

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|--|
| <p>January cont'd</p> <p>31</p> <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Sittercise in room- In room Exercise</p> <p>11:00 On the Go Trivia</p> <p>2:00 Sunday Afternoon Card Games - Open Play [AR]</p> <p>2:00 Sunday Afternoon Matinee and Popcorn [TV]</p> <p>6:45 In Room Bible Study [CH]</p> | <p>109 North Keene Street Columbia, MO 65201 573-443-2007</p> | <p>Location Keys</p> <p>Activity Room AR</p> <p>Atrium AT</p> <p>Chapel CH</p> <p>Dining Area DN</p> <p>Game Room GR</p> <p>TV Room TV</p> | <p> Be Challenged</p> <p> Be Connected</p> <p> Be Family</p> <p> Be Inspired</p> <p> Be Social</p> <p> Be Well</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>New Year's Day</p> <p>9:30 Chair Yoga for Seniors _ Stretching and Breathing [AR]</p> <p>11:00 Billiard Play [GR]</p> <p>2:00 Farkle Party [AR]</p> <p>4:00 Before Dinner Happy Hour [AR]</p> <p>6:30 On the go Trivia [AR]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Sit and Dance [AR]</p> <p>10:00 Donuts and Coffee [AR]</p> <p>11:00 On the go Sudoku Puzzles</p> <p>2:00 Music w/ Danny Roberts [AT]</p> <p>7:00 Evening Walk</p> | |
| <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Sittercise in room- In room Exercise</p> <p>11:00 On the Go Trivia</p> <p>2:00 Sunday Afternoon Card Games - Open Play [AR]</p> <p>2:00 Sunday Sing-A -Long w/ Mr. Carl Glover [AR]</p> <p>6:45 In Room Bible Study [CH]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>Happy Birthday Mary Stanfield!</p> <p>Nail Bar</p> <p>9:30 Exercise Video [AR]</p> <p>11:00 Hallway Group Walking</p> <p>2:00 Cookies Cocoa & Conversation [AR]</p> <p>6:30 Puzzle Fun</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Exercise w/ Bands [AR]</p> <p>10:00 Washers [AR]</p> <p>11:00 Fireside Coffee Meet Up [DN]</p> <p>2:00 Bingo [AR]</p> <p>4:30 Coffee Social Hour</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Cardio Drumming Exercise [AR]</p> <p>10:00 Blood Pressure Checks [AR]</p> <p>10:30 Neighborly Fireside Coffee Meet Up [DN]</p> <p>2:00 Sip and Paint [AR]</p> <p>3:00 Logic Puzzles Test Your Brain [AR]</p> <p>7:00 On the Go Word Search Fun [AR]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Exercise w/ Weights [AR]</p> <p>10:00 Crossword Sheets</p> <p>10:00 Washers</p> <p>10:30 Coffee by the Fireside</p> <p>2:00 Bingo [AR]</p> <p>7:00 Movie Night [TV]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Chair Yoga for Seniors _ Stretching and Breathing [AR]</p> <p>11:00 Billiard Play [GR]</p> <p>2:00 Farkle Party [AR]</p> <p>4:00 Before Dinner Happy Hour [AR]</p> <p>6:30 On the go Trivia [AR]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Sit and Dance [AR]</p> <p>10:00 Donuts and Coffee [AR]</p> <p>11:00 On the go Sudoku Puzzles</p> <p>2:00 Music w/ Joe Fedl [AT]</p> <p>7:00 Evening Walk</p> <p> Movie and Pajama Party [TV]</p> |
| <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Sittercise in room- In room Exercise</p> <p>11:00 On the Go Trivia</p> <p>2:00 Sunday Afternoon Card Games - Open Play [AR]</p> <p>2:00 Sunday Afternoon Matinee and Popcorn [TV]</p> <p>6:45 In Room Bible Study [CH]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Exercise Video [AR]</p> <p>11:00 Hallway Group Walking</p> <p>2:00 Open Card Games [AR]</p> <p>6:30 Puzzle Fun</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Exercise w/ Bands [AR]</p> <p>10:00 Washers [AR]</p> <p>11:00 Fireside Coffee Meet Up [DN]</p> <p>2:00 Bingo [AR]</p> <p>4:30 Coffee Social Hour</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Cardio Drumming Exercise [AR]</p> <p>10:00 Blood Pressure Checks [AR]</p> <p>10:30 Neighborly Fireside Coffee Meet Up [DN]</p> <p>2:00 Button Craft [AR]</p> <p>3:00 Logic Puzzles Test Your Brain [AR]</p> <p>7:00 On the Go Word Search Fun [AR]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>Happy Birthday Linda Calhoun!</p> <p>9:30 Exercise w/ Bands [AR]</p> <p>10:00 Crossword Sheets</p> <p>10:00 Washers</p> <p>10:30 Coffee by the Fireside</p> <p>2:00 Bingo [AR]</p> <p>3:00 Food Committee Meeting [AR]</p> <p>7:00 Movie Night [TV]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>Happy Birthday George Chapman!</p> <p>National Hat Day</p> <p>9:30 Chair Yoga for Seniors _ Stretching and Breathing [AR]</p> <p>11:00 Billiard Play [GR]</p> <p>2:00 Farkle Party [AR]</p> <p>4:00 Before Dinner Happy Hour [AR]</p> <p>6:30 On the go Trivia [AR]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Sit and Dance [AR]</p> <p>10:00 Donuts and Coffee [AR]</p> <p>11:00 On the go Sudoku Puzzles</p> <p>2:00 Music w/ Bernard Ross [AT]</p> <p>7:00 Evening Walk</p> |
| <p><i>Don't forget your Mask #StaySafe</i></p> <p>Happy Birthday Linda Ingram!</p> <p>9:30 Sittercise in room- In room Exercise</p> <p>11:00 On the Go Trivia</p> <p>2:00 Sunday Afternoon Card Games - Open Play [AR]</p> <p>2:00 Sunday Afternoon Matinee and Popcorn [TV]</p> <p>6:45 In Room Bible Study [CH]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>Martin Luther King, Jr. Day</p> <p>Nail Bar</p> <p>9:30 Exercise Video [AR]</p> <p>11:00 Hallway Group Walking</p> <p>2:00 Cookies Cocoa & Conversation [AR]</p> <p>6:30 Puzzle Fun</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>Happy Birthday Jack Grace!</p> <p>9:30 Exercise w/ Bands [AR]</p> <p>10:00 Washers [AR]</p> <p>11:00 Fireside Coffee Meet Up [DN]</p> <p>2:00 Bingo [AR]</p> <p>4:30 Coffee Social Hour</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Cardio Drumming Exercise [AR]</p> <p>10:00 Blood Pressure Checks [AR]</p> <p>10:30 Neighborly Fireside Coffee Meet Up [DN]</p> <p>2:00 Resident Meeting and New Year Get Together [AR]</p> <p>3:00 Logic Puzzles Test Your Brain [AR]</p> <p>7:00 On the Go Word Search Fun [AR]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Exercise w/ Weights [AR]</p> <p>10:00 Crossword Sheets</p> <p>10:00 Washers</p> <p>10:30 Coffee by the Fireside</p> <p>11:00 Name that Tunew/ Hearts and Harmony [AR]</p> <p>2:00 Bingo [AR]</p> <p>7:00 Movie Night [TV]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>Happy Birthday Joanne Millbery!</p> <p>9:30 Chair Yoga for Seniors _ Stretching and Breathing [AR]</p> <p>11:00 Billiard Play [GR]</p> <p>2:00 Farkle Party [AR]</p> <p>4:00 Before Dinner Happy Hour [AR]</p> <p>6:30 On the go Trivia [AR]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Sit and Dance [AR]</p> <p>10:00 Donuts and Coffee [AR]</p> <p>11:00 On the go Sudoku Puzzles</p> <p>2:00 Music w/ Curt Hardin [AT]</p> <p>7:00 Evening Walk</p> |
| <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Sittercise in room- In room Exercise</p> <p>11:00 On the Go Trivia</p> <p>2:00 Sunday Afternoon Card Games - Open Play [AR]</p> <p>2:00 Sunday Afternoon Matinee and Popcorn [TV]</p> <p>6:45 In Room Bible Study [CH]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Exercise Video [AR]</p> <p>11:00 Hallway Group Walking</p> <p>2:00 Open Card Games [AR]</p> <p>6:30 Puzzle Fun</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Exercise w/ Bands [AR]</p> <p>10:00 Washers [AR]</p> <p>11:00 Fireside Coffee Meet Up [DN]</p> <p>2:00 Bingo [AR]</p> <p>4:30 Coffee Social Hour</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>National Chocolate Cake Day</p> <p>9:30 Cardio Drumming Exercise [AR]</p> <p>10:00 Blood Pressure Checks [AR]</p> <p>10:30 Neighborly Fireside Coffee Meet Up [DN]</p> <p>2:00 Mason Jar Craft [AR]</p> <p>3:00 Logic Puzzles Test Your Brain [AR]</p> <p>7:00 On the Go Word Search Fun [AR]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>National Have Fun at Work Day</p> <p>9:30 Exercise w/ Bands [AR]</p> <p>10:00 Crossword Sheets</p> <p>10:00 Washers</p> <p>10:30 Coffee by the Fireside</p> <p>2:00 Bingo [AR]</p> <p>3:00 Food Committee Meeting [AR]</p> <p>7:00 Movie Night [TV]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>National Puzzle Day</p> <p>9:30 Chair Yoga for Seniors _ Stretching and Breathing [AR]</p> <p>11:00 Billiard Play [GR]</p> <p>2:00 Farkle Party [AR]</p> <p>4:00 Before Dinner Happy Hour [AR]</p> <p>6:30 On the go Trivia [AR]</p> | <p><i>Don't forget your Mask #StaySafe</i></p> <p>9:30 Sit and Dance [AR]</p> <p>10:00 Donuts and Coffee [AR]</p> <p>11:00 On the go Sudoku Puzzles</p> <p>2:00 Music w/ Banastre Tarlton [AT]</p> <p>7:00 Evening Walk</p> |