


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Outings scheduled weather permitting. Activities are subject to change, please see daily sheets posted at Cambrian	<h1>January 2020</h1>		1 Happy New Year! 10:00 AM Exercise 1:45 Walking Club 3:30 Snack, Rest & Relax 6:00 Conversation Club & Reminisce	2 9:30 Stretch & Flex 10:00 Trivia 2:00 Piano with Helen 2:30 Thirsty Thursday 3:30 Reminisce 4:00 Rest and Relax 6:00 Hand Massage & Relaxation	3 9:30 Morning Music 10:45 Name 5 3:00 Music & Mocktails 6:00 Movie Night: <i>Eight Below</i>	4 9:15 Morning Music 11:00 Conversation Club 1:30 Happy Feet 4:00 Reminisce 6:30 Manicures
5 10:00 Rosary & Catholic Visitors 3:00 Worship Service (AL) 6:30 Hymn Sing	6 9:30 Tai Chi 1:30 Happy Feet 2:30 Snack Social 3:00 Short Stories 4:00 Rest and Relax 6:00 Monday Movie:	7 10:00 AM Exercise 10:00 Visits with Volunteer 11:00 Visits with Volunteer 2:30 Ladies Bible Study 4:00 Rest and Relax 6:00 Adult Coloring	8 Beauty Shop 10:30 Craft Connection 1:45 Walking Club 4:00 Rest and Relax 6:00 Conversation Club & Reminisce	9 Manicures 9:30 Stretch & Flex 10:00 Trivia 2:00 Piano with Helen 2:30 Thirsty Thursday 3:30 Reminisce 4:00 Rest and Relax 6:00 Hand Massage & Relaxation	10 9:30 Morning Music 10:30 Bible Study 1:30 Happy Feet 2:30 Snack Social 4:00 Rest and Relax 6:00 Movie & Popcorn:	11 9:15 Morning Music 11:00 Conversation Club 2:30 Snack Social 4:00 Rest & Relax 6:30 Manicures /
12 10:00 Rosary & Catholic Visitors 3:00 Worship Service (AL) 6:30 Hymns Sing	13 9:30 Tai Chi 2:00 Drum Circle 2:30 Snack Social 3:00 Short Stories 6:00 Monday Movie:	14 10:00 AM Exercise 11:00 Visits with Volunteer 2:30 Snack Social 4:00 Rest and Relax 6:00 Adult Coloring	15 Beauty Shop 10:30 Craft Connection 1:30 Happy Feet 2:30 Snack Social 3:00 Rest & Relaxation 6:00 Conversation Club & Reminisce	16 9:30 Stretch & Flex 10:00 Trivia 1:30 Happy Feet 2:00 Piano with Helen 2:30 Snack Social 6:00 Hand Massage & Relaxation	17 9:30 Morning Music 10:00 Exercise 3:00 Out and About 4:00 Rest & Relax 6:00 Movie Night:	18 9:15 Morning Music 11:00 Conversation Club 2:30 Snack Social 4:00 Rest and Relax 6:30 Manicures/ Sentimental Reflections
19 10:00 Rosary & Catholic Visitors 3:00 Worship Service (AL) 6:30 Hymns Sing	20 9:30 Tai Chi 2:30 Snack Social 3:00 Short Stories 4:00 Rest & Relaxation 6:30 Monday Movie:	21 10:00 AM Exercise 2:00 Flower Arranging 2:30 Snack Social 3:30 Cookie Club 4:00 Rest and Relax 6:00 Adult Coloring	22 Beauty Shop 9:30 Music and Movement 10:00 Toss Across 1:30 Happy Feet 2:30 Snack Social 3:00 Rest and Relaxation 4:00 Rest & Relax 6:00 Conversation Club & Reminisce	23 Manicures 10:00 AM Exercise/ Trivia 1:30 Happy Feet 2:30 Thirsty Thursday 4:00 Rest and Relax 6:00 Hand Massage & Relaxation (AL)	24 9:30 Bible Study ? 10:00 Exercise 3:30 Music & Mocktails 4:00 Rest and Relax 6:00 Movie Night:	25 9:15 Morning Music 11:00 Conversation Club 2:30 Snack Social 4:00 Reminisce 6:30 Manicures / <i>Sentimental Reflections</i>
26 10:00 Rosary & Catholic Visitors 3:00 Worship Service (AL) 6:30 Hymns Sing	27 9:30 Tai Chi 10:45 Lunch Bunch* 11:00 Reminisce 3:00 Short Stories 4:00 Rest & Relaxation 6:00 Netflix Night	28 10:00 AM Exercise 2:00 Flower Arranging 2:30 Snack Social 4:00 Rest & Relaxation 6:00 Adult Coloring	29 Beauty Shop 9:30 Zumba Gold 10:30 Craft Connection 1:30 Happy Feet 2:30 Ladies Bible Study 3:00 Rest and Relaxation 6:00 Conversation Club & Reminisce	30 9:30 Stretch & Flex 10:00 Trivia 1:00 Snowball Dance (AL) 3:00 Thirsty Thursday 6:00 Hand Massage & Relaxation	31 9:30 Bible Study 10:00 Exercise 2:15 Yoga with BiaChiYoga 3:30 Music & Mocktails 4:00 Rest and Relax 6:00 Movie Night:	

Cambrian Senior Living *333 N. Occidental Hwy * Tecumseh, MI 49286 * www.cambrianseniorliving.com * 517-423-5300 * Like us on Facebook

Activities are subject to change, Outings can be canceled due to extreme weather; please see daily sheets for adjustments/changes. Outings are Weather permitting ***Beauty Salon & Manicures by Appointment**