## Monthly Activities

Addington Place of Rosy							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EMBRACE BY SENIOR LIFESTYLE			Resident Birthdays Jan W. 1/1 Raleigh P. 1/1 Winona P. 1/1	9:00  Garden To Table- Infused Water [DR] 9:30  Chair Yoga- IN2L [AR] 10:30  Snack and Hydration 11:30  Essence : Aromatherapy session [AR] 1:30  Mind Games on the IN2L [AR] 3:00  Thymeless Wine Down Wednesdays 6:30  Audio Book [AR]	Table-Infused Water [DR]  9:30 ■ Sit and Stretch-IN2L [TV]  10:30 ■ Snack and Hydration  11:30 ■ What Does that Cost? - IN2L  1:00 ♣ Singfit  2:00 ■ Happy Hour [DR]  3:30 ■ Art Expressions  6:30 ■ Throw Back Thursday	9:00 Garden To Table-Infused Water [DR]  9:30 Chair Dancing- IN2L [TV]  0:00 Thank you Service Card Making  0:30 Snack and Hydration  2:00 Movie Luncheon  1:30 Fireplace chats and pie [AR]  3:30 Family Feud - IN2L [AR]  6:30 Friday Night Bingo [DR]	9:00   Garden To Table- Infused Water [DR] 9:30 • Courtyard Walk [C] 10:30 • Snack and Hydration 1:30 • Art Expressions 3:30 • BINGO [AR] 6:30 • Radio Night - IN2L [TV]
ADDINGTON PLACE OF ROSWELL  a Senior Lifestyle community	9:00 Garden To Table-Infused Water [DR] 9:30 Chair Yoga- IN2L [AR] 10:30 Snack and Hydration 11:30 Church Service [TV] 1:30 Puzzle Fun [AR] 3:30 Music with Susie Q-IN2L [AR] 6:30 Meditation [TV]	9:00   Garden To Table-Infused Water [DR]  9:30 Sit and Stretch-IN2L [TV]  10:30 Snack and Hydration  11:00   Bread Making Class  1:00 The Price is Right  1:30 Snapshots  3:30 Movie Matinee [TV]  6:30 Audio Book [AR]	9:00   Garden To Table-Infused Water [DR]  9:30 • Chair Dancing- IN2L [TV]  10:30 • Snack and Hydration  11:30   Bookmarks Reading Club  1:00   Melody one on ones  1:30 • Art Expressions  3:30 • Bingo - IN2L [DR]  6:30 • Easy Listening [TV]	Table-Infused Water [DR]  9:30 • Chair Yoga- IN2L [AR]  10:30 • Snack and Hydration  11:30 ❖ Essence : Aromatherapy session [AR]  1:30 • Mind Games on the IN2L [AR]  3:00 • Thymeless Wine Down Wednesdays  6:30 • Audio Book [AR]	Table-Infused Water [DR]  9:30 • Sit and Stretch-IN2L [TV]  10:30 • Snack and Hydration  11:30 • What Does that Cost? - IN2L  1:00 ♪ Singfit  2:00 • Happy Hour [DR]  3:30 • Art Expressions  6:30 • Throw Back Thursday Movie	9:00 Garden To Table-Infused Water [DR]  9:30 Chair Dancing- IN2L [TV]  0:00 Thank you Service Card Making  0:30 Snack and Hydration  2:00 Movie Luncheon  1:30 Fireplace chats and pie [AR]  3:30 Family Feud - IN2L [AR]  6:30 Friday Night Bingo [DR]	9:00 Garden To Table- Infused Water [DR] 9:30 Courtyard Walk [C] 10:30 Snack and Hydration 1:30 Art Expressions 3:30 BINGO [AR] 6:30 Radio Night - IN2L [TV]
<pre>     *BOOKMARKS     *ESSENCE     *MELODY     *Outing     *SNAPSHOTS     *THYMELESS     _CONNECT     _CONTRIBUTE     _FEEL     _GROW     _MOVE     _REFLECT </pre>	9:00 Garden To Table-Infused Water [DR] 9:30 Chair Yoga- IN2L [AR] 10:30 Snack and Hydration 11:30 Church Service [TV] 1:30 Puzzle Fun [AR] 3:30 Music with Susie Q-IN2L [AR] 6:30 Meditation [TV]	Table- Infused Water [DR]	Table-Infused Water [DR] 9:30 • Chair Dancing- IN2L [TV] 10:30 • Snack and Hydration	9:00   Garden To Table-Infused Water [DR] 9:30 • Chair Yoga- IN2L [AR] 10:30 • Snack and Hydration 10:45 Alpharetta and Old Milton County Museum 11:30 Essence : Aromatherapy session [AR] 1:30 • Mind Games on the IN2L [AR] 3:00 • Thymeless Wine Down Wednesdays 6:30 • Audio Book [AR]	Table-Infused Water [DR]  9:30 Sit and Stretch-IN2L [TV]  10:30 Snack and Hydration  11:30 What Does that Cost? - IN2L  1:00 Singfit  2:00 Happy Hour [DR]  3:30 Art Expressions  6:30 Throw Back Thursday	9:00 Garden To Table-Infused Water [DR]  9:30 Chair Dancing- IN2L [TV]  0:00 Thank you Service Card Making  0:30 Snack and Hydration  2:00 Movie Luncheon  1:30 Fireplace chats and pie [AR]  3:30 Family Feud - IN2L [AR]  6:30 Friday Night Bingo [DR]	9:00 Garden To Table- Infused Water [DR]  9:30 Courtyard Walk [C]  10:30 Snack and Hydration  1:30 Art Expressions  3:30 BINGO [AR]  6:30 Radio Night - IN2L [TV]
Location Keys Activities Room AF		Martin Luther King, Jr. Day  9:00  Garden To Table-Infused Water [DR]  9:30  Sit and Stretch-IN2L [TV]  10:30  Snack and Hydration  1:00  The Price is Right  1:30  Snapshots  2:00  Martin Luther King Jr. Documentary  3:30  Movie Matinee [TV]  6:30  Audio Book [AR]	Table-Infused Water [DR]  9:30 • Chair Dancing- IN2L [TV]  10:30 • Snack and Hydration  11:30 ■ Bookmarks Reading Club  1:00 ♣ Melody one on ones  1:30 • Art Expressions  3:30 • Bingo - IN2L [DR]  6:30 • Easy Listening [TV]	Table-Infused Water [DR]  9:30 • Chair Yoga- IN2L [AR]  10:30 • Snack and Hydration  11:30 • Essence : Aromatherapy session [AR]  1:30 • Mind Games on the IN2L [AR]  3:00 • Thymeless Wine Down Wednesdays  6:30 • Audio Book [AR]	Infused Water [DR]  9:30 Sit and Stretch-IN2L [TV]  10:30 Snack and Hydration  11:30 What Does that Cost? - IN2L  1:00 Singfit  2:00 Happy Hour [DR]  3:30 Art Expressions- Edible soap Making  6:30 Throw Back Thursday Movie	9:00 Garden To Table-Infused Water [DR] 9:30 Chair Dancing- IN2L [TV] 0:00 Thank you Service Card Making 0:30 Snack and Hydration 2:00 Movie Luncheon 1:30 Fireplace chats and pie [AR] 3:30 Family Feud - IN2L [AR] 6:30 Friday Night Bingo [DR]	9:00 Garden To Table- Infused Water [DR]  9:30 Courtyard Walk [C]  10:30 Snack and Hydration  1:30 Art Expressions  3:30 BINGO [AR]  6:30 Radio Night - IN2L [TV]
Courtyard Dining Room TV Room T	9:00 Garden To Table-Infused Water [DR] 9:30 Chair Yoga- IN2L [AR] 10:30 Snack and Hydration 11:30 Church Service [TV] 1:30 Puzzle Fun [AR] 3:30 Music with Susie Q- IN2L [AR] 6:30 Meditation [TV]	Table- <b>L</b> Infused Water [DR]	Table-Infused Water [DR] 9:30 • Chair Dancing- IN2L [TV] 10:30 • Snack and Hydration	9:00 Garden To Table-Infused Water [DR] 9:30 Chair Yoga- IN2L [AR] 10:30 Snack and Hydration 11:30 Essence : Aromatherapy session [AR] 1:30 Mind Games on the IN2L [AR] 3:00 Thymeless Wine Down Wednesdays 6:30 Audio Book [AR]	Table-Infused Water [DR]  9:30 ■ Sit and Stretch-IN2L [TV]  10:30 ■ Snack and Hydration 11:30 ■ What Does that Cost? - IN2L 1:00 □ Singfit 2:00 ■ Happy Hour [DR]	9:00 Garden To Table-Infused Water [DR] 9:30 Chair Dancing- IN2L [TV] 0:00 Thank you Service Card Making 0:30 Snack and Hydration 2:00 Movie Luncheon 1:30 Fireplace chats and pie [AR] 3:30 Family Feud - IN2L [AR] 6:30 Friday Night Bingo [DR]	hello january