

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Morning:</b> In the World: This Morning Dance Group <b>Afternoon:</b> Indoor Golf <b>1:30pm: Live Piano by Gary Stabile</b> Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Meditation	<b>Morning:</b> <b>10am: Seated Tai Chi by Ann Sullo</b> <b>10:30am: Let's Get Crafty with Nicolette</b> Sacred Heart Communion <b>Afternoon:</b> <b>2pm: Dice Games w/Audrey</b> <b>3pm: Afternoon Movie Social</b> <b>Evening:</b> <b>5:30pm: Volleyball with Sara</b>	<b>Morning:</b> Seated Exercise Kitchen Creations <b>Afternoon:</b> Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss 10 Card Flip Group Breathwork Exercise	<b>Morning:</b> Exercise to the Bee Gees Word in a Word Game <b>Afternoon:</b> Karaoke Social Afternoon Group Seated Stretch Afternoon Movie Social <b>Evening:</b> Sit & Paint Short Stories Social
<b>Morning:</b> Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social	<b>Morning:</b> <b>9:30 am: Exercise with Sara</b> <b>10:30am: Ring Toss with Sara</b> <b>11am: Lets Make a Reindeer with Sara</b> Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation Spa Night	<b>Morning:</b> <b>10am: Sing-a-long w/Meg</b> <b>11am: Tabletop Bowling w/Nicolette</b> <b>Afternoon:</b> Music Appreciation <b>2pm: Scattergories w/Nicolette</b> <b>3pm: Trivia w/Nicolette</b> <b>3:30pm: Afternoon Movie Social</b> <b>Evening:</b> <b>5:30 Volleyball with Nicolette</b> Evening Check-Ins w/Nicolette	<b>Morning:</b> In the World: This Morning Dance Group <b>Afternoon:</b> Indoor Golf <b>1:30pm: Live Piano by Gary Stabile</b> Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Meditation	<b>Morning:</b> <b>10am: Seated Tai Chi by Ann Sullo</b> <b>10:30am: Let's Get Crafty with Nicolette</b> Sacred Heart Communion <b>Afternoon:</b> <b>2pm: Tabletop Bowling w/Theresa</b> <b>3pm: Afternoon Movie Social</b> <b>Evening:</b> <b>5:30pm: Volleyball with Sara</b>	<b>Morning:</b> Seated Exercise Kitchen Creations <b>Afternoon:</b> Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss Checkers Group Breathwork Exercise	<b>Morning:</b> Exercise to the Bee Gees Word in a Word Game <b>Afternoon:</b> Afternoon Group Seated Stretch <b>3pm: Live Music by the Blue Yodels</b> Afternoon Movie Social <b>Evening:</b> Sit & Paint Short Stories Social
<b>Morning:</b> Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social	<b>Morning:</b> <b>9:30 am: Exercise with Sara</b> <b>10:30am: Nothing but Net with Sara</b> <b>11am: Duck Races with Sara</b> Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation Spa Night	<b>Morning:</b> <b>10am: Pick a card social w/Meg</b> <b>11am: Tabletop Bowling w/Nicolette</b> <b>Afternoon:</b> <b>2pm: Scattergories w/Nicolette</b> <b>3pm: 50s,60s,70s Throwbacks w/Nicolette</b> <b>3:30pm: Afternoon Movie Social</b> <b>Evening:</b> <b>5:30 Volleyball with Nicolette</b> Evening Check-Ins w/Nicolette	<b>Morning:</b> In the World: This Morning Dance Group <b>Afternoon:</b> Indoor Golf <b>1:30pm: Live Piano by Gary Stabile</b> Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Meditation	<b>Morning:</b> <b>10am: Seated Tai Chi by Ann Sullo</b> <b>10:30am: Let's Get Crafty with Nicolette</b> Sacred Heart Communion <b>Afternoon:</b> <b>2pm: Tabletop Shuffleboard w/Theresa</b> <b>3pm: Afternoon Movie Social</b> <b>Evening:</b> <b>5:30pm: Volleyball with Sara</b>	<b>Morning:</b> Seated Exercise Kitchen Creations <b>Afternoon:</b> Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss Go Fish Group Breathwork Exercise	<b>Morning:</b> Exercise to the Bee Gees Word in a Word Game <b>Afternoon:</b> Karaoke Social Afternoon Group Seated Stretch Afternoon Movie Social <b>Evening:</b> Sit & Paint Short Stories Social
<b>Morning:</b> Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social	<b>Morning:</b> <b>9:30 am: Exercise with Sara</b> <b>10:30am: Bean Bag Toss with Sara</b> <b>11am: National Cheese Day with Sara</b> Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation	<b>Morning:</b> <b>10am: 10 Card Flip w/Meg</b> <b>11am: Tabletop Bowling w/Nicolette</b> <b>Afternoon:</b> Music Appreciation <b>2pm: Scattergories w/Nicolette</b> <b>3pm: Word in a Word w/Nicolette</b> <b>3:30pm: Afternoon Movie Social</b> <b>Evening:</b> <b>5:30 Volleyball with Nicolette</b> Evening Check-Ins w/Nicolette	<b>Morning:</b> In the World: This Morning Dance Group <b>Afternoon:</b> Indoor Golf <b>1:30pm: Live Piano by Gary Stabile</b> Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Meditation	<b>Morning:</b> <b>10am: Seated Tai Chi by Ann Sullo</b> <b>10:30am: Let's Get Crafty with Nicolette</b> Sacred Heart Communion <b>Afternoon:</b> <b>2pm: Dice Game w/Audrey</b> <b>3pm: Afternoon Movie Social</b> <b>Evening:</b> <b>5:30pm: Volleyball with Sara</b>	<b>Morning:</b> Seated Exercise Kitchen Creations <b>Afternoon:</b> Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss Trivia Group Breathwork Exercise	<b>Morning:</b> Exercise to the Bee Gees Word in a Word Game <b>Afternoon:</b> Afternoon Group Seated Stretch <b>3pm: Live Music by Jennifer Disapio</b> Afternoon Movie Social <b>Evening:</b> Sit & Paint Short Stories Social
<b>Morning:</b> Morning Mass Magazine Art Current Events <b>Afternoon:</b> Refreshments & Music Sunday Seated Stretching Afternoon Movie Social <b>Evening:</b> Crossword Club Short Stories Social	<b>Morning:</b> <b>9:30 am: Exercise with Sara</b> <b>10:30am: Snowball Toss with Sara</b> <b>11am: Lets Bake a Cake Day with Sara</b> Kitchen Creations <b>Afternoon:</b> Group Breathwork Exercise Afternoon Movie Social Discussion Group <b>Evening:</b> Art Appreciation	<b>Morning:</b> <b>10am: Volleyball w/Meg</b> <b>11am: Live Music by Brian Horberg</b> <b>Afternoon:</b> Music Appreciation <b>2pm: Scattergories w/Nicolette</b> <b>3pm: Name that Tune w/Nicolette</b> <b>3:30pm: Afternoon Movie Social</b> <b>Evening:</b> <b>5:30 Volleyball with Nicolette</b> Evening Check-Ins w/Nicolette	<b>Morning:</b> In the World: This Morning Dance Group <b>Afternoon:</b> Indoor Golf <b>1:30pm: Live Piano by Gary Stabile</b> Afternoon Movie Social Brain Fitness <b>Evening:</b> Musical Creations Evening Group Meditation	<b>Morning:</b> <b>10am: Seated Tai Chi by Ann Sullo</b> <b>10:30am: Let's Get Crafty with Nicolette</b> Sacred Heart Communion <b>Afternoon:</b> <b>2pm: Winter Waterscapes w/Theresa</b> <b>3pm: Afternoon Movie Social</b> <b>Evening:</b> <b>5:30pm: Volleyball with Sara</b>	<b>Morning:</b> Seated Exercise Kitchen Creations <b>Afternoon:</b> Watercolor Creations Afternoon Movie Social <b>Evening:</b> Bean Bag Toss 10 Card Flip Group Breathwork Exercise	

# JANUARY 2025

## The Villa



**Birthdays**  
 Bill C. 01/07  
 Joann N. 01/13  
 Joan W. 01/28

All activities are led by Nayas unless otherwise noted.

\*All programs and times are subject to change.\*