



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>CHAMPLAIN VALLEY SENIOR COMMUNITY Assisted Living & Memory Care</p>	<p>10am: Seated Exercises 11am: Coffee & Book Reading 2pm: Ice Cream Social 3pm: Horse Racing 6pm: Documentary</p> <p>New Year's Day</p>	<p>10am: Seated Exercises 11am: Scenic Drive 2pm: Arts & Crafts 3pm: Bingo 6pm: Action/Western Movie</p>	<p>10am: Seated Exercises 11am: Protestant Service 2pm: Book Reading & Coffee 3pm: Wine Down 6pm: You pick the movie</p>	<p>Hair Salon Day!</p> <p>10am: Seated Exercises 11am: Catholic Mass 2pm: Balloon Toss 3pm: Bingo 6pm: Throwback Thursday</p>	<p>10am: Seated Exercises 11am: Scenic Drive 2pm: Book reading & Coffee 3pm: Wine Down 6pm: Comedy Movie</p>	<p>10am: Seated Exercises 11am: Diner Outing 2pm: Nail Painting/Trim 3:30pm: Dance Fitness Class 6pm: You pick the movie</p>	
<p>10am: Seated Exercises 11am: Scenic Drive 1:30pm: Hymn Sing 2:30pm: Bingo 3:30pm: Balloon Toss 6pm: Romantic Comedy Movie</p>	<p>10am: Seated Exercises 11am: Coffee & Book Reading 2pm: Ice Cream Social 3pm: Ring Toss 6pm: Documentary</p>	<p>9:30am: Bryan Briscoe Painting Class 2pm: Flower Arranging 3pm: Bingo 6pm: Action/Western Movie</p>	<p>10am: Seated Exercises 11am: Protestant Service 2pm: Book Reading & Coffee 3pm: Wine Down 6pm: You pick the movie</p>	<p>9:30am: Seated Exercises 10:30am: Catholic Mass 2pm: Balloon Toss 3pm: Bingo 6pm: Throwback Thursday</p>	<p>10am: Seated Exercises 11am: Scenic Drive 2pm: Book reading & Coffee 3pm: Wine Down 6pm: Comedy Movie</p>	<p>10am: Seated Exercises 11am: Plattsburgh Outing 2pm: Puzzles 3:30pm: Dance Fitness Class 6pm: You pick the movie</p>	
<p>10am: Seated Exercises 11am: Scenic Drive 1:30pm: Christian Service 2:30pm: Bingo 3:30pm: Balloon Toss 6pm: Romantic Comedy Movie</p>	<p>10am: Seated Exercises 11am: Coffee & Book Reading 2pm: Ice Cream Social 3pm: Bowling 6pm: Documentary</p> <p>Martin Luther King Jr. Day</p>	<p>10am: Seated Exercises 11am: Scenic Drive 2pm: Arts & Crafts 3pm: Bingo 6pm: Action/Western Movie</p>	<p>10am: Resident Council 11am: Protestant Service</p> <p>MEETING DAY!</p> <p>6PM: YOU PICK THE MOVIE</p>	<p>Hair Salon Day!</p> <p>10am: Seated Exercises 11am: Catholic Mass 2pm: Balloon Toss 3pm: Bingo 6pm: Throwback Thursday</p>	<p>10am: Seated Exercises 11am: Scenic Drive 2pm: Book reading & Coffee 3pm: Wine Down 6pm: Comedy Movie</p>	<p>10am: Seated Exercises 11am: Diner Outing 2pm: Nail Painting/Trim 3:30pm: Dance Fitness Class 6pm: You pick the movie</p>	
<p>10am: Seated Exercises 11am: Scenic Drive 1:30pm: Hymn Sing 2:30pm: Bingo 3:30pm: Balloon Toss 6pm: Romantic Comedy Movie</p> <p>Activity Professionals Week</p>	<p>10am: Seated Exercises 11am: Coffee & Book Reading 2pm: Ice Cream Social 3pm: Mini Golf 6pm: Documentary</p>	<p>9:30am: Bryan Briscoe Painting Class 2pm: Flower Arranging 3pm: Bingo 6pm: Action/Western Movie</p>	<p>10am: Seated Exercises 11am: Protestant Service 2pm: Book Reading & Coffee 3pm: Wine Down 6pm: You pick the movie</p>	<p>9:30am: Seated Exercises 10:30am: Catholic Mass 2pm: Balloon Toss 3pm: Bingo 6pm: Throwback Thursday</p>	<p>10am: Seated Exercises 11am: Scenic Drive 2pm: Book reading & Coffee 3pm: Wine Down 6pm: Comedy Movie</p>	<p>10am: Seated Exercises 11am: Plattsburgh Outing 2pm: Puzzles 3:30pm: Dance Fitness Class 6pm: You pick the movie</p>	
<p>10am: Seated Exercises 11am: Scenic Drive 1:30pm: Christian Service 2: Bingo 3pm: Balloon Toss 6pm: Romantic Comedy Movie</p>	<p>10am: Seated Exercises 11am: Coffee & Book Reading 1:30pm: Ice Cream Social 2:30pm: Horse Racing 6pm: Documentary</p>	<p>10am: Seated Exercises 11am: Scenic Drive 2pm: Arts & Crafts 3pm: Bingo 6pm: Action/Western Movie</p>	<p>10am: Seated Exercises 11am: Protestant Service 2pm: Book Reading & Coffee 3pm: Wine Down 6pm: You pick the movie</p>	 <p>January 2024 CHAMPLAIN VALLEY SENIOR COMMUNITY ASSISTED LIVING & 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)