Sunday	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday
THE STATE OF ME	THE STATE OF					1	11am: Church 2
	Janu	ary 2		Z			2pm: Cornhole
						New Year's Day	3:30pm: BINGO
A mask must be worn during all activities as well as 6ft social distancing must be maintained. New Year's Day							*National Buffet Day
11am: Coffee Hour 3	11am: Fitness Fun 4	11am: Chair Yoga	5	11am: Store 6	11am: Chair Aerobic 7 2pm: BINGO	11am: Fitness Fun 8	11am: Church 9
2pm: R&R (Read and	2pm: BINGO	2pm: Craft		2pm: Store		2pm: Movie (MR)	2pm: Name that Tune
relax	3:30pm: Trivia	3:30pm: Bowling		3:30pm: Coloring	3:30pm: Yahtzee		3:30pm: BINGO
*International Mind- Body Wellness Day	*National Trivia Day	*National Bird Day		*National Bean Day	*National Bobblehead Day	*National Bubble Bath Day	*National Law Enforcement Day
11am: Coffee hour 10	11am: Fitness Fun 11	11am: Yoga	12	11am: Store 13	11am: Chair Aerobi 4s 2pm: Bus Ride	11am: Fitness Fun 15	11am: Church 16
2pm: Coloring pages	2pm: Cornhole	2pm: BINGO		2pm: Store		2pm: BINGO	2pm: Cornhole
	3:30pm: BINGO	3:30pm: Jeopardy		3:30pm: Coloring	3:30pm: BINGO	3:30pm: Wheel of Fortune	3:30pm: BINGO
*National H <mark>ouseplant</mark> Day	*National Milk Day	*National Pharmac		*National Sticker Day	*National Dress Up Your Pet Day	*National Bagel Day	*National Nothing Day
11am: Coffee Hour 17	11am: Fitness Fun 18		19	11am:Store 20	11am: Chair Aerobi 2 s	11am: Fitness Fun 22	11am: Church 23
2pm: Activity Binder	2pm: Movie (MR)	2pm: Popcorn and Tour (MR)		2pm: Store	2pm: Bowling	2pm: Movie (MR)	2pm: BINGO
	3:30pm: Music and coloring	3:30pm: BINGO		3:30pm: Coloring	3:30pm: BINGO		3:30pm: Craft
*National Winnie the Pooh Day	M <mark>artin Lut</mark> her King Day	*National Popcorn Day		*National DJ Day	*National Hug Day	*National Brownie Day	*National Pie Day
11am: R&R (Read 24 and Relax)	11am: Fitness Fun 25	11am: Yoga	26	11am: Store 27	11am: Chair Aerobi 28 2pm: Bus Ride	11am: Fitness Fun 29	11am: Church 30
	2p <mark>m:Charades</mark>	2pm: Trivia		2pm: Store		2pm: BINGO	2pm: Name that Tune
2pm: Activity Binder	3:30pm: BINGO	3:30pm: Bowling	3	3:30pm: Coloring	3:30pm: BINGO	3:30pm: Cornhole	3:30pm: BINGO
Activity Professionals Week	*Opposite Day	Australia Day (observed)		*National Chocolate Cake Day	*National Daisy Day	*National Puzzle Day	*National Croissant Day
		ne in the activity	roc	om unless stated ot	herwise.		Wall Control
2pm: Coloring pages	MR (Movie Room)		1				
	All activities are do	unless stated otherv	vise.				
*National Hot Chocolate Day							
The Eliot at Troy 2902 Tibbits Ave. Troy NY 12180							