	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		9:30 Morning Visits 10:30 Morning Movement: Group Stretch 1:00 Art Oline: Water color Snow Flakes 1:30 Social Hour 2:30 Bingo F A R 3:30 Puzzles and Coloring 4:30 Mail Call 5:30 Movie Night! 5:30 Movie Night!	9:30 Morning Visits 10:30 Lifelong Learning 11:00 Yoga with Lois 1:30 Social Hour 2:30 Science Fiction Movie Matinee 4:30 Mail Call	9:30 Morning Visits 10:30 Spintopia! Game Show 11:30 Puzzles and Coloring 1:30 Social Hour 2:30 Bingo 3:30 Karaoke with DJ Doug 4:30 Mail Call 6:00 Game Night!	9:30 Morning Visits 10:30 Morning Movement: Musical Ball Game 11:00 Art Club 1:30 Social Hour 2:30 Movie Matinee 4:30 Mail Call Pop Music Chart Day	9:30 Morning Visits 10:30 Nail Painting 1:30 Social Hour 2:30 Bingo 3:30 Mail Call 4:30 Bingo Cart 6:00 Ice Cream Social National Whipped Cream Day	9:30 Morning Visits 10:30 Morning Movement: Chair Zumba! 11:00 Art Club 1:30 Social Hour 2:30 Max Vanderbeek Jazz Group 3:30 Bingo Take Down the Xmas Tree Day	
	11:00 Coloring and Puzzles 11:30 Christian Worship Service 2:00 Catholic Communion 3:00 Coffee Hour	9:30 Morning Visits 10:30 Morning Movement: Group Stretch 11:00 Art Club 1:30 Social Hour 2:30 Birgo 3:30 Ruzzles and Coloring 4:30 Mail Call 5:30 Movie Night! Argyle Day	9:30 Morning Visits 10:30 Morning Movement: City Walk 11:00 Table Drumming 11:30 Write a letter to law enforcement 1:30 Social Hour 2:30 Movie Matinee 4:30 Mail Call	9:30 Morning Visits 10:30 Spintopia! Game Show 11:30 Puzzles and Coloring 1:30 Social Hour 2:30 Bingo 3:30 Soundbath with Dara 4:30 Mail Call 6:00 Game Night!	9:30 Morning Visits 10:30 Morning Movement: Musical Ball Game 11:00 Art Club 1:30 Social Hour 2:30 Movie Matinee 4:30 Mail Call Milk Day	9:30 Morning Visits 10:30 Nail Painting 1:30 Social Hour 2:30 Bingo 3:30 Puzzles and Coloring 4:30 Mail Cart 6:00 Ice Cream Social Marzipan Day	9:30 Morning Visits 10:30 Morning Movement: Chair Zumba! 11:00 Art Club 1:30 Social Hour 2:30 Bingo 3:30 Board Games	
	11:30 Christian Worship Service 2:00 Catholic Communion 3:00 Coffee Hour	9:30 Morning Visits 10:30 Morning Movement: Group Stretch 11:00 Art Club 1:30 Social Hour 2:30 Bingo 3:30 Ruzzles and Coloring 4:30 Mail Call 5:30 Movie Night! Martin Luther King Jr. Day	9:30 Morning Visits 10:30 Morning Movement: City Walk 11:00 Mr. Charisma Performance! 1:30 Social Hour 2:30 Movie Matinee 4:30 Mail Call	9:30 Morning Visits 10:30 Spintopia! Game Show 11:30 Puzzles and Coloring 1:30 Social Hour 2:30 Bingo 3:30 Sing-along 4:30 Mail Call 6:00 Game Night!	9:30 Morning Visits 10:30 Morning Movement: Musical Ball Game 11:00 Art Club 1:30 Social Hour 2:30 Movie Matinee 4:30 Mail Call Gourmet Coffee Day	9:30 Morning Visits 10:30 Nail Painting 1:30 Social Hour 2:30 Bingo 3:30 Mail Call 4:30 Bingo Cart 6:00 Ice Cream Social Brew a Potion Day	9:30 Morning Visits 10:30 Morning Movement: Chair Zumba! 11:00 Art Club 1:30 Social Hour 2:30 Max Vanderbeek Jazz Group 3:30 Bingo	
	11:00 Coloring and Puzzles 11:30 Christian Worship Service 2:00 Catholic Communion 3:00 Coffee Hour Activity Professionals Week	9:30 Morning Visits 10:30 Morning Movement: Group Stretch 11:00 Art Club 1:30 Social Hour 2:30 Bingo 3:30 Puzzles and Coloring 4:30 Mail Call 5:30 Movie Night!	9:30 Morning Visits 10:30 Lifelong Learning 11:00 Yoga with Lois 1:30 Social Hour 2:30 Movie Matinee 4:30 Mail Call	9:30 Morning Visits 10:30 Spintopia! Game Show 11:30 Puzzles and Coloring 1:30 Social Hour 2:30 Bingo 3:30 Sing-along 4:30 Mail Call 6:00 Game Night! National Compliment Day	9:30 Morning Visits 10:30 Morning Movement: Musical Ball Game 11:00 Art Club 1:30 Social Hour 2:30 Movie Matinee 4:30 Mail Call	9:30 Morning Visits 10:30 Nail Painting 1:30 Green Juice Social Hour 2:30 Bingo 3:30 Puzzles and Coloring 4:30 Mail Call 6:00 Ice Cream Social Green Juice Day	9:30 Morning Visits 10:30 Morning Movement: Chair Zumba! 11:00 Art Club 1:30 Chocolate Cake Social Hour 2:30 Bingo 3:30 Board Games Chocolate Cake Day	
7 1-	11:00 Coloring and Puzzles 11:30 Christian Worship Service 2:00 Catholic Communion 3:00 Coffee Hour	9:30 Morning Visits 10:30 Morning Movement: Group Stretch 11:00 Art Club 1:30 Social Hour 2:30 Bingo 3:30 Puzzles and Coloring 4:30 Mail Call 5:30 Movie Night! National Puzzle Day	9:30 Morning Visits 10:30 Morning Movement: City Walk 11:00 Table Drumming 11:30 Dinosaur Drawing 1:30 Croissant Social Hour 2:30 Movie Matinee 4:30 Mai/Callinosaur Day National Croissant Day	9:30 Morning Visits 10:30 Spintopia! Game Show 11:30 Puzzles and Coloring 1:30 We Sing Hope Concert 2:30 Bingo and hot cocoa 3:30 Karaoke with DJ Doug 4:30 Mail Call 6:00 Game Night! Hot Chocolate Day	7 2 0			
	Activity Calendar for Lorien Elkridge. Schedule/location of activities are subject to change and changes will be reflected on the daily activity sheets whenever possible. Please contact Activity Director Leanne Estabrook with any questions or concerns. Lestabrook@lorienhealth.com, ext 510							