

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2020

Linda Valley Assisted Living Activities & Events

				1 Happy New Years!!	2 9:00 Walk 9:30 Daily Chronicles P 11:00 Flower Arrangements 2:00 Ukulele Music M 2:30 Exercise Moves M 3:00 Piecing Puzzles Together A	3 9:00 Morning Walk 9:30 Daily Chronicles P 11:00 Bingo A 2:00 Seated Exercise M 2:45 Brain Trivia M 6:00 Vespers M Speaker: Judy Thompson	4 9:00 Morning Service 11:00 Sabbath Video M 1:00 Biblical Talk P 6:00 Vespers M Speaker: Lance Hofer-Draper
	5 9:00 Morning Walk P 9:30 Daily Chronicles P 10:00 Amazing Discovery Educational/DVD 2:00 Book Club Ellen G White A 3:00 Moving 4 Energy M	6 9:00 Morning Walk 9:30 Daily Chronicle P 10:00 Shopping Day 2:00 Muscle Stretch M 3:00 Bible Study/Deborah A	7 9:00 Morning Walk P 9:30 Daily Chronicles P 10:30 Strain Your Brain Trivia 11:00 Food 4 Thought MR 2:00 Fitness Hour M 3:00 Prayer Group M 4:00 Cactus Bookmarks Crafts	8 9:00 Walk/Chronicles P 9:30 Brain Jigglers P 11:00 Pom Pom Coasters A 2:00 Fitness on M 3:00 Our Time Family & Friends Hour 4:00 Board Games A	9 9:00 Morning Walk 9:30 Daily Chronicles P 11:00 Blue Zone Cooking (Sweet and Salty Peanut Butter Dip) A 2:00 Therapy Tunes M 2:30 Fitness Moves M	10 9:00 Walk/Daily Chronicles P 10:45 Bingo A 11:00 Gourmet Pizza (Downtown Redlands) 2:00 Artist David A 3:00 Seated Exercise M 6:00 Vespers M Speaker: Nancy Vyhmeister	11 9:00 Morning Service 11:00 Sabbath Video M 1:00 Biblical Talk P 6:00 Vespers M Speaker: Marian Mowery
12 9:00 Morning Walk P 9:30 Daily Chronicles P 10:00 Amazing Discovery Educational/DVD 2:00 Book Club Ellen G White 3:00 Moving 4 Energy M	13 9:00 Morning Walk 9:30 Daily Chronicles P 10:00 Greeting Card Making 11:00 Music Therapy w/Jill M 2:00 Muscle Stretch M 3:00 Bible Study/Deborah A	14 9:00 Morning Walk 9:30 Daily Chronicles P 8:30-9 Rancho Santa Ana Botanic Gardens (Claremont Ca.) 2:00 Fitness Class M 3:00 Prayer Group M	15 9:00 Morning Walk 9:30 Daily Chronicles P 11:00 Colorful Cacti Craft A 2:00 Fitness Moves M 2:45 Brain Fitness M 3:00 Share Care & Prayer 4:00 Word Search A	16 9:00 Morning Walk 9:30 Daily Chronicles P 11:00 Blue Zone Cooking (Candied Pecans) A 2:00 Therapy Tunes M 2:30 Fitness Moves M 3:00 Color by Numbers A	17 9:00 Morning Walk 9:30 Daily Chronicles P 11:00 LLA Children Center (Story Time) 2:00 Clap 2 the Music M 3:00 Bingo A 6:00 Vespers M Speaker: Pastor James Ponder	18 9:00 Morning Service 11:00 Sabbath Video M 1:00 Biblical Talk P 6:00 Vespers M Speaker: Lance Hofer-Draper	
19 9:00 Morning Walk P 9:30 Daily Chronicles P 10:00 Amazing Discovery Educational/DVD 2:00 Book Club Ellen G White A 3:00 Moving 4 Energy M <small>Activity Professionals Week</small>	20 9:00 Morning Walk P 9:30 Daily Chronicles P 10:00 Shopping Outing 2:00 Sweet Sweats M 3:00 Bible Study/Deborah A <small>Martin Luther King Day</small>	21 9:00 Morning Walk 9:30 Daily Chronicles P 11:00 Blue Zone Cooking (Creamy Banana Dip) 2:00 Fitness Class M 3:00 Prayer Group M	22 9:00 Morning Walk 9:30 Daily Chronicles P 11:00 Puzzle Piece Picture Frame A 2:00 Fitness Moves M 2:45 Brain Fitness M 3:00 Share Care & Prayer	23 9:00 Morning Walk 9:30 Daily Chronicles P 10:30 Party Prep 11:00 Winter Bliss Party 2:00 Music Therapy M 2:30 Exercise Time M 3:15 Word Search A	24 9:00 Morning Walk 9:30 Daily Chronicles P 11:00 Martha Green's Eating Room (Redlands) 2:00 Clap 2 the Music M 3:00 Bingo A 6:00 Vespers M Speaker: Esther Kang	25 9:00 Morning Service 11:00 Sabbath Video M 1:00 Biblical Talk P 6:00 Vespers M Speaker: Lance Hofer-Draper <small>Chinese New Year</small>	
26 9:00 Morning Walk P 9:30 Daily Chronicles P 10:00 Amazing Discovery Educational/DVD 2:00 Book Club/Ellen G White A 3:00 Moving 4 Energy M	27 9:00 Morning Walk 9:30 Daily Chronicles P 10:00 Running Errands 11:00 Music Therapy w/Jill M 2:00 Muscle Stretch M 3:00 Bible Study/Deborah A <small>Australia Day (observed)</small>	28 9:00 Morning Walk P 9:30 Daily Chronicles P 11:00 Conversation Ball M 2:00 Fitness Hour M 3:00 Prayer Group M 3-5 Birthday Celebration Ice Cream Social/Music D	29 9:00 Morning Walk 9:30 Daily Chronicles P 11:00 Q-Tip Daisies Craft A 2:00 Fitness Moves M 2:45 Brain Fitness M 3:00 Conversation Ball M 4:00 Scrabble A	30 9:00 Morning Walk 9:30 Daily Chronicles P 10:00 Resident Council Meeting 11:00 Music Therapy Lecture (LV Villa) 2:00 Music Therapy M 2:30 Exercise Time M	31 9:00 Morning Walk 9:30 Daily Chronicles P 11:00 Bingo A 2:00 Clap 2 the Music M 3:00 Trivia M 6:00 Vespers M Speaker: Lance Hofer-Draper		

ACTIVITIES SUBJECT TO CHANGE* alternate activities (board games, crossword puzzles, bingo, movies, etc 25393 Cole St., Loma Linda, CA 909-799-3117 Lic. #366426710