

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Happy New Year</b> 1 8:00 Rose Parade on TV 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	<b>World Introvert Day</b> 2 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercise 10:00 Snack & Hydrate 10:30 YouTube Travel Hour by Expoza 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	<b>Drinking Straw Day</b> 3 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Card Games with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	<b>Trivia Day</b> 4 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:00 Chicken Soup for the Soul 2:00 Sayings & Trivia with Carol 2:30 Snack & Hydrate 3:00 Happy Hour with Tony B. 5:30 Armchair Travel & Snack	<b>Bird Day</b> 5 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Karaoke Sing Along with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	<b>Three Kings Day</b> 6 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercise 10:00 Snack & Hydrate 10:00 Brain Boosters and Puzzles 2:00 Watercolor Art w/ Carol 2:30 Snack and Hydrate 3:30 Book Read Aloud Stories 5:30 Armchair Travel & Snack	<b>National Tempura Day</b> 7 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Music Appreciation 2:00 Candy Bingo with Carol 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Evening Movie & Snack	
<b>Bubble Bath Day</b> 8 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	<b>National Cassoulet Day</b> 9 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercise 10:00 Snack & Hydrate 10:30 YouTube Travel Hour by Expoza 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	<b>League of Nations Day</b> 10 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Card Games with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	<b>No to Cigarettes Day</b> 11 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:00 Chicken Soup for the Soul 2:00 Sayings & Quotes with Carol 2:30 Snack & Hydrate 3:00 Happy Hour with Bobby 5:30 Armchair Travel & Snack	<b>National Hot Tea Day</b> 12 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Karaoke Sing Along with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	<b>Public Radio Broadcasting Day</b> 13 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercise 10:00 Snack & Hydrate 10:00 Brain Boosters and Puzzles 2:00 Watercolor Art w/ Carol 2:30 Snack and Hydrate 3:30 Book Read Aloud Stories 5:30 Armchair Travel & Snack	<b>World Logic Day</b> 14 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Music Appreciation 2:00 Candy Bingo with Carol 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Evening Movie & Snack	
<b>Humanitarian Day</b> 15 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	<b>Fig Newton Day</b> 16 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercise 10:00 Snack & Hydrate 10:30 YouTube Travel Hour by Expoza 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	<b>Kid Inventors Day</b> 17 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Card Games with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	<b>Thesaurus Day</b> 18 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:00 Chicken Soup for the Soul 2:00 Sayings & Quotes with Carol 2:30 Snack & Hydrate 3:00 Happy Hour with Brenda 5:30 Armchair Travel & Snack	<b>Popcorn Day</b> 19 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Karaoke Sing Along with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	<b>Inauguration Day</b> 20 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercise 10:00 Snack & Hydrate 10:00 Brain Boosters and Puzzles 2:00 Watercolor Art w/ Carol 2:30 Snack and Hydrate 3:30 Book Read Aloud Stories 5:30 Armchair Travel & Snack	<b>National Hugging Day</b> 21 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Music Appreciation 2:00 Candy Bingo with Carol 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Evening Movie & Snack	
<b>Celebration of Life Day</b> 22 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	<b>National Handwriting Day</b> 23 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercise 10:00 Snack & Hydrate 10:30 YouTube Travel Hour by Expoza 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	<b>National Compliment Day</b> 24 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Card Games with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	<b>National Irish Coffee Day</b> 25 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:00 Chicken Soup for the Soul 2:00 Sayings & Quotes with Carol 2:30 Snack & Hydrate 3:00 Happy Hour with Mike 5:30 Armchair Travel & Snack	<b>National Peanut Brittle Day</b> 26 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Karaoke Sing Along with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	<b>Holocaust Memorial Day</b> 27 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercise 10:00 Snack & Hydrate 10:00 Brain Boosters and Puzzles 2:00 Watercolor Art w/ Carol 2:30 Snack and Hydrate 3:30 Book Read Aloud Stories 5:30 Armchair Travel & Snack	<b>National Pediatrician Day</b> 28 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Music Appreciation 2:00 Candy Bingo with Carol 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Evening Movie & Snack	
<b>Freethinkers Day</b> 29 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	<b>Croissant Day</b> 30 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercise 10:00 Snack & Hydrate 10:30 YouTube Travel Hour by Expoza 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	<b>Street Children Day</b> 31 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Card Games with Carol 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack					

**Heritage Springs Memory Care Events** All Activities are subject to change by the Life Enrichment Director