

January 2025

1 No Van Available
10:00 Solemnity of Mary (CR)
11:00 Renew the Mind (CH)
6:30 Resident Prayer Group (CH)

2 10:15 Chair YOGA Exercise (CR)
10:30 Yarn Club w/Nan (AS)
11:15 Worship Service (CH)
1:30 Print Making w/Curtis (AS)
1:30 Rosary (CH)
3:00 Cognition Ignition w/Nan (AR)
6:30 BINGO w/Robbie & Tracy (AR)
1,2,3,4,5,6,7,8

3 8:45 Van to Mass
10:00 Van to Target
10:30 Ageless Grace Exercise w/Janie (CR)
11:30 Smart Start w/Nan (AS)
1:30 Telling Our Stories w/John (LIB)
1:30 Van to Libbie Market
3:00 Stations of the Cross (CH)
6:30 Singing Our Faith (L)
1,2,3,4,5,6,7,8

4 11:00 Rosary (CH)
12:00-5:00 OPEN – Board Games (AR) Invite a friend!
5:00 St. Mary's Woods Mass (CR)
7:00 Saturday Night Live Chat (TL)
1,2,3,4,5,6,7,8



5 12:00-5:00 Open Art Studio (AS)
1:30 Worship Service w/ Doc Reed
3:00 At the Piano w/Cameron Francis (L)
1,2,3,4,5,6,7,8

6 9:00 Van to Food Lion
10 Warm Up Your Wits w/Nan (LIB)
10:15 Exercise w/Curtis (CR)
11:00 Change of Scenery Drive
1:00 Wii Bowling w/Curtis (TL)
1:00 DR Floral Arranging (AS)
1:30 Van to Kroger
1:15 Cognition Ignition w/Nan (AR)
2:30 Bible Study w/Sarah (CH) topic
3:00 BINGO w/Curtis (AR)
4:00 Words in Words w/Nan (L)
1,2,3,4,5,6,7,8

7 10:00 Balance/Action Exercise w/Patti (CR)
10:00 Jewelry with Curtis (AS)
10:15 Adoration (CH)
10:30 Fresh Flower Arranging (AR)
11:15 Drama Club (CR)
1:30 Sign Language Class (AR)
2:00 Fun Drums w/Terri (L)
3:00 Games w/ Curtis (AR)

8 8:45 Van to Mass
9:00 Van to Kroger
10:15 Exercise Class w/Curtis (CR)
11:00 Renew the Mind (CH)
11:00 Van to Publix
1:00 Van to Walmart
2:00 Acrylic Painting w/Curtis (AS)
2:30 Caring Canines (L)
3:00 Resident Town Hall (CR)
6:30 Resident Prayer Group (CH)

9 10:00 SMW's Mass (CH)
10:15 Chair YOGA Exercise (CR)
10:30 Yarn Club w/Nan (AS)
11:15 Worship Service (CH)
1:30 Print Making w/Curtis (AS)
1:30 Rosary (CH)
3:00 Cognition Ignition w/Nan (AR)
4:00 Winter Warm Up Happy Hour (CR)
6:30 BINGO w/Robbie & Tracy (AR)
1,2,3,4,5,6,7,8

10 8:45 Van to Mass
10:00 Van to Target
11:30 Smart Start w/Nan (AS)
1:30 Telling Our Stories w/John (LIB)
1:30 Van to Burlington/TJ Maxx
3:00 Chaplet of Divine Mercy (CH)
6:30 Singing Our Faith (L)
1,2,3,4,5,6,7,8

11 10:00-12 Studio Time w/Curtis (AS)
11:00 Rosary (CH)
12:00-5:00 OPEN – Board Games (AR) Invite a friend!
3:45 Mary Stella Performs (L)
5:00 St. Mary's Woods Mass (CR)
7:00 Saturday Night Live Chat
1,2,3,4,5,6,7,8

12 12:00-5:00 Open Art Studio (AS)
3:00 At the Piano w/Cameron Francis (L)

13 10:00 Van to Ollies
10 Warm Up Your Wits w/Nan (LIB)
10:15 Exercise w/Curtis (CR)
11:30 Trader Joe's
1:00 Wii Bowling w/Curtis (TL)
1:00 DR Floral Arranging (AS)
1:30 Van to Kroger
1:15 Cognition Ignition w/Nan (AR)
2:30 Bible Study w/Sarah (CH) topic
3:00 BINGO w/Curtis (AR)
4:00 Words in Words w/Nan (L)
1,2,3,4,5,6,7,8

14 10:00 Balance/Action Exercise w/Patti (CR)
10:00 Jewelry w/Curtis (AS)
10:30 Fresh Flower Arranging (AR)
11:15 Drama Club (CR)
1:30 Sign Language Class (AR)
2:00 Decorate Your Hat (AS)
3:00 Games w/Curtis (AR)
1,2,3,4,5,6,7,8

15 **National Wear A Hat Day!**
8:45 Van to Mass
9:00 Van to Kroger
10:15 Exercise Class w/Curtis (CR)
11:00 Lunch Bunch-Jersey Mikes (Sign-up)
11:00 Renew the Mind (CH)
1:00 Van to Walmart
2:00 Acrylic Painting w/Curtis (AS)
3:00 This & That Sip & Chat Tea (L)
6:30 Resident Prayer Group (CH)
1,2,3,4,5,6,7,8

16 10:00 SMW's Mass (CH)
10:15 Chair YOGA Exercise (CR)
10:30 Yarn Club w/Nan (AS)
11:15 Worship Service (CH)
1:30 Print Making w/Curtis (AS)
1:30 Rosary (CH)
2:00 Henrico Mobile Library (CR)
3:00 Cognition Ignition w/Nan (AR)
6:30 BINGO w/Robbie & Tracy (AR)
1,2,3,4,5,6,7,8

17 8:45 Van to Mass
10:00 Van to Target
10:30 Ageless Grace Exercise w/Janie (CR)
11:30 Smart Start w/Nan (AS)
1:30 Telling Our Stories w/John (LIB)
1:30 Van to Marshall's
2:00 Confession (CH)
6:30 Singing Our Faith (L)
1,2,3,4,5,6,7,8

18 11:00 Rosary
12:00-5:00 OPEN-Board Games (AR) Invite a friend!
2:00 Claudia Carawan Performs (L)
5:00 St. Mary's Woods Mass (CR)
7:00 Saturday Night Live Chat (TL)
1,2,3,4,5,6,7,8

National Popcorn Day! **19** 9:00 Van to Food Lion
10 Warm Up Your Wits w/Nan (LIB)
10:15 Exercise w/Curtis (CR)
11:15 Lunch-@Yen Ching (Sign-up)
1:00 Wii Bowling w/Curtis (TL)
1:00 DR Floral Arranging (AS)
1:30 Van to Kroger
1:15 Cognition Ignition w/Nan (AR)
2:30 Bible Study w/Sarah (CH)
3:00 BINGO w/Curtis (AR)
4:00 Words in Words w/Nan (L)
6:00 Inspirational Movie Night (TL)
1,2,3,4,5,6,7,8
Activity Professionals Week

20 10:00 Balance/Action Exercise w/Patti (CR)
10:00 Jewelry with Curtis
10:30 Fresh Flower Arranging (AR)
11:15 Drama Club (CR)
1:30 Sign Language Class (AR)
1:30 Men's Corn Hole (CR) (Must Sign-up)
3:00 Games w/Curtis (AR)
1,2,3,4,5,6,7,8
Martin Luther King Jr. Day

21 8:45 Van to Mass
9:00 Van to Kroger
10:15 Exercise Class w/Curtis (CR)
11:00 Change of Scenery Drive
11:00 Renew the Mind (CH)
1:00 Van to Walmart
2:00 Acrylic Painting w/Curtis (AS)
2:00 Joe Loschiavo Performs (CR) & January Birthday Celebration
6:30 Resident Prayer Group (CH)
1,2,3,4,5,6,7,8

22 10:00 SMW's Mass (CH)
10:15 Chair YOGA Exercise (CR)
10:30 Yarn Club w/Nan (AS)
11:15 Worship Service (CH)
1:30 Print Making w/Curtis (AS)
1:30 Rosary (CH)
6:30 BINGO w/Robbie & Tracy (AR)
1,2,3,4,5,6,7,8

23 8:45 Van to Mass
10:00 Van to Target
10:30 Ageless Grace Exercise w/Janie (CR)
11:30 Smart Start w/Nan (AS)
1:00 Drama Club to OLOH (BUS)
1:30 Telling Our Stories w/John (LIB)
3:00 Chaplet of Divine Mercy (CH)
6:30 Singing Our Faith (L)
1,2,3,4,5,6,7,8

24 11:00 Rosary (CH)
12:00 – 5:00 OPEN-Board Games (AR) Invite a friend!
5:00 St. Mary's Woods Mass (CR)
7:00 Saturday Night Live Chat (TL)
1,2,3,4,5,6,7,8

26 12:00-5:00 Open Art Studio (AS)
3:00 At the Piano w/Cameron Francis (L)
1,2,3,4,5,6,7,8
Australia Day (Observed)

27 9:00 Van to Dollar Tree
10 Warm Up Your Wits w/Nan (LIB)
10:15 Exercise w/Curtis (CR)
10:30 Van to Historical Dabb's House Tour (Sign-up)
1:00 Wii Bowling w/Curtis (TL)
1:00 DR Floral Arranging (AS)
1:30 Van to Kroger
1:15 Cognition Ignition w/Nan (AR)
2:30 Bible Study w/Sarah (CH)
2:30 Henrico Book Club w/Phil Ford (LIB)
3:00 BINGO w/Curtis (AR)
4:00 Words in Words w/Nan (L)
1,2,3,4,5,6,7,8

28 10:00 Balance/Action Exercise w/Patti (CR)
10:00 Jewelry w/Curtis (AS)
11:15 Drama Club (TL)
3:00 Games w/Curtis (TL)
6:30 Sing-along w/Diane Hart (L)
1,2,3,4,5,6,7,8

29 8:45 Van to Mass
9:00 Van to Kroger
10:15 Exercise Class w/Curtis (CR)
11:00 Renew the Mind (CH)
11:00 Van to Libbie Market
1:00 Van Walmart
2:00 Acrylic Painting w/Curtis (AS)
2:00 Food Committee Mtg. (DR)
3:00 Fresh Flower Arranging (CR)
6:30 Resident Prayer Group (CH)
1,2,3,4,5,6,7,8
Chinese New Year (Year of the Snake)

30 10:00 SMW's Mass (CH)
10:15 Chair YOGA Exercise (CR)
10:30 Yarn Club w/Nan (L)
10:30 Print Making w/Curtis (AS)
11:15 Worship Service (CH)
1:30 Rosary (CH)
2:00 Fun Drums w/Terri (L)
3:00 Cognition Ignition w/Nan (TL)
6:30 BINGO w/Robbie & Tracy (AR)
1,2,3,4,5,6,7,8

31 8:30 Men's Breakfast (CR)
8:45 Van to Mass
10:00 Van to Target
10:30 Ageless Grace Exercise w/Janie (AR)
11:30 Smart Start w/Nan (AS)
12:30 Van to Ukrops Market
1:30 Telling Our Stories (LIB)
1:45 Van to Dairy Queen (Sign-up)
2:00 Therapeutic Harp (CH)
6:30 Singing Our Faith (L)
1,2,3,4,5,6,7,8

Location Key

- AR-Activity Room (2nd Floor)
- TL- TV Lounge (3rd Floor)
- AS- Art Studio (2nd Floor)
- CH-Chapel (2nd Floor)
- DR-Dining Room (1st Floor)
- CR-Community Room (2nd Floor)
- LIB-Library (2nd Floor)
- L-Lobby (2nd Floor)