


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>AT OLD LARAMIE TRAIL SENIOR LIVING</p>	<p>Location Keys</p> <p>AL Activity Room AL Dining Room AL Living Room Dining Room Great Room Living Room MC Activity Room MC Living Room</p> <p>AL/AR AL/DR AL/Living Room DR GR LR MC AR MC LR</p>	<p>New Year's Day 1</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Move It or Lose It Exercise 10:45 ♥ Meditation [MC AR] 11:00 ★ Read Out Loud Book Club [MC AR] 11:30 ♥ Lunch [DR] 1:30 ♥ Indoor Sports: Parachute Fun [MC AR] 3:00 ★ Looking Back on 2018 & New Year Resolutions [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>Happy Birthday Betty L 2</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Healthy Hearts Exercise Class 10:45 ♥ Meditation 11:00 ★ Read Out Loud Book Club 11:30 ♥ Lunch [DR] 1:30 ★ Flower Arranging 3:00 ★ Bible Study: Reading and Discussion [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Movie Classics</p>	<p>3</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Move It or Lose It Exercise 10:45 ♥ Meditation [MC AR] 11:00 ★ Read Out Loud Book Club [MC AR] 11:15 ★ Catholic Service with Communion 11:30 ♥ Lunch [DR] 1:30 ★ Culinary Creations [MC AR] 3:00 🦋 Musical Performance: Susan Clark 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>4</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Active & Awesome Seniors 10:45 ♥ Meditation 11:00 🦋 Book Creations with Gen-Narrations Creative Storytelling [MC AR] 11:30 ♥ Lunch [DR] 1:30 ★ Worship Service with Chaplain Elisa [MC AR] 2:45 📺 Never Stop Exploring Outing [GR] 3:00 ♥ Indoor Sports: Ball Toss Arm Strengthening [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Friday Night at the Movies [GR]</p>	<p>5</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Movin' and Groovin' 10:45 ♥ Meditation 11:00 🦋 Brain Fitness Trivia [MC AR] 11:30 ♥ Lunch [DR] 1:30 ♥ Reminiscing: Engagement Boxes [MC AR] 2:30 🦋 Ice Cream Social [MC AR] 3:00 🦋 Bingo [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>
<p>6</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Stretch and Strength Chair Exercise [MC AR] 10:45 ♥ Meditation [MC AR] 11:30 ♥ Lunch [DR] 1:30 🦋 Cranium Crunches: Name Five [GR] 3:00 ♥ Time to Reminisce 4:30 ♥ Dinner [DR] 6:00 🦋 Sunday Night Movie [LR]</p>	<p>7</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Active & Awesome Seniors 10:45 ♥ Meditation 11:00 ★ Poet's Corner [MC AR] 11:30 ♥ Lunch [DR] 1:30 ★ Expressive Design 3:00 🦋 Musical Performance: Josh Brookstein [MC LR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>8</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Move It or Lose It Exercise 10:45 ♥ Meditation [MC AR] 11:00 ★ Read Out Loud Book Club [MC AR] 11:30 ♥ Lunch [DR] 1:30 ♥ Indoor Sports: Indoor Volleyball [MC AR] 3:00 🦋 Musical Entertainment: Scott Buckley [MC LR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>9</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Healthy Hearts Exercise Class 10:45 ♥ Meditation 11:00 ★ Read Out Loud Book Club 11:30 ♥ Lunch [DR] 1:30 ★ Flower Arranging 3:00 ★ Bible Study: Reading and Discussion [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Meet & Greet for Meghan Donahue, Generations Program Director [AL/AR] 6:00 🦋 Movie Classics</p>	<p>10</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Move It or Lose It Exercise 10:45 ♥ Meditation [MC AR] 11:00 ★ Read Out Loud Book Club [MC AR] 11:15 ★ Catholic Service with Communion 11:30 ♥ Lunch [DR] 1:30 ★ Culinary Creations [MC AR] 3:00 🦋 Musical Performance: Mark Cormican [AL/Living Room] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>11</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Active & Awesome Seniors 10:45 ♥ Meditation 11:00 🦋 Book Creations with Gen-Narrations Creative Storytelling [MC AR] 11:30 ♥ Lunch [DR] 1:30 ★ Worship Service with Chaplain Elisa [MC AR] 2:45 📺 Never Stop Exploring Outing [GR] 3:00 ♥ Indoor Sports: Basketball Toss [AL/AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Friday Night at the Movies [GR]</p>	<p>12</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Movin' and Groovin' 10:45 ♥ Meditation 11:00 🦋 Brain Fitness Trivia [MC AR] 11:30 ♥ Lunch [DR] 1:30 ♥ Reminiscing: Engagement Boxes [MC AR] 2:30 🦋 Ice Cream Social [MC AR] 3:00 🦋 Bingo [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>
<p>13</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Stretch and Strength Chair Exercise [MC AR] 10:45 ♥ Meditation [MC AR] 11:30 ♥ Lunch [DR] 1:30 🦋 Cranium Crunches: Pictionary [GR] 3:00 ♥ Time to Reminisce 4:30 ♥ Dinner [DR] 6:00 🦋 Sunday Night Movie [LR]</p>	<p>14</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Active & Awesome Seniors 10:45 ♥ Meditation 11:00 ★ Poet's Corner [MC AR] 11:30 ♥ Lunch [DR] 1:30 ★ Expressive Design 1:30 🦋 Musical Performance: Heartlanders [MC LR] 3:00 🦋 Valentine's Day Celebration [MC LR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>15</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Move It or Lose It Exercise 10:45 ♥ Meditation [MC AR] 11:00 ★ Read Out Loud Book Club [MC AR] 11:30 ♥ Lunch [DR] 1:30 ★ Creative Expressions [MC AR] 3:00 ♥ Indoor Sports: Ball Toss Arm Strengthening [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>16</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Healthy Hearts Exercise Class 10:45 ♥ Meditation 11:00 ★ Read Out Loud Book Club 11:30 ♥ Lunch [DR] 1:30 ★ Flower Arranging 3:00 ★ Bible Study: Reading and Discussion [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Movie Classics</p>	<p>17</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Move It or Lose It Exercise 10:45 ♥ Meditation [MC AR] 11:00 ★ Read Out Loud Book Club [MC AR] 11:15 ★ Catholic Service with Communion 11:30 ♥ Lunch [DR] 1:30 ★ Culinary Creations [MC AR] 3:00 🦋 Musical Performance: Stephen Sinclair [MC LR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>18</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Active & Awesome Seniors 10:45 ♥ Meditation 11:00 🦋 Book Creations with Gen-Narrations Creative Storytelling [MC AR] 11:30 ♥ Lunch [DR] 1:30 ★ Worship Service with Chaplain Elisa [MC AR] 2:45 📺 Never Stop Exploring Outing [GR] 3:00 ♥ Indoor Sports: Parachute Fun [GR] 4:30 ♥ Dinner [DR] 6:00 🦋 Friday Night at the Movies [GR]</p>	<p>19</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Movin' and Groovin' 10:45 ♥ Meditation 11:00 🦋 Brain Fitness Trivia [MC AR] 11:30 ♥ Lunch [DR] 1:30 ♥ Reminiscing: Engagement Boxes [MC AR] 2:30 🦋 Ice Cream Social [MC AR] 3:00 🦋 Bingo [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>
<p>20</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Stretch and Strength Chair Exercise [MC AR] 10:45 ♥ Meditation [MC AR] 11:30 ♥ Lunch [DR] 1:30 🦋 Cranium Crunches: Group Crossword [GR] 3:00 ♥ Time to Reminisce 4:30 ♥ Dinner [DR] 6:00 🦋 Sunday Night Movie [LR]</p>	<p>Martin Luther King, Jr. Day 21</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Active & Awesome Seniors 10:45 ♥ Meditation 11:00 ★ Poet's Corner [MC AR] 11:30 ♥ Lunch [DR] 1:30 ★ Expressive Design 3:00 🦋 Musical Performance: Josh Brookstein [MC LR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>22</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Move It or Lose It Exercise 10:45 ♥ Meditation [MC AR] 11:00 ★ Read Out Loud Book Club [MC AR] 11:30 ♥ Lunch [DR] 1:30 ♥ Indoor Sports: Bowling [MC AR] 3:00 🦋 Musical Performance: House of Joy [MC LR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>23</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Healthy Hearts Exercise Class 10:45 ♥ Meditation 11:00 ★ Read Out Loud Book Club 11:30 ♥ Lunch [DR] 1:30 ★ Flower Arranging 3:00 ★ Bible Study: Reading and Discussion [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Movie Classics</p>	<p>24</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Move It or Lose It Exercise 10:45 ♥ Meditation [MC AR] 11:00 ★ Read Out Loud Book Club [MC AR] 11:15 ★ Catholic Service with Communion 11:30 ♥ Lunch [DR] 1:30 🦋 Adventure Montessori School Visit [MC AR] 3:30 📺 Musical Performance: Drumming Circle [MC LR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>25</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Active & Awesome Seniors 10:45 ♥ Meditation 11:00 🦋 Book Creations with Gen-Narrations Creative Storytelling [MC AR] 11:30 ♥ Lunch [DR] 1:30 ★ Worship Service with Chaplain Elisa [MC AR] 2:45 📺 Never Stop Exploring Outing [GR] 3:00 ♥ Indoor Sports: Balloon Volleyball [GR] 4:30 ♥ Dinner [DR] 6:00 🦋 Friday Night at the Movies [GR]</p>	<p>26</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Movin' and Groovin' 10:45 ♥ Meditation 11:00 🦋 Brain Fitness Trivia [MC AR] 11:30 ♥ Lunch [DR] 1:30 ♥ Reminiscing: Engagement Boxes [MC AR] 2:30 🦋 Ice Cream Social [MC AR] 3:00 🦋 Bingo [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>
<p>27</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Stretch and Strength Chair Exercise [MC AR] 10:45 ♥ Meditation [MC AR] 11:30 ♥ Lunch [DR] 1:30 🦋 Cranium Crunches: Pictionary [GR] 3:00 ♥ Time to Reminisce 4:30 ♥ Dinner [DR] 6:00 🦋 Sunday Night Movie [LR]</p>	<p>28</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Active & Awesome Seniors 10:45 ♥ Meditation 11:00 ★ Poet's Corner [MC AR] 11:30 ♥ Lunch [DR] 1:30 ★ Expressive Design 3:00 🦋 Musical Performance: House of Joy [AL/Living Room] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>29</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Move It or Lose It Exercise 10:45 ♥ Meditation [MC AR] 11:00 ★ Read Out Loud Book Club [MC AR] 11:30 ♥ Lunch [DR] 1:30 ♥ Indoor Sports: Bean Bag Toss [MC AR] 3:00 📺 Dance Performance: Anthem Wranglers [AL/DR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>Happy Birthday Janet B 30</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Healthy Hearts Exercise Class 10:45 ♥ Meditation 11:00 ★ Read Out Loud Book Club 11:30 ♥ Lunch [DR] 1:30 ★ Flower Arranging 3:00 ★ Bible Study: Reading and Discussion [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Movie Classics</p>	<p>Happy Birthday Judy K 31</p> <p>7:30 ♥ Breakfast [DR] 10:00 ♥ Move It or Lose It Exercise 10:45 ♥ Meditation [MC AR] 11:00 ★ Read Out Loud Book Club [MC AR] 11:15 ★ Catholic Service with Communion 11:30 ♥ Lunch [DR] 1:30 ★ Culinary Creations [MC AR] 3:00 🦋 Music Bingo [MC AR] 4:30 ♥ Dinner [DR] 6:00 🦋 Oldies But Goodies [GR]</p>	<p>📷 Be Adventurous 🦋 Be Challenged 🗣️ Be Connected ★ Be Inspired 🦋 Be Social ♥ Be Well</p>	