

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

"Yesterday was not
your defining moment.
The calendar moved
forward; why not you?"
— Dr. Steve Maraboli



- New Year's Day**
- 10:00 Music and movement
 - 10:30 Bookmarks: New Year's Day Short story
 - 10:30 Communion In MC
 - 11:00 Thymeless Garden Infused Water and Hydration
 - 1:30 Card/Game Party
 - 2:30 Thymeless Culinary
 - 3:00 Sing Along
 - 3:00 Wine & Cheese with Famous People
 - 4:00 Before Dinner Wrap up

- 10:00 Walk & Talk in the thymeless garden
- 10:30 Coffee & Conversation
- 11:00 Essence Aromatherapy With Destiney
- 1:30 Spa Day
- 2:30 Thymeless Culinary
- 3:30 Bingo Mania
- 4:00 Garden Walk
- 6:00 Short stories After dinner

- 10:00 Bend and Stretch with Destiney
- 10:30 Bookmarks: A Chilling Tale
- 11:00 Thymeless Garden Infused Water and Hydration
- 1:30 Old Time Memories
- 2:30 Thymeless Culinary
- 3:00 Sing Along
- 4:00 Before Dinner Wrap Up
- 7:30 IN2L Sabbath Services 2nd floor

- Trivia Day**
- 10:00 Morning Yoga
 - 10:30 Social in the Thymeless garden
 - 11:00 Essence Aromatherapy With Destiney
 - 1:30 Garden Walk
 - 2:00 Saturday Entertainment
 - 2:30 Thymeless Culinary
 - 3:00 Trivia
 - 4:00 Garden walk/Word Games
 - 6:00 Short stories After dinner

LOCATIONS

1st. Floor

Alcove Lounge - AL1

Bookmarks Cove - BC1

Piano Lounge - PL1

Courtyard - CY

Thymeless Cove - TC

2nd Floor

Piano Lounge - PL2

Alcove Lounge - AL2

Gathering Lounge- GL2

Lantana Room - LR2

3rd Floor

Aromatherapy Room- AR

Gathering Lounge - GL2

Alcove Lounge - AL3

Bookmarks Cove - BC3

Lantana Room - LR3

BIRTHDAYS
THIS MONTH

Joan S. 1/2
Cynthia R. 1/3

- 5**
- 10:00 Volley Ball
 - 10:30 Todays news and social
 - 11:00 Join the story
 - 1:30 The Price is right (IN2L)
 - 2:30 Thymeless Culinary
 - 3:00 Matinee Movie With Popcorn:
 - 3:00 Sing along with Karen
 - 6:00 Relaxing Melodies

- 6**
- Feast of the Epiphany**
- 10:00 Self-reflection Exercises
 - 10:30 Embrace your morning in the thymeless garden
 - 10:30 Homemade Lemonade
 - 11:00 Good News Today
 - 1:30 Literature club
 - 2:30 Thymeless Culinary
 - 4:00 Benefits Of Laughter Chat: IN2L
 - 6:00 Short stories After dinner

- 7**
- 10:00 Be Fit With Evadne
 - 10:30 Todays news and social
 - 11:00 Essence Aromatherapy With Destiney
 - 11:00 Good News Today
 - 1:30 Music Therapy
 - 2:30 Thymeless Culinary
 - 4:00 Garden Walk
 - 6:00 Wind Down Conversations & Relaxation

- 8**
- W.H.O.G.A**
- 10:00 Bookmarks: Epiphany the Feast of the three kings
 - 10:30 Communion In MC
 - 11:00 Thymeless Garden Infused Water and Hydration
 - 1:30 Family Feud With Tania
 - 2:30 Thymeless Culinary
 - 3:00 Sing Along
 - 3:00 Wine & Cheese with Famous People
 - 4:00 Before Dinner Wrap up

- 9**
- 10:00 Range of Motion Exercise
 - 10:30 This Day in History & Cookies
 - 11:00 Essence Aromatherapy With Destiney
 - 1:30 Spa Day
 - 2:30 Thymeless Culinary
 - 4:00 Garden Walk
 - 6:00 Short stories After dinner

- 10**
- 10:00 Parachute fitness
 - 10:30 Bookmarks: This Won't Hurt a Bit
 - 11:00 Thymeless Garden Infused Water and Hydration
 - 1:30 Arts & Craft
 - 2:30 Thymeless Culinary
 - 3:00 Sing Along
 - 4:00 Before Dinner Wrap Up
 - 7:30 IN2L Sabbath Services 2nd floor

- 11**
- 10:00 Morning Yoga
 - 11:00 Essence Aromatherapy With Destiney
 - 1:30 Garden Walk
 - 2:00 Saturday Entertainment
 - 2:30 Thymeless Culinary
 - 3:00 All Your Name In Morse Code
 - 4:00 Garden walk/Word Games
 - 6:00 Short stories After dinner

- 12**
- 10:00 Mini Golf
 - 10:30 Hymns of praise
 - 10:30 Todays news and social
 - 11:00 Join the story
 - 1:30 Sundae Bar
 - 2:30 Thymeless Culinary
 - 3:00 Matinee Movie With Popcorn:
 - 3:00 Sing along with Karen
 - 6:00 Relaxing Melodies

- 13**
- 10:00 Chair fitness
 - 10:30 Homemade Lemonade
 - 11:00 Good News Today
 - 1:30 Literature club
 - 2:30 Thymeless Culinary
 - 4:00 Benefits Of Laughter Chat: IN2L
 - 6:00 Short stories After dinner

- 14**
- 10:00 Exercise with Evadne
 - 10:30 Todays news and social
 - 11:00 Essence Aromatherapy With Destiney
 - 11:00 Good News Today
 - 11:00 Lunch outing:
 - 1:30 Old Time Memories
 - 2:30 Thymeless Culinary
 - 4:00 Garden Walk

- 15**
- National Hat & Bagel Day**
- 10:00 Walk & Talk in the thymeless garden
 - 10:30 Bookmarks: Legend of Hollywood Mickey Rooney
 - 10:30 Communion In MC
 - 11:00 Thymeless Garden Infused Water and Hydration
 - 1:30 Painting Escapades
 - 2:30 Thymeless Culinary
 - 3:00 Sing Along
 - 3:00 Wine & Cheese with Famous People
 - 4:00 Before Dinner Wrap up

- 16**
- 10:00 Fitness with Cynthia
 - 11:00 Essence Aromatherapy With Destiney
 - 1:30 Spa Day
 - 2:30 Thymeless Culinary
 - 4:00 Garden Walk
 - 6:00 Short stories After dinner

- 17**
- 10:00 Lively fitness
 - 10:30 Bookmarks: Short Stories
 - 11:00 Thymeless Garden Infused Water and Hydration
 - 1:30 Epiphany moments
 - 2:30 Thymeless Culinary
 - 3:00 Sing Along
 - 4:00 Before Dinner Wrap Up
 - 7:30 IN2L Sabbath Services 2nd floor

- 18**
- 10:00 Morning Yoga
 - 10:30 Social in the Thymeless garden
 - 11:00 Essence Aromatherapy With Destiney
 - 1:30 Garden Walk
 - 2:00 Saturday Entertainment
 - 2:30 Thymeless Culinary
 - 4:00 Garden walk/Word Games
 - 6:00 Short stories After dinner

- 19**
- National Popcorn Day**
- 10:00 Volley Ball
 - 10:30 Todays news and social
 - 11:00 Join the story
 - 2:30 Thymeless Culinary
 - 3:00 Matinee Movie With Popcorn:
 - 3:00 Sing along with Karen
 - 6:00 Relaxing Melodies

- 20**
- 10:00 Chair Yoga
 - 10:30 Embrace your morning in the thymeless garden
 - 10:30 Homemade Lemonade
 - 11:00 Good News Today
 - 1:30 Literature club
 - 2:30 Thymeless Culinary
 - 4:00 Benefits Of Laughter Chat: IN2L
 - 6:00 Short stories After dinner

- 21**
- 10:00 Mini golf
 - 10:30 Todays news and social
 - 11:00 Essence Aromatherapy With Destiney
 - 11:00 Good News Today
 - 1:30 Music Therapy
 - 2:30 Thymeless Culinary
 - 4:00 Garden Walk

- 22**
- 10:30 Bookmarks: Short Stories
 - 10:30 Communion In MC
 - 11:00 Thymeless Garden Infused Water and Hydration
 - 1:30 Family Feud With Tania
 - 2:30 Thymeless Culinary
 - 3:00 Sing Along
 - 3:00 Wine & Cheese with Famous People
 - 4:00 Before Dinner Wrap up

- 23**
- 11:00 Essence Aromatherapy With Destiney
 - 1:30 Spa Day
 - 2:30 Thymeless Culinary
 - 4:00 Garden Walk
 - 6:00 Short stories After dinner

- 24**
- 10:30 Bookmarks:
 - 11:00 Thymeless Garden Infused Water and Hydration
 - 2:30 Thymeless Culinary
 - 3:00 Sing Along
 - 4:00 Before Dinner Wrap Up
 - 7:30 IN2L Sabbath Services 2nd floor

- 25**
- Chinese New Years**
- 10:00 Morning Yoga
 - 11:00 Essence Aromatherapy With Destiney
 - 1:30 Garden Walk
 - 2:00 Saturday Entertainment
 - 2:30 Thymeless Culinary
 - 4:00 Garden walk/Word Games
 - 6:00 Short stories After dinner

- 26**
- 10:00 Walk & Talk in the thymeless garden
 - 10:30 Hymns of praise
 - 10:30 Todays news and social
 - 11:00 Join the story
 - 2:30 Thymeless Culinary
 - 3:00 Matinee Movie With Popcorn:
 - 3:00 Sing along with Karen
 - 6:00 Relaxing Melodies

- 27**
- Chocolate Cake Day**
- 10:00 Be fit
 - 10:30 Homemade Lemonade
 - 11:00 Good News Today
 - 1:30 Literature club
 - 2:30 Thymeless Culinary
 - 4:00 Benefits Of Laughter Chat: IN2L
 - 6:00 Short stories After dinner

- 28**
- Fun Day At Work**
- 10:00 Music and movement
 - 10:30 Todays news and social
 - 11:00 Essence Aromatherapy With Destiney
 - 11:00 Good News Today
 - 1:30 Who Am I?
 - 2:30 Thymeless Culinary
 - 4:00 Garden Walk

- 29**
- 10:00 Be fit with Stacy
 - 10:30 Bookmarks:
 - 10:30 Communion In MC
 - 11:00 Thymeless Garden Infused Water and Hydration
 - 1:30 Create A Puzzle (*National Puzzle Day*)
 - 2:30 Thymeless Culinary
 - 3:00 Sing Along
 - 3:00 Wine & Cheese with Famous People
 - 4:00 Before Dinner Wrap up

- 30**
- 10:00 Parachute fitness
 - 11:00 Essence Aromatherapy With Destiney
 - 1:30 Spa Day
 - 2:30 Thymeless Culinary
 - 3:00 Birthday Celebration
 - 4:00 Garden Walk
 - 6:00 Short stories After dinner

- 31**
- Inspire Your Heart with Art Day**
- 10:00 Guided Relaxation
 - 10:30 Bookmarks:
 - 11:00 Thymeless Garden Infused Water and Hydration
 - 1:30 Heartfelt Art Creation
 - 2:30 Thymeless Culinary
 - 3:00 Sing Along
 - 4:00 Before Dinner Wrap Up
 - 7:30 IN2L Sabbath Services 2nd floor

