

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
42301 Moraga Road Temecula, CA 92591 951-308-1885	Due to resident preference, activities are subject to change. "Let from this month onwards your days become more happier, fulfilling, purposeful, satisfying, & joyful. - Rajesh Goyal		Doctor's Appointments New Year's Day 10:15 Cardio Combination Wellness 1:30 General Trivia 3:00 Happy Hour! Entertainment & Cocktails! 6:00 Resident's Choice Movie	1 10:15 Chair Pilates + Core Strength 11:00 Cornhole Champs 2:30 B-I-N-G-O!! 6:00 Resident's Choice Movie	2 10:15 Drumstick Exercise Class 11:15 Activity Meeting with Kat (Coffee & Treats) 1:30 New Interactive Trivia with Engaged Senior 2:30 TRIVIA/MEMORY RECALL- Improving COGNITIVE FUNCTION 3:40 Netflix Classic Movies in the Manor Activity Room 6:00 Resident's Choice Movie	3	
10:15 Balloon Volleyball with Friends! 11:00 Cornhole Champs 1:30 Church Service with Pastor Tim 2:45 Bingo with a Twist 6:00 Resident's Choice Movie	4 10:15 Chair Yoga 1:00 BANKING + ERRAND DRIVES 2:00 Bible Study with Pastor Larry in Manor Activity Room 3:30 Flower Arranging 6:00 Resident's Choice Movie	5 10:15 Weight Work-Out & Brain Games 11:00 Cornhole Champs 1:30 Black Jack in the Man Cave 2:30 B-I-N-G-O!! 6:00 Resident's Choice Movie	6 9:00 Communion with Maureen 10:15 Balloon Volleyball! 3:00 Romantic Movie Wednesday 6:00 Resident's Choice Movie	7 10:15 Cardio Combination Wellness 10:45 Love on a Leash 1:30 General Trivia 3:00 Happy Hour! Entertainment & Cocktails! 6:00 Resident's Choice Movie	8 10:15 Chair Pilates + Core Strength 11:00 Cornhole Champs 2:30 B-I-N-G-O!! 6:00 Resident's Choice Movie	9 10:15 Drumstick Exercise Class 11:15 Activity Meeting with Kat (Coffee & Treats) 1:30 New Interactive Trivia with Engaged Senior 2:30 TRIVIA/MEMORY RECALL- Improving COGNITIVE FUNCTION 3:40 Netflix Classic Movies in the Manor Activity Room 6:00 Resident's Choice Movie	10
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