

# JANUARY

## Payson Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 9:45am Rolling Refreshments BW 10:45am Dancing with Daniela SSR 1:15pm Flower Arranging SSR 2:15pm Rolling Refreshments BW 3:00pm <b>New Years Social</b> LY 6:15pm Music & Massage SSR	<b>2</b> 9:45am Communion BW 9:45am Rolling Refreshments BW 10:45am Chorus PMR 11:45am Lunch with Barry PDR 1:15pm Manicures & Massage SSR 3:30pm <b>Wine &amp; Cheese w/ Jose</b> LB 6:15pm Story Telling SSR	<b>3</b> 9:45am Rolling Refreshments BW 9:45am <b>Creatvng Painting w/ Nancy</b> LY 10:45am National Geographic SSR 11:45am Lovely Ladies Luncheon PDR 1:15pm Volleyball SSR 2:15pm Rolling Refreshments BW 3:00pm <b>Vitality Tai Chi</b> LB 6:15pm Chorus Video PM	<b>4</b> 9:45am Rolling Refreshments BW 10:30am <b>Ukulele Lee</b> LY 1:15pm Photography Club SSR 2:15pm Rolling Refreshments BW 3:30pm Painting Club SSR 6:15pm Aromatherapy SSR	<b>5</b> 9:45am Rolling Refreshments BW 10:45am Morning Exercise - Ball Toss SSR 1:15pm Complete the Phrase SSR 2:15pm Rolling Refreshments BW 3:30pm Poetry LB 6:15pm Story Telling SSR
	<b>6</b> 9:45am Rolling Refreshments BW 10:45am Freddie the Dog Visit BW 11:45am Sunday Lunch with Dyllan PDR 1:30pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm <b>Live Music w/ Lee Todd</b> CY 6:15pm Evening Engagement SSR	<b>7</b> 9:45am Rolling Refreshments BW 10:45am Morning Stretches SSR 1:15pm Expression in Colors SSR 2:15pm Rolling Refreshments BW 3:30pm Cookie Decorating SSR 5:45pm Evening Movie PM	<b>8</b> 9:45am Rolling Refreshments BW 10:45am Dancing with Daniela SSR 1:15pm Flower Arranging SSR 2:15pm Rolling Refreshments BW 2:30pm <b>Vitality Tai Chi</b> LB 3:30pm <b>Live Music w/ Monique</b> LB 6:15pm Music & Massage SSR	<b>9</b> 9:45am Communion BW 9:45am Rolling Refreshments BW 10:45am Chorus PMR 11:45am Lunch with Barry PDR 1:15pm Manicures & Massage SSR 3:30pm <b>Wine &amp; Cheese w/ Glenn</b> LB 6:15pm Story Telling SSR	<b>10</b> 9:45am Rolling Refreshments BW 10:45am Books on Wheels SSR 11:45am Lovely Ladies Luncheon PDR 1:15pm Volleyball SSR 2:15pm Rolling Refreshments BW 3:30pm Cleaning Club SSR 6:15pm Chorus Video PM	<b>11</b> 9:45am Rolling Refreshments BW 10:45am Chair Yoga SSR 1:15pm Photography Club SSR 2:15pm Rolling Refreshments BW 3:30pm Painting Club SSR 6:15pm Aromatherapy SSR
<b>13</b> 9:45am Rolling Refreshments BW 10:45am Chorus SSR 11:45am Sunday Lunch with Dyllan PDR 1:00pm <b>Patriots in Playoffs</b> GR 1:30pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm <b>Live Music w/ Bess</b> SSR 6:15pm Evening Engagement SSR	<b>14</b> 9:45am Rolling Refreshments BW 10:45am Morning Stretches SSR 1:15pm Expression in Colors SSR 2:15pm Rolling Refreshments BW 3:30pm Chocolate Dipping SSR 6:15pm Evening Movie PM	<b>15</b> 9:45am Rolling Refreshments BW 10:45am Dancing with Daniela SSR 1:15pm Flower Arranging SSR 2:15pm Rolling Refreshments BW 3:00pm <b>Vitality Tai Chi</b> LB 4:00pm Travel Club BW 6:15pm Music & Massage SSR	<b>16</b> 9:45am Communion BW 9:45am Rolling Refreshments BW 10:45am Chorus PMR 11:45am Lunch with Barry PDR 1:15pm Manicures & Massage SSR 3:30pm <b>Wine &amp; Cheese w/ Per &amp; Tom</b> LB 6:15pm Story Telling SSR	<b>17</b> 9:45am Rolling Refreshments BW 10:45am National Geographic SSR 11:45am Lovely Ladies Luncheon PDR 1:15pm Volleyball SSR 2:15pm Rolling Refreshments BW 3:30pm Cleaning Club SSR 6:15pm Chorus Video PM	<b>18</b> 9:45am Rolling Refreshments BW 10:45am Chair Yoga SSR 1:15pm Photography Club SSR 2:15pm Rolling Refreshments BW 3:30pm Painting Club SSR 6:15pm Aromatherapy SSR	<b>19</b> 9:45am Rolling Refreshments BW 10:45am Morning Exercise - Ball Toss SSR 1:15pm Complete the Phrase SSR 2:15pm Rolling Refreshments BW 3:30pm Poetry BW/O 6:15pm Story Telling SSR
<b>20</b> 9:45am Rolling Refreshments BW 10:45am Freddie the Dog Visit BW 11:45am Sunday Lunch with Dyllan PDR 1:30pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm Word Games PM 6:15pm Evening Engagement SSR	<b>21</b> 9:45am Rolling Refreshments BW 10:45am Morning Stretches SSR 1:15pm Expression in Colors SSR 2:15pm Rolling Refreshments BW 3:30pm Cookie Decorating SSR 5:45pm Evening Movie PM	<b>22</b> 9:45am Rolling Refreshments BW 10:45am Dancing with Daniela SSR 1:15pm Flower Arranging SSR 2:15pm Rolling Refreshments BW 3:00pm <b>Vitality Tai Chi</b> LB 4:00pm Travel Club SSR 6:15pm Music & Massage SSR	<b>23</b> 9:45am Communion BW 9:45am Rolling Refreshments BW 10:45am Chorus PMR 11:45am Lunch with Barry PDR 1:15pm Manicures & Massage SSR 3:30pm <b>Wine &amp; Cheese w/ Flash</b> LB 6:15pm Story Telling SSR	<b>24</b> 9:45am Rolling Refreshments BW 9:45am <b>Creative Painting w/ Nancy</b> LY 10:45am Books on Wheels SSR 11:45am Lovely Ladies Luncheon PDR 1:15pm Volleyball SSR 2:15pm Rolling Refreshments BW 3:30pm Cleaning Club SSR 6:15pm Chorus Video PM	<b>25</b> 9:45am Rolling Refreshments BW 10:45am Chair Yoga SSR 1:15pm Photography Club SSR 2:15pm Rolling Refreshments BW 3:30pm Painting Club SSR 6:15pm Aromatherapy SSR	<b>26</b> 9:45am Rolling Refreshments BW 10:45am Chorus SSR 1:15pm Complete the Phrase SSR 2:15pm Rolling Refreshments BW 3:30pm Poetry LB 6:15pm Story Telling SSR
<b>27</b> 9:45am Rolling Refreshments BW 10:45am Chorus SSR 11:45am Sunday Lunch with Dyllan PDR 1:30pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm <b>Live Music w/ Sorcha</b> LB 6:15pm Evening Engagement SSR	<b>28</b> 9:45am Rolling Refreshments BW 10:45am Morning Stretches SSR 1:15pm Expression in Colors SSR 2:15pm Rolling Refreshments BW 3:30pm Chocolate Dipping SSR 6:15pm Evening Movie PM	<b>29</b> 9:45am Rolling Refreshments BW 10:45am Dancing with Daniela SSR 1:15pm Prayer Reading SSR 2:15pm Rolling Refreshments BW 3:00pm <b>Vitality Tai Chi</b> LB 4:00pm Travel Club SSR 6:15pm Music & Massage SSR	<b>30</b> 9:45am Communion BW 9:45am Rolling Refreshments BW 10:45am Chorus PMR 11:45am Lunch with Barry PDR 1:15pm Manicures & Massage SSR 3:30pm <b>Wine &amp; Cheese w/ Per &amp; Sorcha</b> LB 6:15pm Story Telling SSR	<b>31</b> 9:45am Rolling Refreshments BW 10:45am National Geographic SSR 11:45am Lovely Ladies Luncheon PDR 1:15pm Volleyball SSR 2:15pm Rolling Refreshments BW 3:30pm Cleaning Club SSR 6:15pm Sing-A-Long Video SSR		

### Activity Locations

CY	Center Courtyard	SDR	Secure Dining Room
GR	Game Room (Stroudwater)	SSR	Secure Sitting Room
LB	Lobby	DR	Dining Room
LY	Library	BW	Building Wide
PM	Payson Movie Room	DRP	Patio outside DR
SA	Salon	O	Outside
SCY	Secure Courtyard	PDR	Private Dining Room

### Meal Times

Breakfast	7:45am
Lunch	11:45am
Dinner	4:45pm

\*\*Special Meal Times Listed on Calendar\*\*