

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2019 Legacy Village of Sugar House

<p>11:00 Ted Talk (TR) <b>6</b></p> <p>1:30 LDS Sacrament Meeting (FR)</p> <p>2:00 Root Beer Floats (H5)</p> <p>2:30 Movie: Documentary Replay (TR)</p> <p>3:00 Jigsaw Puzzles (BC)</p> <p>6:30 Sunday Night Movie (TR)</p>	<p>8:30 Fairmont Aquatic Center: Aqua Fit (L1) *\$ <b>7</b></p> <p>10:30 Fitness Class: Head to Toe (FR)</p> <p>11:00 The Places We Will Go: Barcelona Spain (TR)</p> <p>1:30 Bingo (FR)</p> <p>2:30 Matinee (TR)</p> <p>3:00 Movie Planning Meeting (FR)</p> <p>3:30 Jewelry Class (WR)</p> <p>6:30 Movie (Comedy) (TR)</p> <p>6:15 Yogurt Fruit Parfaits (H5)</p>	<p>10:00 Fitness Class: Yoga with Isabelle (FR) <b>1</b></p> <p>10:45 Smoothie/Orange Julius Bar (H5)</p> <p>11:00 Store Loop: West Sugar House (L1)*</p> <p>1:00 Bridge (WR)</p> <p>2:30 Matinee (TR)</p> <p>3:00 The Art Box: Canvas (H5)</p> <p>6:30 Movie (Action) (TR)</p> <p>6:15 Ice Cream Sundae (H5)</p> <p>New Year's Day</p>	<p>10:30 Fitness Class: Stronger Seniors (TR) <b>2</b></p> <p>11:15 Preschool Story Time (FR)</p> <p>12:00 Out to Lunch: Fins Café (L1) * \$</p> <p>2:00 Poetry Hour (BC)</p> <p>2:30 Matinee (TR)</p> <p>3:00 Stretch and Meditation (FR)</p> <p>3:30 Mini Manicures (H5)</p> <p>3:45 Men's Social Club (WR)</p> <p>6:15 Summer Throwback: Strawberry Shortcake (H5)</p> <p>6:30 Movie (New Release) (TR)</p> <p>7:00 Sugar House Community Council (FR)</p>	<p>10:00 Fitness Class: Yoga with Isabelle (FR) <b>3</b></p> <p>11:00 Knotty Knitters/Crochet (BC)</p> <p>Outing: Mary Poppins Returns In Theaters Time: TBD</p> <p>2:00 Nacho Bar (H5)</p> <p>2:30 Matinee (TR)</p> <p>3:30 Gamers Group: Rummikub (H5)</p> <p>6:30 Movie (Drama) (TR)</p> <p>6:15 Root Beer Floats (H5)</p>	<p>9:30 Fairmont Aquatic Center: Aqua Motion (L1)*\$ <b>4</b></p> <p>10:00 Bingo (H5)</p> <p>11:00 Fitness Class: Minding Motion (FR)</p> <p>1:30 Store Loop: East Sugar House (L1)*</p> <p>2:30 All Day Puzzle and Ponders (WR)</p> <p>2:30 Matinee (TR)</p> <p>4:00-5:30 Wine and Cheese Social (H5)</p> <p>6:30 Movie (Classics) (TR)</p>	<p>9:00 Current Events: Salt Lake Tribune (BC) <b>5</b></p> <p>10:30 Stronger Seniors (TR)</p> <p>2:30 Matinee (TR)</p> <p>3:00 Tea Time (WR)</p> <p>4:45 St. Ambrose Catholic Church Services (L1)</p> <p>6:30 Movie: Documentary (TR)</p>
<p>11:00 Ted Talk (TR) <b>13</b></p> <p>1:30 LDS Sacrament Meeting (FR)</p> <p>2:00 Root Beer Floats (H5)</p> <p>2:30 Movie: Documentary Replay (TR)</p> <p>3:00 Jigsaw Puzzles (BC)</p> <p>6:30 Sunday Night Movie (TR)</p>	<p>8:30 Fairmont Aquatic Center: Aqua Fit (L1)*\$ <b>14</b></p> <p>10:30 Fitness Class: Head to Toe (FR)</p> <p>11:00 The Places We Will Go: Easter Island (TR)</p> <p>1:30 Bingo (FR)</p> <p>2:30 Matinee (TR)</p> <p>3:00 Resident Council (FR)</p> <p>6:30 Movie (Comedy) (TR)</p> <p>6:15 Yogurt Fruit Parfaits (H5)</p> <p>6:30 Entertainment: Creek and Wheel (FR)</p>	<p>10:00 Fitness Class: Yoga with Isabelle (FR) <b>8</b></p> <p>10:45 Smoothie/Orange Julius Bar (H5)</p> <p>11:00 Store Loop: West Sugar House (L1)*</p> <p>1:00 Bridge (WR)</p> <p>2:30 Matinee (TR)</p> <p>3:00 The Art Box: Canvas (FR)</p> <p>6:30 Movie (Action) (TR)</p> <p>6:15 Ice Cream Sundae (H5)</p>	<p>10:30 Fitness Class: Stronger Seniors (TR) <b>9</b></p> <p>11:15 Preschool Story Time (FR)</p> <p>1:30 Poetry Hour (BC)</p> <p>2:30 Matinee (TR)</p> <p>3:00 Stretch and Meditation (FR)</p> <p>3:30 Mini Manicures (H5)</p> <p>5:00 Out to Dinner: Ruth's Chris (L1)*\$</p> <p>6:15 Summer Throwback: Strawberry Shortcake (H5)</p> <p>6:30 Men's Social Club: Orlando Magic at Utah Jazz (TR)</p>	<p>10:00 Fitness Class: Yoga with Isabelle (FR) <b>10</b></p> <p>11:00 Knotty Knitters/Crochet (BC)</p> <p>1:30 Outing:</p> <p>2:00 Nacho Bar (H5)</p> <p>2:30 Matinee (TR)</p> <p>3:30 Gamers Group: Trivial Pursuit (H5)</p> <p>6:30 Movie (Drama) (TR)</p> <p>6:15 Cocoa Bar (H5)</p>	<p>9:30 Fairmont Aquatic Center: Aqua Motion (L1)*\$ <b>11</b></p> <p>10:00 Bingo (H5)</p> <p>11:00 Fitness Class: Minding Motion (FR)</p> <p>1:30 Store Loop: East Sugar House (L1)*</p> <p>2:30 All Day Puzzle and Ponders (WR)</p> <p>2:30 Matinee (TR)</p> <p>4:00-5:30 Wine and Cheese Social: With Scott Larabee (FR)</p> <p>6:30 Movie (Classics) (TR)</p>	<p>9:00 Current Events: Salt Lake Tribune (BC) <b>12</b></p> <p>10:30 Stronger Seniors (TR)</p> <p>2:30 Matinee (TR)</p> <p>3:00 Tea Time (WR)</p> <p>4:45 St. Ambrose Catholic Church Services (L1)</p> <p>6:30 Movie: Documentary (TR)</p>
<p>11:00 Ted Talk (TR) <b>20</b></p> <p>1:30 LDS Sacrament Meeting (FR)</p> <p>2:00 Root Beer Floats (H5)</p> <p>2:30 Movie: Documentary Replay (TR)</p> <p>3:00 Jigsaw Puzzles (BC)</p> <p>6:30 Sunday Night Movie (TR)</p>	<p>8:30 Fairmont Aquatic Center: Aqua Fit (L1)*\$ <b>21</b></p> <p>10:30 Fitness Class: Head to Toe (FR)</p> <p>11:00 The Places We Will Go: Serengeti Park (TR)</p> <p>1:30 Bingo (FR)</p> <p>2:30 Matinee (TR)</p> <p>3:30 Jewelry Class (FR)</p> <p>6:30 Men's Social Club: Portland Trailblazers at Utah Jazz (TR)</p> <p><b>Mismatch Monday</b></p> <p>Martin Luther King Day Tu B'Shevat</p>	<p>10:00 Fitness Class: Yoga with Isabelle (FR) <b>15</b></p> <p>10:45 Smoothie/Orange Julius Bar (H5)</p> <p>11:00 Store Loop: Brickyard Plaza (L1)*</p> <p>1:00 Bridge (WR)</p> <p>2:30 Matinee (TR)</p> <p>3:00 The Art Box: Clay (H5)</p> <p>6:30 Movie (Action) (TR)</p> <p>6:30 Ice Cream Sundae (H5)</p> <p><b>Top Hat Tuesday</b></p>	<p>10:30 Fitness Class: Stronger Seniors (TR) <b>16</b></p> <p>11:15 Preschool Story Time (FR)</p> <p>12:00 Out to Lunch: Spitz (L1) * \$</p> <p>1:30 Wind Down From the Holidays: Restore and Cryotherapy (FR)</p> <p>2:00 Poetry Hour (BC)</p> <p>2:30 Matinee (TR)</p> <p>3:30 Mini Manicures (H5)</p> <p>3:45 Men's Social Club (WR)</p> <p>6:15 Summer Throwback: Strawberry Shortcake (H5)</p> <p>6:30 Movie (New Release) (TR)</p>	<p>10:00 Fitness Class: Yoga with Isabelle (FR) <b>17</b></p> <p>11:00 Knotty Knitters/Crochet (BC)</p> <p>1:30 Outing:</p> <p>2:00 Nacho Bar (H5)</p> <p>2:30 Matinee (TR)</p> <p>3:30 Gamers Group: Hand and Foot(H5)</p> <p>6:30 Movie (Drama) (TR)</p> <p>6:15 Root Beer Floats (H5)</p> <p><b>Theodore Thursday</b></p>	<p>9:30 Fairmont Aquatic Center: Aqua Motion (L1)*\$ <b>18</b></p> <p>10:00 Bingo (H5)</p> <p>11:00 Fitness Class: Minding Motion (FR)</p> <p>1:30 Store Loop: East Sugar House (L1)*</p> <p>2:30 All Day Puzzle and Ponders (WR)</p> <p>2:30 Matinee (TR)</p> <p>4:00-5:30 New Comers Social (H5)</p> <p>6:30 Movie (Classics) (TR)</p> <p><b>Funny Food Friday</b></p>	<p>9:00 Current Events: Salt Lake Tribune (BC) <b>19</b></p> <p>10:30 Stronger Seniors (TR)</p> <p>2:30 Matinee (TR)</p> <p>3:00 Tea Time (WR)</p> <p>4:45 St. Ambrose Catholic Church Services (L1)</p> <p>6:30 Movie: Documentary (TR)</p>
<p>11:00 Ted Talk (TR) <b>27</b></p> <p>1:30 LDS Sacrament Meeting (FR)</p> <p>2:00 Root Beer Floats (H5)</p> <p>2:30 Movie: Documentary Replay (TR)</p> <p>3:00 Jigsaw Puzzles (BC)</p> <p>6:30 Sunday Night Movie (TR)</p>	<p>8:30 Fairmont Aquatic Center: Aqua Fit (L1)*\$ <b>28</b></p> <p>10:30 Fitness Class: Head to Toe (FR)</p> <p>11:00 The Places We Will Go: Niagara Falls State Park (TR)</p> <p>1:30 Bingo (FR)</p> <p>2:30 Matinee (TR)</p> <p>3:30 Jewelry Class (WR)</p> <p>6:15 Yogurt Fruit Parfaits (H5)</p> <p>6:30 Movie (Comedy) (TR)</p> <p>6:30 Entertainment: Mixed Nuts</p> <p>Australia Day (observed)</p>	<p>10:00 Fitness Class: Yoga with Isabelle (FR) <b>22</b></p> <p>10:45 Smoothie/Orange Julius Bar (H5)</p> <p>11:00 Store Loop: West Store Loop (L1)*</p> <p>1:00 Bridge (WR)</p> <p>2:30 Matinee (TR)</p> <p>3:00 The Art Box: Crafty Creation (H5)</p> <p>6:30 Movie (Action) (TR)</p> <p>6:30 Ice Cream Sundae (H5)</p> <p><b>Wacky Wednesday</b></p>	<p>10:30 Fitness Class: Stronger Seniors (TR) <b>23</b></p> <p>11:15 Preschool Story Time (FR)</p> <p>2:00 Poetry Hour (BC)</p> <p>2:00 Speaker: Tim Chambless</p> <p>2:30 Matinee (TR)</p> <p>3:00 Stretch and Meditation (FR)</p> <p>3:30 Mini Manicures (H5)</p> <p>5:00 Out to Dinner: P.F Chang's (L1)*\$</p> <p>6:15 Summer Throwback: Strawberry Shortcake (H5)</p> <p>6:30 Movie (New Release) (TR)</p>	<p>10:00 Fitness Class: Yoga with Isabelle (FR) <b>24</b></p> <p>11:00 Knotty Knitters/Crochet (BC)</p> <p>1:30 Outing: (L1) * \$</p> <p>2:00 Nacho Bar (H5)</p> <p>2:30 Matinee: Cat in the Hat (TR)</p> <p>3:30 Gamers Group: Gin Rummy (H5)</p> <p>6:15 Cocoa Bar</p> <p>6:30 Movie (Drama) (TR)</p>	<p>9:30 Fairmont Aquatic Center: Aqua Motion (L1)*\$ <b>25</b></p> <p>10:00 Bingo (H5)</p> <p>11:00 Fitness Class: Minding Motion (FR)</p> <p>1:30 Store Loop: Downtown Harmons (L1)*</p> <p>2:30 All Day Puzzle and Ponders (WR)</p> <p>2:30 Matinee (TR)</p> <p>4:00-5:30 Wine and Cheese (FR)</p> <p>6:30 Movie (Classics) (TR)</p>	<p>9:00 Current Events: Salt Lake Tribune (BC) <b>26</b></p> <p>10:30 Stronger Seniors (TR)</p> <p>2:30 Matinee (TR)</p> <p>3:00 Tea Time (WR)</p> <p>4:45 St. Ambrose Catholic Church Services (L1)</p> <p>6:30 Movie: Documentary (TR)</p>
<p>11:00 Ted Talk (TR) <b>27</b></p> <p>1:30 LDS Sacrament Meeting (FR)</p> <p>2:00 Root Beer Floats (H5)</p> <p>2:30 Movie: Documentary Replay (TR)</p> <p>3:00 Jigsaw Puzzles (BC)</p> <p>6:30 Sunday Night Movie (TR)</p>	<p>8:30 Fairmont Aquatic Center: Aqua Fit (L1)*\$ <b>28</b></p> <p>10:30 Fitness Class: Head to Toe (FR)</p> <p>11:00 The Places We Will Go: Niagara Falls State Park (TR)</p> <p>1:30 Bingo (FR)</p> <p>2:30 Matinee (TR)</p> <p>3:30 Jewelry Class (WR)</p> <p>6:15 Yogurt Fruit Parfaits (H5)</p> <p>6:30 Movie (Comedy) (TR)</p> <p>6:30 Entertainment: Mixed Nuts</p> <p>Australia Day (observed)</p>	<p>10:00 Fitness Class: Yoga with Isabelle (FR) <b>29</b></p> <p>10:45 Smoothie/Orange Julius Bar (H5)</p> <p>11:00 Store Loop: Trader Joes (L1)*</p> <p>1:00 Bridge (WR)</p> <p>2:30 Matinee (TR)</p> <p>3:00 The Art Box: Art Show (H5)</p> <p>6:30 Movie (Action) (TR)</p> <p>6:30 Ice Cream Sundae (H5)</p>	<p>10:30 Fitness Class: Stronger Seniors (TR) <b>30</b></p> <p>11:15 Preschool Story Time (FR)</p> <p>12:00 Out to Lunch: Olive Garden(L1) * \$</p> <p>2:00 Poetry Hour (BC)</p> <p>2:30 Matinee (TR)</p> <p>3:00 Stretch and Meditation (FR)</p> <p>3:30 Holiday Style Manicures (H5)</p> <p>3:45 Men's Social Club (WR)</p> <p>6:15 Summer Throwback: Strawberry Shortcake (H5)</p> <p>6:30 Movie (New Release) (TR)</p>	<p>10:00 Fitness Class: Yoga with Isabelle (FR) <b>31</b></p> <p>11:00 Knotty Knitters/Crochet (BC)</p> <p>1:30 Outing:</p> <p>2:00 Nacho Bar (H5)</p> <p>2:30 Matinee (TR)</p> <p>3:30 Gamers Group: Brain Games (H5)</p> <p>6:15 Root Beer Floats (H5)</p> <p>6:30 Movie (Drama) (TR)</p>	<p>Fairmont (FR)</p> <p>Wilmington (WR)</p> <p>Exercise Room (E5/E9)</p> <p>Business Center (BC)</p> <p>Hive on Five (H5)</p> <p>Theater (TR)</p> <p>First Floor Lobby (L1)</p> <p>Personal Expense (\$)</p> <p>Pool Table (F8)</p> <p>Library (L)</p> <p>Sign Up Required (*)</p>	



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2019

## Legacy Village of Sugar House Cottage

Morning Connections  
Gussy Up  
Current Events  
Hydration/Snack: Smoothie Bar  
Fitness: Chair Soccer  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Scenic Drive/Arm Chair Travel  
Hydration/Snack  
Entertainment  
Set Up for Dinner Cottage Involvement  
Relaxation Station

Morning Connections  
Music & Movement: Elvis  
Hydration/Snack  
Preschool Story Hour  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Sit & Dance with Becky  
Game Shows: Wheel of Fortune  
Hydration/ Snack  
Reminiscing: First Job  
Set Up for Dinner Cottage Involvement  
Midnight Manicures

Morning Connections  
Fitness: Upper Body  
Hydration/Snack: Smoothie Bar  
Book Club  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Puzzles and Ponders: Bingo  
Crafty Creations: Art Aprons  
Set Up for Dinner Cottage Involvement  
Relaxation Station

Morning Connections  
Bean Bag Toss  
Hydration/ Snack  
Fitness: Minding Motion  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Cooking with the Cottage  
Hydration/Snack  
Brain Games: Math Quiz  
Set Up for Dinner Cottage Involvement

Morning Connections  
Morning Exercise  
Hydration/Snack  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Creative Art CNA's Choice  
Hydration/Snack  
Relaxation Station  
Set Up for Dinner Cottage Involvement

New Year's Day

Morning Connections  
Balloon Volleyball  
Hydration/Snack  
Color Me Calm CNA's Choice  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
1:30 LDS Sacrament Meeting  
Afternoon Movie  
Set Up for Dinner Cottage Involvement

Morning Connections  
Trivia: New Year's Traditions  
Hydration/Snack  
Chair Chi  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Creative Story Time: Old Occupations  
Sports and Games: Knock them Down  
Hydration/Snack  
Comedy Hour in the Theater  
Sing-along: 1940's  
Set Up for Dinner Cottage Involvement  
Sweet Dreams Retreat

Morning Connections  
Gussy Up  
Morning News  
Hydration/Snack: Smoothie Bar  
Fitness: Chair Zumba  
Hydration/Snack  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Scenic Drive/Arm Chair Travel  
Hydration/Snack  
Entertainment  
Set Up for Dinner Cottage Involvement  
Relaxation Station

Morning Connections  
Music & Movement: The Beatles  
Hydration/Snack  
Preschool Story Hour  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Ice Cream Social in The Hive  
Word Ladder  
Hydration/Snack  
Reminiscing: Favorite Foods  
Set Up for Dinner Cottage Involvement  
Midnight Manicures

Morning Connections  
Fitness: Lower Body  
Hydration/Snack: Smoothie Bar  
Book Club  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Puzzles and Ponders: Bingo  
Crafty Creation: Painting Pots  
Set Up for Dinner Cottage Involvement  
Relaxation Station

Morning Connections  
Bean Bag Toss  
Hydration/ Snack  
Fitness: Minding Motion  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Cooking with the Cottage  
Hydration/Snack  
Brain Games: What's the Word?  
Set Up for Dinner Cottage Involvement

Morning Connections  
Morning Exercise  
Hydration/Snack  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Creative Art CNA's Choice  
Hydration/Snack  
Relaxation Station  
Set Up for Dinner Cottage Involvement

Morning Connections  
Balloon Volleyball  
Hydration/Snack  
Color Me Calm CNA's Choice  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
1:30 LDS Sacrament Meeting  
Afternoon Movie  
Set Up for Dinner Cottage Involvement

Morning Connections  
Trivia: A Day in History, January  
Hydration/Snack  
Chair Chi  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Creative Story Time: Winter Campfire  
Sports and Games: Golfing  
Hydration/Snack  
Comedy Hour in the Theater  
Sing-along: Campfire Songs  
Set Up for Dinner Cottage Involvement  
Sweet Dreams Retreat

Morning Connections  
Gussy Up  
USA Today  
Hydration/Snack: Smoothie Bar  
Fitness: Balloon Games  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Scenic Drive/ Arm Chair Travel  
Hydration/Snack  
Entertainment  
Set Up for Dinner Cottage Involvement  
Relaxation Station

Morning Connections  
Music & Movement: Frank Sinatra  
Hydration/Snack  
Preschool Story Hour  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Sit & Dance with Becky  
Game Shows: Price is Right  
Hydration/ Snack  
Reminiscing: Comparing the Era  
Set Up for Dinner Cottage Involvement  
Midnight Manicures

Morning Connections  
Fitness: Sit to Stand  
Hydration/Snack: Smoothie Bar  
Book Club  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Puzzles and Ponders: Bingo  
Crafty Creation: Rock Art  
Set Up for Dinner Cottage Involvement  
Relaxation Station

Morning Connections  
Bean Bag Toss  
Hydration/ Snack  
Fitness: Minding Motion  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Cooking with the Cottage  
Hydration/Snack  
Brain Games: Mind Bending Math Riddles  
Set Up for Dinner Cottage Involvement

Morning Connections  
Morning Exercise  
Hydration/Snack  
Set Up for Lunch Cottage Involvement  
Afternoon Connections CNA's Choice  
Creative Art CNA's Choice  
Hydration/Snack  
Relaxation Station  
Set Up for Dinner Cottage Involvement

Morning Connections  
Balloon Volleyball  
Hydration/Snack  
Color Me Calm CNA's Choice  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
1:30 LDS Sacrament Meeting  
Afternoon Movie  
Set Up for Dinner Cottage Involvement

Morning Connections  
Trivia: Quotes from Martin Luther King  
Hydration/Snack  
Chair Chi  
Set Up for Lunch Cottage Involvement  
Afternoon Connection  
Creative Story Time: I Have a Dream  
Speech  
Sports and Games: Table Hockey  
Hydration/Snack  
Comedy Hour in the Theater  
Sing-along: Cultural Awareness 1960's  
Set Up for Dinner Cottage Involvement  
Martin Luther King Day  
Tu B'Shevat

Morning Connections  
Gussy Up  
Google News  
Hydration/Snack: Smoothie Bar  
Fitness: Ribbon Movement  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Scenic Drive/ Arm Chair Travel  
Hydration/Snack  
Entertainment  
Set Up for Dinner Cottage Involvement  
Relaxation Station

Morning Connections  
Music & Movement: The Rat Pack  
Hydration/Snack  
Preschool Story Hour  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Ice Cream Social in The Hive  
Word Ladder  
Hydration  
Reminiscing: Vintage Photos  
Set Up for Dinner Cottage Involvement  
Midnight Manicures

Morning Connections  
Fitness: Upper Body  
Hydration/Snack: Smoothie Bar  
Book Club  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Puzzles and Ponders: Bingo  
Crafty Creation: Sun Catchers  
Set Up for Dinner Cottage Involvement  
Relaxation Station

Morning Connections  
Bean Bag Toss  
Hydration/ Snack  
Fitness: Minding Motion  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Cooking with the Cottage  
Hydration/Snack  
Brain Games: Jeopardy  
Set Up for Dinner Cottage Involvement

Morning Connections  
Morning Exercise  
Hydration/Snack  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Creative Art CNA's Choice  
Hydration/Snack  
Relaxation Station  
Set Up for Dinner Cottage Involvement

Morning Connections  
Balloon Volleyball  
Hydration/Snack  
Color Me Calm CNA's Choice  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
1:30 LDS Sacrament Meeting  
Afternoon Movie  
Set Up for Dinner Cottage Involvement

Morning Connections  
Trivia: Get to know Australia  
Hydration/Snack  
Chair Chi  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Creative Story Time: Australia  
Sports and Games: A Day at the Horse Track  
Hydration/Snack  
Comedy Hour in The Theater  
Sing-along: 1950's  
Set Up for Dinner Cottage Involvement  
Sweet Dreams Retreat  
Australia Day (observed)

Morning Connections  
Gussy Up  
Daily Chronical  
Hydration/Snack: Smoothie Bar  
Fitness: Bean Bag Toss  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Scenic Drive/ Arm Chair Travel  
Hydration/Snack  
Entertainment  
Set Up for Dinner Cottage Involvement  
Relaxation Station

Morning Connections  
Music & Movement: Female Jazz  
Hydration/Snack  
Preschool Story Hour  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Sit & Dance with Becky  
Game Shows: Dollar Store Pyramid  
Hydration/ Snack  
Reminiscing: Family Travel  
Set Up for Dinner Cottage Involvement  
Midnight Manicures

Morning Connections  
Fitness: Lower Body  
Hydration/Snack: Smoothie Bar  
Book Club  
Set Up for Lunch Cottage Involvement  
Afternoon Connections  
Puzzles and Ponders: Bingo  
Crafty Creation: Planting indoor Garden  
Set Up for Dinner Cottage Involvement  
Relaxation Station

