Memories! - Faith &amp; Fellowship [CR] - Grace and Goodies 12:00 LUNCH - Chair Exercise [CR] - Sippy Social - Daily Chronicles and Current Events - Mind Masters 5:00 DINNER - Symphony Sounds</p>					
<p><b>19</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Chair Yoga with Jana! [CR] - Zumba [In House] - Cool Down Chats - Daily Chronicles 12:00 LUNCH - Prayers with Rabbi Samuels [Nohl] - Singing and Hymns with Sue [Cafe] - Crafters Corner: Creating in the Cold - Sippy Social 5:00 DINNER - Polish Perfection [Salon] - Sippy Social - Afternoon Visits - Daily Buzz</p>	<p><b>20</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Chair Yoga with Jana! [CR] - Zumba [In House] - Cool Down Chats - Daily Chronicles 12:00 LUNCH - Prayers with Rabbi Samuels [Nohl] - Singing and Hymns with Sue [Cafe] - Crafters Corner: Creating in the Cold - Sippy Social 5:00 DINNER - Polish Perfection [Salon] - Sippy Social - Afternoon Visits - Daily Buzz</p>	<p><b>21</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Knit Happens with Erin - Wellness Wednesday - Cool Down Chats - Word of the Day - Daily Chronicles 12:00 LUNCH - Take a Trip to Alaska - Sippy Social - Calming Coloring - Gayle's Gals Book Club 3:30 Sensory Studio 5:00 DINNER - Film Frenzy</p>	<p><b>22</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Wellness in the Wilderness - Cool Down Chats - Word of the Day - Daily Chronicles 12:00 LUNCH - Journey to the Last Frontier Trivia - Sippy Social - Winter Wonderings - Puzzles and Games Corner 5:00 DINNER - Game Night Gladiators</p>	<p><b>23</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Frosty Flex Time - Cool Down Chats - Gayle's Gals - Word of the Day - Daily Chronicles 11:00 Songs and Prayers with Rabbi C. [Nohl] - Word of the Day 12:00 LUNCH - Bingo Bonanza [CR] - Happy Hour: Northern Lights and Bites - Ness and her Tunes [Cafe] 5:00 DINNER - Echoes of Earth</p>	<p><b>24</b> 9:30 Music and Memories! - Silver Sneakers [CR] - Snack - N - Chat - Daily Chronicles 12:00 LUNCH - Bruce Humphreys Music [CR] - Matinee Magic and Popcorn 5:00 DINNER - Game Night Gladiators</p>	<p><b>25</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Chair Yoga with Jana! [CR] - Zumba [In House] - Cool Down Chats - Daily Chronicles 12:00 LUNCH - Prayers with Rabbi Samuels [Nohl] - Singing and Hymns with Sue [Cafe] - Crafters Corner: Creating in the Cold - Sippy Social 5:00 DINNER - Polish Perfection [Salon] - Sippy Social - Afternoon Visits - Daily Buzz</p>	<p><b>26</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Chair Yoga with Jana! [CR] - Zumba [In House] - Cool Down Chats - Daily Chronicles 12:00 LUNCH - Prayers with Rabbi Samuels [Nohl] - Singing and Hymns with Sue [Cafe] - Crafters Corner: Creating in the Cold - Sippy Social 5:00 DINNER - Polish Perfection [Salon] - Sippy Social - Afternoon Visits - Daily Buzz</p>	<p><b>27</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Knit Happens with Erin - Wellness Wednesday - Cool Down Chats - Word of the Day - Daily Chronicles 12:00 LUNCH - Take a Trip to Alaska - Sippy Social - Calming Coloring - Gayle's Gals Book Club 3:30 Sensory Studio 5:00 DINNER - Film Frenzy</p>	<p><b>28</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Wellness in the Wilderness - Cool Down Chats - Word of the Day - Daily Chronicles 12:00 LUNCH - Journey to the Last Frontier Trivia - Sippy Social - Winter Wonderings - Puzzles and Games Corner 5:00 DINNER - Game Night Gladiators</p>	<p><b>29</b> 9:30 Morning Chitter Chatter and Coffee [In House] - Frosty Flex Time - Cool Down Chats - Gayle's Gals - Word of the Day - Daily Chronicles 11:00 Songs and Prayers with Rabbi C. [Nohl] - Word of the Day 12:00 LUNCH - Bingo Bonanza [CR] - Happy Hour: Northern Lights and Bites - Ness and her Tunes [Cafe] 5:00 DINNER - Echoes of Earth</p>	<p><b>30</b> 9:30 Music and Memories! - Silver Sneakers [CR] - Snack - N - Chat - Daily Chronicles 12:00 LUNCH - Mental Gym [CR] - Matinee Magic and Popcorn 5:00 DINNER - Game Night Gladiators</p>	<p><b>31</b> 9:30 Music and Memories! - Silver Sneakers [CR] - Snack - N - Chat - Daily Chronicles 12:00 LUNCH - Mental Gym [CR] - Matinee Magic and Popcorn 5:00 DINNER - Game Night Gladiators</p>