Sunday	Monday	Tuesday	Wednesday	Thursday	
Jan	uary 2	J25 0 0	9:30-Chair Exercise AR 1 10:00-Spill the Tea AR 11:00-New Years Frame Craft! AR 1:00-New Years Bingo! AR 2:30-New Year Resolutions! AR 7:00-Bingo AR	9:30-Chair Exercise AR 2 10:00-Spill the Tea AR 11:00-Wii Just Dance AR <b>1:00-Handy Up's &amp; Down's</b> 3:00-Happy Hour AR 7:00-Bingo AR	9:30-0 10:00 11:00 AR 1:00-0 3:00-7 Show 7:00-8
			New Year's Day		
9:30-Chair Exercise AR 5 11:15-Communion Services 1:00-Book Club Library 1:30-1st Baptist Church Services AR 2:00-Pictonary AR 3:00-Bingo for Tickets AR 7:00-Bingo AR	9:30-Wake up the Week AR 6 10:00-Prize Bingo AR 11:00-Wii Games AR 1:00-Trivia AR 3:00-Phone Help AR 4:00-Spa Time AR 7:00-Bingo AR	9:30-Chair Exercise AR 7 10:00-Spill the Tea AR <u>11:00-Hollistic Drum Circles!</u> <u>AR</u> 1:00-Sentinel Store AR 3:00-Movie Matinee TR 5:00-Movie Recap 7:00-Bingo AR	9:30-Chair Exercise AR 8 10:00-Spill the Tea AR 11:00-Baking Club AR <u>1:00-Walmart Outing FL</u> 3:30-Board Games AR 7:00-Bingo AR	9:30-Chair Exercise AR 9 10:00-Spill the Tea AR 11:00-Wii Just Dance A 2:00-John Hill! AR 3:00-Happy Hour AR 5:00-Book Club Monthly Meeting Outing! (Amsterdam Library) FL 7:00-Bingo AR	9:30-0 10:00 11:00 AR 1:00-1 3:00-7 Show 7:00-1
9:30-Chair Exercise AR 12 11:15-Communion Services 1:00-Book Club Library 1:30-1st Baptist Church Services AR 2:00-Jepoardy AR 3:00-Bingo for Tickets AR 7:00-Bingo AR	9:30-Wake up the Week AR <b>13</b> 10:00-Prize Bingo AR 11:00-Wii Games AR 1:00-Trivia AR 3:00-Phone Help AR 4:00-Spa Time AR 7:00-Bingo AR	9:30-Chair Exercise AR 10:00-Spill the Tea AR 11:00-Arts & Crafts AR 1:00-Sentinel Store AR 3:00-Movie Matinee TR 5:00-Movie Recap 7:00-Bingo AR	9:30-Chair Exercise AR 15 10:00-Spill the Tea AR 11:00-Baking Club AR <u>1:00-Walmart Outing! FL</u> 3:30-Board Games AR 7:00-Bingo AR		9:30-0 <u>10:30</u> 1:00-E 3:00-0 6:15-E 7:00-E
9:30-Chair Exercise AR 19 11:15-Communion Services 1:00-Book Club Library 1:30-1st Baptist Church Services AR 2:00-Pictonary AR 3:00-Bingo for Tickets AR 7:00-Bingo AR Activity Professionals Week	9:30-Wake up the Week AR 20 10:00-Prize Bingo AR 11:00-Wii Games AR 1:00-Trivia AR 3:00-Phone Help AR 4:00-Spa Time AR 7:00-Bingo AR Martin Luther King Jr. Day	9:30-Chair Exercise AR 21 10:00-Spill the Tea AR 11:00-Arts & Crafts AR 1:00-Sentinel Store AR 3:00-Movie Matinee TR 5:00-Movie Recap 7:00-Bingo AR	9:30-Chair Exercise AR 22 10:00-Spill the Tea AR 11:00-Baking Club AR <u>1:00- Dollar Tree Outing! FL</u> 3:30-Board Games AR 7:00-Bingo AR	9:30-Chair Exercise AR 23 <u>10:30-Virtu-Well! AR</u> <u>1:00-Resident Council</u> <u>Meeting AR</u> 3:00-Happy Hour AR 7:00-Bingo AR	9:30-( 10:00 11:00 AR 1:00-[ 3:00-/ Show 7:00-[
9:30-Chair Exercise AR 26 11:15-Communion Services 1:00-Book Club AR 1:30-1st Baptist Church Services AR 2:00-Jepoardy AR 3:00-Bingo for Tickets AR 7:00-Bingo AR Australia Day (Observed)	<b>č</b> ,	9:30-Chair Exercise AR 28 10:00-Spill the Tea AR 11:00-Arts & Crafts AR <u>1:00-Resident Council</u> <u>Meeting AR</u> 3:00-Movie Matinee TR 5:00-Movie Recap 7:00-Bingo AR	9:30-Chair Exercise AR 29 10:00-Spill the Tea AR 11:00-Baking Club AR <u>1:00-Resident Birthday</u> <u>Party! AR</u> 3:30-Board Games AR 7:00-Bingo AR Chinese New Year (Year of the Snake)	9:30-Chair Exercise AR 30 10:00-Spill the Tea AR 11:00-Wii Just Dance AR <u>1:00-Clappers Critters! AR</u> 4:00-Phone Help AR 7:00-Bingo AR	9:30-0 10:00 11:00 AR 1:00-0 3:00-7 Show 7:00-F

The Sentinel of Amsterdam 10 Market Street, NY 12010 (518) 896-0010.

Friday	Saturday
Chair Exercise AR 3	9:30-Chair Exercise AR 4
D-Bingo AR	10:00-Bingo AR
D-Wind Down the Week	11:00-Hot Chocolate Social
Cribbage AR	Hour AR
Afternoon Movie	1:00-Wii Games AR
ving TR	2:00-Brian Zapel! AR
Bingo AR	7:00-Bingo AR
Chair Exercise AR 10	9:30-Chair Exercise AR 11
D-Bingo AR	10:00-Bingo AR
D-Wind Down the Week	<u>11:00-Schenectady County</u>
Domino's AR	<u>Wide Flea Market! (Via Port</u>
Afternoon Movie	<u>Mall) FL</u>
ving AR	3:00-Wii Games AR
Bingo AR	7:00-Bingo AR
Chair Exercise AR 17 <u>0-Laura Collins! AR</u> Bingo AR Cribbage AR Evening Movie TR Bingo AR	9:30-Chair Exercise AR 18 10:00-Bingo AR 11:00-Hot Chocolate Social Hour AR 1:00-Wii Games AR 3:00-Glee Club AR 7:00-Bingo AR
Chair Exercise AR 24	9:30-Chair Exercise AR 25
D-Bingo AR	10:00-Bingo AR
D-Wind Down the Week	11:00-Hot Chocolate Social
Domino's AR	Hour AR
Afternoon Movie	1:00-Wii Games AR
ving TR	3:00-Glee Club AR
Bingo AR	7:00-Bingo AR
Chair Exercise AR 31 D-Bingo AR D-Wind Down the Week Cribbage AR Afternoon Movie ving TR Bingo AR	