


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <b>CHAMPLAIN VALLEY SENIOR COMMUNITY</b> Assisted Living & Memory Care	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Dollar General Trip (1) <b>1:30pm:</b> Ice Cream Social (1) <b>3:30pm:</b> Mini Golf (2) <b>6pm:</b> Documentary (2BTV)  New Year's Day	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Scenic Drive (1) <b>1:30pm:</b> Live Music (2) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Action/Western Movie (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Protestant Service (1) <b>1:30pm:</b> Arts & Crafts (2) <b>3:30pm:</b> Wine Down (2BTV) <b>6pm:</b> You pick the movie (2BTV)	<b>Hair Salon Day!</b> <b>10am:</b> Seated Exercises (2B) <b>11am:</b> Catholic Mass (1) <b>1:30pm:</b> Crochet Club (1) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Throwback Thursday (2BTV)  <b>Happy Birthday Mary Koza!</b>	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Scenic Drive (1) <b>1:30pm:</b> Ice Cream Social (1) <b>3:30pm:</b> Wine Down (2BTV) <b>6pm:</b> Comedy Movie (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Diner Outing (1) <b>1:30pm:</b> Nail Painting/Trim(2) <b>3:30pm:</b> Dance Fitness Class (1) <b>6pm:</b> Sitcom Saturday (2BTV)	
<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Scenic Drive (1) <b>1:30pm:</b> Hymn Sing (1) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Romantic Comedy Movie (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Dollar General Trip (1) <b>1:30pm:</b> Ice Cream Social (1) <b>3:30pm:</b> Bowling (2) <b>6pm:</b> Documentary (2BTV)	<b>9:30am:</b> Bryan Briscoe Painting (2) <b>1:30pm:</b> Flower Arranging (2) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Action/Western Movie (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Protestant Service (1) <b>1:30pm:</b> Arts & Crafts (2) <b>3:30pm:</b> Wine Down (2BTV) <b>6pm:</b> You pick the movie (2BTV)	<b>9:30am:</b> Seated Exercises (2B) <b>10:30am:</b> Catholic Mass (1) <b>1:30pm:</b> Crochet Club (1) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Throwback Thursday (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Scenic Drive (1) <b>1:30pm:</b> Ice Cream Social (1) <b>3:30pm:</b> Wine Down (2BTV) <b>6pm:</b> Comedy Movie (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Plattsburgh Trip (1) <b>1:30pm:</b> Puzzles (2) <b>3:30pm:</b> Nail Painting/Trim (1) <b>6pm:</b> Sitcom Saturday (2BTV)	
<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Scenic Drive (1) <b>1:30pm:</b> Christian Service (1) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Romantic Comedy Movie (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Dollar General Trip (1) <b>2pm:</b> Live Music (1) <b>3:30pm:</b> Beer Pong (2) <b>6pm:</b> Documentary (2BTV)  Martin Luther King Jr. Day	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Scenic Drive (1) <b>1:30pm:</b> Arts & Crafts (2) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Action/Western Movie (2BTV)	<b>10am:</b> Resident Council (2B) <b>11am:</b> Protestant Service (1)  <b>MEETING DAY!</b> <b>6pm:</b> You pick the movie (2BTV)	<b>Hair Salon Day!</b> <b>10am:</b> Seated Exercises (2B) <b>11am:</b> Catholic Mass (1) <b>1pm:</b> Live Music (2BTV) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Throwback Thursday (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Scenic Drive (1) <b>1:30pm:</b> Crochet Club (1) <b>3:30pm:</b> Wine Down (2BTV) <b>6pm:</b> Comedy Movie (2BTV)  <b>Happy Birthday Joy Harvey!</b>	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Diner Outing (1) <b>1:30pm:</b> Nail Painting/Trim(2) <b>3:30pm:</b> Dance Fitness Class (1) <b>6pm:</b> Sitcom Saturday (2BTV)	
<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Scenic Drive (1) <b>1:30pm:</b> Hymn Sing (1) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Romantic Comedy Movie (2BTV)  Activity Professionals Week	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Dollar General Trip (1) <b>1:30pm:</b> Ice Cream Social (1) <b>3:30pm:</b> Ring Toss (2) <b>6pm:</b> Documentary (2BTV)	<b>9:30am:</b> Bryan Briscoe Painting (2) <b>1:30pm:</b> Flower Arranging (2) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Action/Western Movie (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Protestant Service (1) <b>1:30pm:</b> Arts & Crafts (2) <b>3:30pm:</b> Wine Down (2BTV) <b>6pm:</b> You pick the movie (2BTV)	<b>9:30am:</b> Seated Exercises (2B) <b>10:30am:</b> Catholic Mass (1) <b>1:30pm:</b> Live Music (2B) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Throwback Thursday (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Scenic Drive (1) <b>1:30pm:</b> Crochet Club (1) <b>3:30pm:</b> Wine Down (2BTV) <b>6pm:</b> Comedy Movie (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Plattsburgh Trip (1) <b>1:30pm:</b> Puzzles (2) <b>3:30pm:</b> Nail Painting/Trim (1) <b>6pm:</b> Sitcom Saturday (2BTV)	
<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Scenic Drive (1) <b>1:30pm:</b> Christian Service (1) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Romantic Comedy Movie (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Dollar General Trip (1) <b>1:30pm:</b> Ice Cream Social (1) <b>3:30pm:</b> Balloon Toss (2) <b>6pm:</b> Documentary (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Scenic Drive (1) <b>1:30pm:</b> Arts & Crafts (2) <b>3:30pm:</b> Bingo (2) <b>6pm:</b> Action/Western Movie (2BTV)	<b>10am:</b> Seated Exercises (2B) <b>11am:</b> Protestant Service (1) <b>1:30pm:</b> Card Game/Social (2) <b>3:30pm:</b> Wine Down (2BTV) <b>6pm:</b> You pick the movie (2BTV)	<h1>January 2024</h1> <p>CHAMPLAIN VALLEY SENIOR COMMUNITY ASSISTED LIVING &amp; MEMORY CARE</p>			

**Breakfast:** 8am-9am **Lunch:** 12pm-1pm **Dinner:** 5pm-6pm

For activity support & information contact 518-817-9108 ext. 415 (Activities subject to change)