




# The Courtyard January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <b>Daily Activities</b> Date & Time are Subject to Change	 <b>Daily Walk Club</b> at 10:00 AM & 4:00 PM	 <b>Mass Schedule on EWTN TV</b> Catholic Mass at 8:00 AM Daily Rosary & Devotion at 9:00 AM	<b>Happy New Year! 1</b> 8:00 Catholic Mass on TV 9:30 Sit & Fit 10:30 Virtual Reality/Word Games 1:30 Celebrate the New Year/ Flower Arranging 3:00 Music Bingo/Game Play 4:00 Music Band/Indoor Walk 6:00 Movie Night/Table Games	<b>2</b> 8:00 Catholic Mass on TV 9:30 Stretch & Flex 10:30 Knit, Stitch & Convo 1:30 Let's Move/Game Play 3:00 Sing Along 4:00 Indoor Walk/Activity Cafe 6:00 Movie Night/Table Games
8:00 Catholic Mass on TV <b>3</b> 9:30 Sit & Fit 10:30 Art Expression/Music!!! 11:00 Communion Service 1:30 Let's Move!/Let's Create 3:00 Name That Tune! 4:00 Indoor Walk/Music Band 6:00 Movie Night/Table Games	8:30 Catholic Mass on TV <b>4</b> 9:30 Morning Exercise 10:30 Nature Hour/Music History 1:30 Seated Yoga/Winter Crafts 3:00 Sensory Art/Word Games 4:00 Indoor Walk/Bean Bag Toss 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>5</b> 9:30 Stretch & Flex 10:30 Art Expressions/ Picture Poetry 1:30 Let's Move/Rosary 3:00 Memory Lane Show 4:00 Indoor Walk/Adult Color 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>6</b> 9:30 Sit & Fit 10:30 Morning at the Spa/Baking 1:30 Music Presentation w/ Richard Travers via Zoom 3:00 Happy Hour 4:00 Activity Cafe/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>7</b> 9:30 Morning Exercise 10:30 Creative Expressions/ Fun Facts 1:30 Many Facets of Poetry Series w/ Brian O'Connell via Zoom 3:00 Sing Along/Brainteasers 4:00 Activity Cafe/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>8</b> 9:30 Sit & Fit 10:30 Virtual Reality/Word Games 1:30 Roman Music Therapy/ Flower Arranging 3:00 Music Bingo/Game Play 4:00 Music Band/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>9</b> 9:30 Stretch & Flex 10:30 Knit, Stitch & Convo 1:30 Let's Move/Game Play 3:00 Sing Along 4:00 Indoor Walk/Activity Cafe 6:00 Movie Night/Table Games
8:00 Catholic Mass on TV <b>10</b> 9:30 Sit & Fit 10:30 Art Expression/Music!!! 11:00 Communion Service 1:30 Let's Move!/Let's Create! 3:00 Music Bingo 4:00 Indoor Walk/Music Band 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>11</b> 9:30 Morning Exercise 10:30 Nature Hour/Music History 1:30 Seated Yoga/Winter Crafts 3:00 Bingo/Word Games 4:00 Indoor Walk/Bean Bag Toss 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>12</b> 9:30 Stretch & Flex 10:30 Art Expressions/ Picture Poetry 1:30 Let's Move/Rosary 3:00 Memory Lane Show 4:00 Indoor Walk/Adult Color 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>13</b> 9:30 Sit & Fit 10:30 Morning at the Spa/Baking 1:30 Music Presentation w/ Richard Travers via Zoom 3:00 Happy Hour 4:00 Activity Cafe/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>14</b> 9:30 Morning Exercise 10:30 Creative Expressions/ Fun Facts 1:30 Many Facets of Poetry Series w/ Brian O'Connell via Zoom 3:00 Sing Along/Brainteasers 4:00 Activity Cafe/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>15</b> 9:30 Sit & Fit 10:30 Virtual Reality/Word Games 1:30 Roman Music Therapy/ Flower Arranging 3:00 Music Bingo/Game Play 4:00 Music Band/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>16</b> 9:30 Stretch & Flex 10:30 Knit, Stitch & Convo 1:30 Let's Move/Game Play 3:00 Sing Along 4:00 Indoor Walk/Activity Cafe 6:00 Movie Night/Table Games
8:00 Catholic Mass on TV <b>17</b> 9:30 Sit & Fit 10:30 Art Expression/Music!!! 11:00 Communion Service 1:30 Let's Move!/Let's Create 3:00 Name That Tune! 4:00 Indoor Walk/Music Band 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>18</b> 9:30 Morning Exercise 10:30 Nature Hour/Music History 1:30 Seated Yoga/Winter Crafts 3:00 Sensory Art/Word Games 4:00 Indoor Walk/Bean Bag Toss 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>19</b> 9:30 Stretch & Flex 10:30 Art Expressions/ Picture Poetry 1:30 Let's Move/Rosary 3:00 Memory Lane Show 4:00 Indoor Walk/Adult Color 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>20</b> 9:30 Sit & Fit 10:30 Morning at the Spa/Baking 1:30 Music Presentation w/ Richard Travers via Zoom 3:00 Happy Hour 4:00 Activity Cafe/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>21</b> 9:30 Morning Exercise 10:30 Creative Expressions/ Fun Facts Series w/ Brian O'Connell via Zoom 3:00 Sing Along/Brainteasers 4:00 Activity Cafe/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>22</b> 9:30 Sit & Fit 10:30 Virtual Reality/Word Games 1:30 Roman Music Therapy/ Flower Arranging 3:00 Music Bingo/Game Play 4:00 Music Band/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>23</b> 9:30 Stretch & Flex 10:30 Knit, Stitch & Convo 1:30 Let's Move/Game Play 3:00 Sing Along 4:00 Indoor Walk/Activity Cafe 6:00 Movie Night/Table Games
8:00 Catholic Mass on TV <b>24/31</b> 9:30 Sit & Fit 10:30 Art Expression/Music!!! 11:00 Communion Service 1:30 Let's Move!/Let's Create 3:00 Music Bingo 4:00 Indoor Walk/Music Band 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>25</b> 9:30 Morning Exercise 10:30 Nature Hour/Music History 1:30 Seated Yoga/Winter Crafts 3:00 Bingo/Word Games 4:00 Indoor Walk/Bean Bag Toss 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>26</b> 9:30 Stretch & Flex 10:30 Art Expressions/ Picture Poetry 1:30 Let's Move/Rosary 3:00 Memory Lane Show 4:00 Indoor Walk/Adult Color 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>27</b> 9:30 Sit & Fit 10:30 Morning at the Spa/ w/ Richard Travers via Zoom 3:00 Happy Hour 4:00 Activity Cafe/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>28</b> 9:30 Morning Exercise 10:30 Creative Expressions/ Fun Facts 1:30 Many Facets of Poetry Series w/ Brian O'Connell via Zoom 3:00 Sing Along/Brainteasers 4:00 Activity Cafe/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>29</b> 9:30 Sit & Fit 10:30 Virtual Reality/Word Games 1:30 Roman Music Therapy/ Flower Arranging 3:00 Music Bingo/Game Play 4:00 Music Band/Indoor Walk 6:00 Movie Night/Table Games	8:00 Catholic Mass on TV <b>30</b> 9:30 Stretch & Flex 10:30 Knit, Stitch & Convo 1:30 Let's Move/Game Play 3:00 Sing Along 4:00 Indoor Walk/Activity Cafe 6:00 Movie Night/Table Games