## January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Landmark of Fridley A Lifespark Community	EM Emotional  EN Enviromental  IN Intellectual  PH Physical  VO Vocational  SO Social  SP Spiritual  HO Holiday	CH Chapel DR Dining Room WR Wellness Room	New Year's Day  9:00 IN Daily News  9:00 IN Daily News  10:00 SP Worship/Music/ Dev  10:15 SP Devotions [WR]  10:30 PH Exercise [WR]  11:15 PH Exercise  2:00 PH Walk/Wheel  3:00 SO Create: Art/Music  4:00 EN Old Time/Shows/ Mu  6:30 VO Jokes/Trivia/Stor  7:30 EM Evening Stretchin	9:00 IN Daily News 9:00 IN Daily News 10:00 SP Worship/Music/Dev 10:15 SP Devotions [WR] 10:30 PH Exercise [WR] 11:15 PH Exercise 2:00 PH Walk/Wheel 3:00 SO Social hour [SA] 3:00 SO Create: Art/Music 4:00 PH Light Stretching 4:00 EN Old Time/Shows/Mu 6:30 VO Jokes/Trivia/Stor 7:30 EM Evening Stretchin	9:00 IN Daily News 9:00 IN Daily News 10:00 SP Worship/Music/Dev 10:15 SP Devotions [WR] 10:30 PH Exercise [WR] 11:15 PH Exercise 2:00 IN Bingo [DR] 2:00 PH Walk/Wheel 3:00 SO Create: Art/Music 4:00 EN Old Time/Shows/Mu 5:30 SP Movie Night (CH) 6:30 VO Jokes/Trivia/Stor 7:30 EM Evening Stretchin	9:00 IN Daily News 9:00 IN Daily News 10:00 SP Worship/Music/Dev 10:15 SP Devotions [WR] 10:30 PH Exercise [WR] 11:15 PH Exercise 1:30 IN Pick a Game (SA) 2:00 PH Walk/Wheel 3:00 SO Create: Art/Music 3:00 SP Coco and cookies 4:00 EN Old Time/Shows/Mu 6:30 VO Jokes/Trivia/Stor 7:30 EM Evening Stretchin
9:00 IN Daily News 9:00 IN Daily News 10:00 SP Worship/Music/Dev 10:15 SP Devotions [WR] 10:30 PH Exercise [WR] 11:15 PH Exercise 2:00 SO Bingo Hosted by P 2:00 PH Walk/Wheel 3:00 SO Create: Art/Music 3:00 SP Treat from the Ki 4:00 EN Old Time/Shows/Mu 6:30 VO Jokes/Trivia/Stor 7:30 EM Evening Stretchin	9:00 IN Daily News 9:00 IN Daily News 10:00 SP Worship/Music/Dev 10:15 SP Devotions [WR] 10:30 PH Exercise [WR] 11:15 PH Exercise 1:00 EM Manicures (SA) 2:00 PH Walk/Wheel 3:00 SO Create: Art/Music 3:00 VO Women's group [SA 4:00 EN Old Time/Shows/Mu 6:30 VO Jokes/Trivia/Stor 7:30 EM Evening Stretchin	9:00 IN Daily News 7 9:00 IN Daily News 10:00 SP Worship/Music/Dev 10:15 SP Devotions [WR] 10:30 PH Exercise [WR] 10:30 SP Journeying (CH 10:30 SP Journeying [CH] 11:15 PH Exercise 2:00 PH Walk/Wheel 3:00 SO Create: Art/Music 4:00 PH Light Stretching 4:00 EN Old Time/Shows/Mu 6:30 VO Jokes/Trivia/Stor 7:30 EM Evening Stretchin	9:00 IN Daily News 9:00 IN Daily News 10:00 SP Worship/Music/Dev 10:15 SP Devotions [WR] 10:30 PH Exercise [WR] 11:15 PH Exercise 1:00 SP Resident Council 2:00 IN TRYathlon Meeting 2:00 PH Walk/Wheel 3:00 SO Create: Art/Music 3:00 PH Drumming [SA] 4:00 EN Old Time/Shows/Mu 6:30 VO Jokes/Trivia/Stor 7:30 EM Evening Stretchin	9:00 IN Daily News 9:00 IN Daily News 10:00 SP Worship/Music/Dev 10:15 SP Devotions [WR] 10:30 PH Exercise [WR] 11:15 PH Exercise 2:00 PH Walk/Wheel 3:00 SO Social hour [SA] 3:00 SO Create: Art/Music 4:00 PH Light Stretching 4:00 EN Old Time/Shows/Mu 6:30 VO Jokes/Trivia/Stor 7:30 EM Evening Stretchin	9:00 IN Daily News 9:00 IN Daily News 10:00 SP Worship/Music/Dev 10:15 SP Devotions [WR] 10:30 PH Exercise [WR] 11:15 PH Exercise 1:00 IN Really Big Show ( 2:00 IN Bingo [DR] 2:00 PH Walk/Wheel 3:00 SO Create: Art/Music 4:00 EN Old Time/Shows/Mu 5:30 SP Movie Night (CH) 6:30 VO Jokes/Trivia/Stor 7:30 EM Evening Stretchin	9:00 IN Daily News 10:00 SP Worship/Music/Dev 10:15 SP Devotions [WR] 10:30 PH Exercise [WR] 11:15 PH Exercise 1:30 IN Pick a Game (SA) 2:00 PH Walk/Wheel 3:00 SO Create: Art/Music 3:00 SP Coco and cookies 4:00 EN Old Time/Shows/Mu 6:30 VO Jokes/Trivia/Stor 7:30 EM Evening Stretchin

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