

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>January 2025</h1>			10:00 Chair Stretches 1 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 2:00 Snow Birds Painting New Year's Day	10:00 Fun, fit exercise 2 10:30 Daily Chronicle & Coffee 2:00 Trivia 3:30 Happy Hour	10:00 Chair Stretches 3 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 1:00 Book Club Reading 3:30 Music Appreciation	10:00 Fun, fit exercise 4 10:30 Daily Chronicle & Coffee 2:00 Crafting 3:00 Sensory Station	
9:30 Coffee Talk 5 10:00 Hymn's 10:30 St. Luke's Methodist Church (ch 8) 1:00- 4:00 Self Serve Sunday Board Games, Cards, ect.	10:00 Chair Stretches 6 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 2:00 Mani's & Massages 3:30 Noodle Ball	10:00 Fun, fit exercise 7 10:30 Daily Chronicle & Coffee 2:00 Axe Throwing w/ Spencer (Legacy Hospice) 3:00 Ice Cream Social	9:30 Wal-Mart Outing 8 2:00 Bible Study w/ Accentra 3:30 Sensory Station	10:00 Chair Stretches 9 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 2:00 Art w/ Kelcey 3:30 Happy Hour	10:00 Fun, fit exercise 10 10:30 Daily Chronicle & Coffee 1:00 Book Club Reading 3:30 G. Graham	10:00 Chair Stretches 11 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 2:00 Crafting 3:00 Movie & Popcorn	
9:30 Coffee Talk 12 10:00 Hymn's 10:30 St. Luke's Methodist Church (ch 8) 1:00- 4:00 Self Serve Sunday Board Games, Cards, ect.	10:00 Fun, fit exercise 13 10:30 Daily Chronicle & Coffee 2:00 Mani's & Massages 3:00 Balloon Tennis	10:00 Chair Stretches 14 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 2:00 Ice Cream Social 3:00 Coloring	10:00- 12:00 Outing of 15 choice 2:00 pm Trivia 3:30 Music Appreciation	10:00 Fun, fit exercise 16 10:30 Daily Chronicle & Coffee 2:00 The Romeos 3:30 Happy Hour	10:00 Chair Stretches 17 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 1:00 Book Club Reading 3:30 Hot Potato	10:00 Fun, fit exercise 18 10:30 Daily Chronicle & Coffee 2:00 Crafting 3:30 Movie & Popcorn	
9:30 Coffee Talk 19 10:00 Hymn's 10:30 St. Luke's Methodist Church (ch 8) 1:00- 4:00 Self Serve Sunday Board Games, Cards, ect. <small>Activity Professionals Week</small>	10:00 Chair Stretches 20 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 2:00 Mani's & Massages 3:30 Noodle Ball <small>Martin Luther King Jr. Day</small>	10:00 Fun, fit exercise 21 10:30 Daily Chronicle & Coffee 2:00 Ice Cream Social 3:30 Painting	9:30 Wal-Mart Outing 22 1:00 Art 2:30 Pet Therapy w/ Patti 3:30 Sensory Station	10:00 Chair Stretches 23 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 2:00 Birthday Party 3:30 Happy Hour	10:00 Fun, fit exercise 24 10:30 Daily Chronicle & Coffee 1:00 Book Club Reading 3:30 Music Appreciation	10:00 Chair Stretches 25 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 2:00 Crafting 3:00 Movie & Popcorn	
9:30 Coffee Talk 26 10:00 Hymn's 10:30 St. Luke's Methodist Church (ch 8) 1:00- 4:00 Self Serve Sunday Board Games, Cards, ect. <small>Australia Day (Observed)</small>	10:00 Fun, fit exercise 27 10:30 Daily Chronicle & Coffee 2:00 Main's and Massages 3:30 Darts	10:00 Chair Stretches 28 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 2:00 Ice Cream Social 3:30 Balloon Tennis	10:00- 12:00 Outing of 29 choice 2:00 pm Book Club Reading 3:30 Music Appreciation <small>Chinese New Year (Year of the Snake)</small>	10:00 Fun, fit exercise 30 10:30 Daily Chronicle & Coffee 2:00 Art w/ Kelcey 3:30 Happy Hour	10:00 Chair Stretches 31 10:30 Walk & Roll 11:00 Daily Chronicle & Coffee 2:00 Bingo 3:30 Conversation Cards		

The Gardens at Quail Springs Memory Care Calendar subject to change.