

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2025 SOUL Calendar

<p>9:00 Daily Step Toward Better Health 5</p> <p>9:45 Weights Strength Training</p> <p>10:30 Virtual Catholic Mass</p> <p>11:00 Community Spirit Bingo</p> <p>1:00 Jellybean Art</p> <p>2:15 Mental Stimulation: Rhyming Words Game</p> <p>3:30 70s Sing-Along</p> <p>6:00 Movie: <i>Steel Magnolias</i></p>	<p>9:00 Nature's Path to Vitality 6</p> <p>9:45 Fitness: Strength with Resistance Bands</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Caring Connections Bingo</p> <p>1:00 Soup for the Soul Social</p> <p>2:15 Mental Stimulation: Famous Duos</p> <p>3:30 Self Care: Pampering Facials</p> <p>6:00 Movie: <i>Rocky III</i></p>	<p>9:00 Morning Breeze Walk for Wellness 7</p> <p>9:45 Drum to the Beat!</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Stretch Your Mind: Bingo</p> <p>1:00 Nut Butter Bear Craft</p> <p>2:15 Mental Stimulation: Word Association Game</p> <p>3:30 Apple Picking Simulation</p> <p>6:00 Movie: <i>Back to the Future</i></p>	<p>9:00 Morning Stroll for Health 1</p> <p>9:45 Hand-Eye Harmony Exercise</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Caring Connections Bingo</p> <p>1:00 Staying Active Parachute</p> <p>2:15 Mental Stimulation: Quick Fire Antonym Game</p> <p>3:30 Live Entertainment: Ali Angel!</p> <p>6:00 Movie: <i>The Guns of Navarone</i></p> <p>New Year's Day</p>	<p>9:00 Start the Day with Fresh Air 2</p> <p>9:45 Weights Power Session</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Stretch Your Mind: Bingo</p> <p>1:00 Q-Tip Winter Tree Painting</p> <p>2:15 Mental Stimulation: Winter Words Image Quiz</p> <p>3:30 Waltzing Time!</p> <p>6:00 Movie: <i>The Sting</i></p>	<p>9:00 Wellness Walk for a Brighter Morning 3</p> <p>9:45 Gentle Seated Cardio Workout</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Brain Booster Bingo</p> <p>1:00 Outing: Pershing Square Ice Rink</p> <p>2:15 Mental Stimulation: Riddles</p> <p>3:30 Pool Noodle Workout</p> <p>6:00 Movie: <i>Jumanji</i></p>	<p>9:00 Morning Walk to Energize the Soul 4</p> <p>9:45 Targeted Toss Challenge</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Sharp Minds Bingo</p> <p>1:00 Fluffy Cotton Snowman</p> <p>2:15 Mental Stimulation: Grocery Ad Scavenger Hunt</p> <p>3:30 Winter Treat Guessing Game</p> <p>6:00 Movie: <i>To Kill a Mockingbird</i></p>
<p>9:00 A Gentle Walk to Awaken the Body 12</p> <p>9:45 Wellness Weights Workout</p> <p>10:30 Virtual Catholic Mass</p> <p>11:00 Stretch your Mind: Bingo</p> <p>1:00 Oreo Tasting Challenge</p> <p>2:15 Mental Stimulation: Complete the Lyrics</p> <p>3:30 Old Times Sing-Along</p> <p>6:00 Movie: <i>Monty Python and the Holy Grail</i></p>	<p>9:00 Wellness Journey with Every Step 13</p> <p>9:45 Resistance Bands Workout</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Brain Booster Bingo</p> <p>1:00 January Birthday Party!</p> <p>2:15 Mental Stimulation: Odd Word Out</p> <p>3:30 Hand Massage and Nail Care</p> <p>6:00 Movie: <i>The Resistance Banker</i></p>	<p>9:00 Walking for Heart Health 14</p> <p>9:45 Percussive Movement</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Sharp Minds Bingo</p> <p>1:00 Peanut Butter Bites</p> <p>2:15 Mental Stimulation: Famous Pairs Game</p> <p>3:30 Sports Recap with Trail Mix</p> <p>6:00 Movie: <i>The Graduate</i></p>	<p>9:00 Energizing Walk to Start the Day 15</p> <p>9:45 Balls for Balance and Focus</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Community Spirit Bingo</p> <p>1:00 Chuck the Duck</p> <p>2:15 Mental Stimulation: Opposite Words Challenge</p> <p>3:30 Sing Along w/Sharyn Scott</p> <p>6:00 Movie: <i>Jackie Brown</i></p>	<p>9:00 Vital Steps for a Vibrant Life 16</p> <p>9:45 Weights Lifting Hour!</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Caring Connections Bingo</p> <p>1:00 Popsicle Patterns</p> <p>2:15 Mental Stimulation: Riddles</p> <p>3:30 Golden Oldies Dance Party</p> <p>6:00 Movie: <i>The Breakfast Club</i></p>	<p>9:00 Vital Steps for a Vibrant Life 17</p> <p>9:45 Cardio with Curtis</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Stretch your Mind: Bingo</p> <p>1:00 Outing: Hollywood Hills Scenic Drive</p> <p>2:15 Mental Stimulation: Coffee Word Search</p> <p>3:30 70s Sing-Along</p> <p>6:00 Movie: <i>Forrest Gump</i></p>	<p>9:00 Fresh Air Morning Walk 18</p> <p>9:45 Aiming for Wellness Challenge</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Brain Booster Bingo</p> <p>1:00 Scratch Art Fun</p> <p>2:15 Mental Stimulation: Odd Word Out</p> <p>3:30 Stress Ball Stimulation</p> <p>6:00 Movie: <i>Kill Bill: Vol. 1</i></p>
<p>9:00 Crisp Air Morning Walk 19</p> <p>9:45 Longevity Weights Training</p> <p>10:30 Virtual Catholic Mass</p> <p>11:00 Sharp Minds Bingo</p> <p>1:00 Marshmallow Snowflake Creations</p> <p>2:15 Mental Stimulation: Roll the Dice, Do the Math</p> <p>3:30 Family Favorites Sing-Along</p> <p>6:00 Movie: <i>Kill Bill: Vol. 2</i></p> <p>Activity Professionals Week</p>	<p>9:00 Walking Together 20</p> <p>9:45 Resistance Bands Challenge</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Community Spirit Bingo</p> <p>1:00 New Resident Happy Hour!</p> <p>2:15 Mental Stimulation: Who Am I?</p> <p>3:30 Hydration Hour</p> <p>6:00 Movie: <i>Pulp Fiction</i></p> <p>Martin Luther King Jr. Day</p>	<p>9:00 A Calm Walk for Clear Minds 21</p> <p>9:45 Music and Motion: Drumming for Vitality</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Caring Connections Bingo</p> <p>1:00 DIY: Fruit & Cheese Kabobs</p> <p>2:15 Mental Stimulation: Do You Hear What I Hear?</p> <p>3:30 Hand Massage and Nail Care</p> <p>6:00 Movie: <i>Goodfellas</i></p>	<p>9:00 Start the Day w/Fresh Air 22</p> <p>9:45 Catch and Connect Fitness</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Stretch your Mind: Bingo</p> <p>1:00 Bake Snowman Cupcakes!</p> <p>2:15 Mental Stimulation: Alphabet Game</p> <p>3:30 Prizes with Pass the Ball</p> <p>6:00 Movie: <i>Inside Man</i></p>	<p>9:00 Joyful Steps to Start the Day 23</p> <p>9:45 Wellness Weights Workout</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Brain Booster Bingo</p> <p>1:00 Magic Water Painting</p> <p>2:15 Mental Stimulation: Matching Game</p> <p>3:30 Dance Party Showdown!</p> <p>6:00 Movie: <i>Casino Royale</i></p>	<p>9:00 Heart-Healthy Walk 24</p> <p>9:45 Active Heartbeats Cardio Class</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Sharp Minds Bingo</p> <p>1:00 Outing: Feeding the Ducks at Echo Park Lake</p> <p>2:15 Mental Stimulation: 80s Slang Word Search</p> <p>3:30 Romantic Songs Sing-Along</p> <p>6:00 Movie: <i>The Impossible</i></p>	<p>9:00 Step Forward in Wellness 25</p> <p>9:45 Precision Throwing for Agility</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Community Spirit Bingo</p> <p>1:00 Paper Floral Arrangements</p> <p>2:15 Mental Stimulation: Vintage Photos Reminiscing</p> <p>3:30 Recognize the Scent Guessing Game</p> <p>6:00 Movie: <i>The Social Network</i></p>
<p>9:00 Savor the Stillness Morning Walk 26</p> <p>9:45 Weights Lifting Hour!</p> <p>10:30 Virtual Catholic Mass</p> <p>11:00 Caring Connections Bingo</p> <p>1:00 Tangerine Flowers</p> <p>2:15 Mental Stimulation: Have You Ever Game</p> <p>3:30 Romantic Songs Sing-Along</p> <p>6:00 Movie: <i>The Dark Knight</i></p>	<p>9:00 Morning Stroll for Health 27</p> <p>9:45 Seated Resistance Bands Class</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Stretch your Mind: Bingo</p> <p>1:00 Proper Tea Party</p> <p>2:15 Mental Stimulation: Word Ladder</p> <p>3:30 Massages, Meditation, and Aroma Therapy</p> <p>6:00 Movie: <i>The Endless Trench</i></p>	<p>9:00 It's a New Day Stroll 28</p> <p>9:45 Drumming to the Rhythm of Wellness</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Brain Booster Bingo</p> <p>1:00 Chef Demo: Hazelnut Thumbprints</p> <p>2:15 Mental Stimulation: Finish the Saying</p> <p>3:30 Hair Salon Day!</p> <p>6:00 Movie: <i>Ferris Bueller's Day Off</i></p>	<p>9:00 Wellness Walk for a Brighter Morning 29</p> <p>9:45 Ball Toss for Coordination</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Sharp Minds Bingo</p> <p>1:00 Pool Noodle Exercise</p> <p>2:15 Mental Stimulation: Who Sings This?</p> <p>3:30 Live Entertainment: Yasha!</p> <p>6:00 Movie: <i>Clueless</i></p> <p>Chinese New Year</p>	<p>9:00 Daily Step Toward Better Health 30</p> <p>9:45 Lift Those Weights Workout</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Community Spirit Bingo</p> <p>1:00 Paint a Wooden Snake</p> <p>2:15 Mental Stimulation: Song Lyrics Challenge</p> <p>3:30 Tambourines Time!</p> <p>6:00 Movie: <i>La La Land</i></p>	<p>9:00 Healthy Horizons Walk 31</p> <p>9:45 Gentle Seated Cardio Workout</p> <p>10:30 Coffee & The Chronicle</p> <p>11:00 Stretch your Mind: Bingo</p> <p>1:00 Outing: Target Shopping Spree</p> <p>2:15 Mental Stimulation: Hollywood Word Search</p> <p>3:30 Old Times Sing-Along</p> <p>6:00 Movie: <i>A League of Their Own</i></p>	