



Essentials



January

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Claire A. January 7th Ruth C. January 10th Betty H. January 11th David K January 12th Alyce U. January 13th Belinda H. January 17th Ed W. January 18th</p>				<p>1 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am This Day in History- BIS 11:30am Lunch Delivered to Suite 1:15pm ‘One Planet’ on Netflix – TR/BIS 1:45pm In – Suite Snack 3:00pm Baking Club- DR 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>	<p>2 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Word Games- BIS 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm “Let’s Find Out” – TR *Sign Up Required* 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>
<p>3 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise -GYM/TR 10:30am Hymn Sing A Long- TR 11:30am Lunch Delivered to Suite 1:00pm Wheel of Fortune- BIS 1:45pm In – Suite Snack 3:00pm Trivia- TR/BIS 4:30pm Dinner Delivered to Suite 6:00pm – Movie Night TR/BIS</p>	<p>4 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/ TR 11:00am Word Games- BIS 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR 1:30pm Bible Study- PDR 1:45pm In – Suite Snack 3:00pm News Currents – TR 4:30pm Dinner Delivered to Suite 6:00pm Comedy Monday – TR</p>	<p>5 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Mad Libs- BIS 11:30am Lunch Delivered to Suite 1:15pm Movie Matinee – TR/BIS 1:30pm In Suite Happy Hour 3:00pm Music Appreciation- TR/BIS 4:30pm Dinner Delivered to Suite 6:00pm Action Movie Tuesday – TR</p>	<p>6 7:30am Breakfast in Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/ TR 11:00am Cranium Crunches- BIS 11:30am Lunch In -Suite 11:30am Take -Out Lunch: “Cherry Crest” *Order with Activities* – In Suite 1:15pm Movie Matinee - TR 1:45pm Root Beer Floats – In Suite 3:00pm Walking Club- BIS 4:30pm Dinner in Suite 6:00pm Documentary Wednesday – TR/BIS</p>	<p>7 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am You be the Judge- BIS 11:30am Lunch Delivered to Suite 1:15pm Series Thursday – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm Free Bingo- DR 4:30pm Dinner Delivered to Suite 6:00pm Broadway Thursday –TR/BIS</p>	<p>8 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am This Day in History- BIS 11:30am Lunch Delivered to Suite 1:15pm ‘One Planet’ on Netflix – TR/BIS 1:45pm In – Suite Snack 3:00pm Baking Club- DR 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>	<p>9 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Word Games- BIS 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm “Let’s Find Out” – TR *Sign Up Required* 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>
<p>10 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise -GYM/TR 10:30am Hymn Sing A Long- TR 11:30am Lunch Delivered to Suite 1:00pm Wheel of Fortune- BIS 1:45pm In – Suite Snack 3:00pm Trivia- TR/BIS 4:30pm Dinner Delivered to Suite 6:00pm – Movie Night TR/BIS</p>	<p>11 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/ TR 11:00am Word Games- BIS 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR 1:30pm Bible Study- PDR 1:45pm In – Suite Snack 3:00pm News Currents – TR 4:30pm Dinner Delivered to Suite 6:00pm Comedy Monday – TR</p>	<p>12 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Mad Libs- BIS 11:30am Lunch Delivered to Suite 1:15pm Movie Matinee – TR/BIS 1:30pm In Suite Happy Hour 3:00pm Music Appreciation- TR/BIS 4:30pm Dinner Delivered to Suite 6:00pm Action Movie Tuesday – TR</p>	<p>13 7:30am Breakfast in Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/ TR 11:00am Cranium Crunches- BIS 11:30am Lunch In -Suite 11:30am Take -Out Lunch: “Senior Sol” *Order with Activities* – In Suite 1:15pm Movie Matinee - TR 1:45pm Root Beer Floats – In Suite 3:00pm Walking Club- BIS 4:30pm Dinner in Suite 6:00pm Documentary Wednesday – TR/BIS</p>	<p>14 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am You be the Judge- BIS 11:30am Lunch Delivered to Suite 1:15pm Series Thursday – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm Free Bingo- DR 4:30pm Dinner Delivered to Suite 6:00pm Broadway Thursday –TR/BIS</p>	<p>15 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am This Day in History- BIS 11:30am Lunch Delivered to Suite 1:15pm ‘One Planet’ on Netflix – TR/BIS 1:45pm In – Suite Snack 3:00pm Baking Club- DR 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>	<p>16 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Word Games- BIS 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm “Let’s Find Out” – TR *Sign Up Required* 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>

<p>17</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/TR 10:30am Hymn Sing A Long- TR 11:30am Lunch Delivered to Suite 1:00pm Wheel of Fortune- BIS 1:45pm In – Suite Snack 3:00pm Trivia- TR/BIS 4:30pm Dinner Delivered to Suite 6:00pm – Movie Night TR/BIS</p>	<p>18</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/ TR 11:00am Word Games- BIS 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR 1:30pm Bible Study- PDR 1:45pm In – Suite Snack 3:00pm News Currents – TR 4:30pm Dinner Delivered to Suite 6:00pm Comedy Monday – TR</p>	<p>19</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Mad Libs- BIS 11:30am Lunch Delivered to Suite 1:15pm Movie Matinee – TR/BIS 1:30pm In Suite Happy Hour 3:00pm Music Appreciation- TR/BIS 4:30pm Dinner Delivered to Suite 6:00pm Action Movie Tuesday – TR</p>	<p>20</p> <p>7:30am Breakfast in Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/TR 11:00am Cranium Crunches- BIS 11:30am Lunch In -Suite 11:30am Take -Out Lunch: "Subway" *Order with Activities* – In Suite 1:15pm Movie Matinee - TR 1:45pm Root Beer Floats – In Suite 3:00pm Walking Club- BIS 4:30pm Dinner in Suite 6:00pm Documentary Wednesday – TR/BIS</p>	<p>21</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am You be the Judge- BIS 11:30am Lunch Delivered to Suite 1:15pm Series Thursday – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm Free Bingo- DR 4:30pm Dinner Delivered to Suite 6:00pm Broadway Thursday – TR/BIS</p>	<p>22</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am This Day in History- BIS 11:30am Lunch Delivered to Suite 1:15pm ‘One Planet” on Netflix – TR/BIS 1:45pm In – Suite Snack 3:00pm Baking Club- DR 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>	<p>23</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Word Games- BIS 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm “Let’s Find Out” – TR *Sign Up Required* 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>
<p>24</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/TR 10:30am Hymn Sing A Long- TR 11:30am Lunch Delivered to Suite 1:00pm Wheel of Fortune- BIS 1:45pm In – Suite Snack 3:00pm Trivia- TR/BIS 4:30pm Dinner Delivered to Suite 6:00pm – Movie Night TR/BIS</p>	<p>25</p> <p>7:30am Breakfast Delivered to Suite 7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/ TR 11:00am Word Games- BIS 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR 1:30pm Bible Study- PDR 1:45pm In – Suite Snack 3:00pm News Currents – TR 4:30pm Dinner Delivered to Suite 6:00pm Comedy Monday – TR</p>	<p>26</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Mad Libs- BIS 11:30am Lunch Delivered to Suite 1:15pm Movie Matinee – TR/BIS 1:30pm In Suite Happy Hour 3:00pm Music Appreciation- TR/BIS 4:30pm Dinner Delivered to Suite 6:00pm Action Movie Tuesday – TR</p>	<p>27</p> <p>7:30am Breakfast in Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/TR 11:00am Cranium Crunches- BIS 11:30am Lunch In -Suite 11:30am Take -Out Lunch: "Shanghai Gardens" *Order with Activities* – In Suite 1:15pm Movie Matinee - TR 1:45pm Root Beer Floats – In Suite 3:00pm Walking Club- BIS 4:30pm Dinner in Suite 6:00pm Documentary Wednesday – TR/BIS</p>	<p>28</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am You be the Judge- BIS 11:30am Lunch Delivered to Suite 1:15pm Series Thursday – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm Free Bingo- DR 4:30pm Dinner Delivered to Suite 6:00pm Broadway Thursday – TR/BIS</p>	<p>29</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am This Day in History- BIS 11:30am Lunch Delivered to Suite 1:15pm ‘One Planet” on Netflix – TR/BIS 1:45pm In – Suite Snack 3:00pm Baking Club- DR 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>	<p>30</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise – GYM/TR 11:00am Word Games- BIS 11:30am Lunch Delivered to Suite 1:15pm Replay Matinee – TR/BIS 1:30pm Happy Hour – In Suite 3:00pm “Let’s Find Out” – TR *Sign Up Required* 4:30pm Dinner Delivered to Suite 6:15pm Movie Night – TR</p>
<p>31</p> <p>7:30am Breakfast Delivered to Suite 9:00am Coffee Chat – In Suite 10:00am Group Exercise - GYM/TR 10:30am Hymn Sing A Long- TR 11:30am Lunch Delivered to Suite 1:00pm Wheel of Fortune- BIS 1:45pm In – Suite Snack 3:00pm Trivia- TR/BIS 4:30pm Dinner Delivered to</p>		<p>“the time is always right to do what is right” - MLK JR</p>				

