Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aspen Cottage Barr 1922 5th Ave NW V		nmunity 319-359-6080	8:30 – Early Morning Stretch 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Match Up 1:00 – Bible Study 2:00 - Wonders of Winter 3:30- Lap Count 5:30 – Elves Bingo 6:30 – Book Club	8:30 – Coffee & News 9:30 – Church Hymns 10:00 - Decade's Singles 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story 5:15 – Christmas light drive 6:30 – Movie and Popcorn	8:30 – Lap Count 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Tex Ritter Songs 1:00 – Music Sing-Along 2:00 – Google Travel 3:30 –Bird Craft 5:30 – Question Ball	9:30 – Chair Yoga 10:00 – Question Ball 12:30 – Alphabet KaBoom 1:30 – Turkey Trot 2:30 – Puzzle's 3:30 – The Past Post Cards 5:00 – Lap Count 5:30 – Resident Band Music
10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:30 – Decade's Singles 3:30 – Lap Count 5:00 – Bowling	8:30 – Lap Count 9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:30 –Who am I? 2:30 – Google Travel 3:30 – Knitting Corner 5:15 –Visits with Carolina	8:30 – Lap Count 10:30 - Chair Yoga 11:15 – Question and Talk 12:45 – Finish the Drawing 2:30 – Ice Cream Shop 5:30 – Mad Libs: Story 6:00 - Resident Band Music 6:30 – Movie and Poncorn		8:30 – Coffee & News 9:30 – Church Hymns 10:00 - Decade's Singles 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story 5:15 – Christmas light drive 6:30 – Movie and Popcorn	8:30 – Lap Count 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Tex Ritter Songs 1:00 – Music Sing-Along 2:00 – Google Travel 3:30 – Colorful Cacti 5:30 – Question Ball	9:30 – Chair Yoga 10:00 – Elves Bingo 12:30 – Alphabet KaBoom 1:30 – Turkey Trot 2:30 – Puzzle's 3:30 – The Past Post Cards 5:00 – Lap Count 5:30 – Resident Band Music
10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:30 – Coffee W /Norah Burns (GS) 3:30 – Lap Count	9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk	10:30 - Chair Yoga 11:15 - Question and Talk 1:30 - Common Chord (GS) 2:30 - Ice Cream Shop 5:30 - Mad Libs: Story 6:00 - Resident Band Music 6:30 - Movie and Popcorn	8:30 – Early Morning Stretch 15 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Match Up 1:00 – Bible Study 2:00 - Wonders of Winter 3:30- Lap Count 5:30 – Elves Bingo 6:30 – Book Club	8:30 – Coffee & News 9:30 – Church Hymns 10:00 - Decade's Singles 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story 5:00- Question Ball 6:30 – Birthday Bash (GS)	8:30 – Lap Count 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Tex Ritter Songs 1:00 – Music Sing-Along 2:00 – Google Travel 3:30 – Paper Bluebonnet 5:30 – Question Ball	9:30 - Chair Yoga 10:00 - Question Ball 12:30 - Alphabet KaBoom 1:30 - Turkey Trot 2:30 - Puzzle's 3:30 - The Past Post Cards 5:00 - Lap Count 5:30 - Resident Band Music
8:30 – Early Morning Stret 99:30 – Coffee & News 10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:30 – Decade's Singles 3:30 – Lap Count 5:00 – Bowling	8:30 – Lap Count 9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:30 – Who am I? 2:00 to 4:00 – Wartburg Tenr Team 5:15 – Elves Bingo Martin Luther King Day	10:30 - Chair Yoga 11:15 - Question and Talk 12:45 - Finish the Drawing 2:30 - Ice Cream Shop 5:30 - Mad Libs: Story 6:00 - Resident Band Music 6:30 - DooWops (GS)	8:30 – Early Morning Stretch 22 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Match Up 1:00 – Bible Study 2:00 - Wonders of Winter 3:30- Lap Count 5:30 – Elves Bingo 6:30 – Book Club	8:30 – Coffee & News 9:30 – Church Hymns 10:00 - Decade's Singles 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story 5:15 – Christmas light drive 6:30 – Movie and Popcorn	8:30 – Lap Count 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Tex Ritter Songs 1:00 – Music Sing-Along 2:00 – Google Travel 3:30 – Rock Painting 5:30 – Question Ball	9:30 - Chair Yoga 10:00 - Elves Bingo 12:30 - Alphabet KaBoom 1:30 - Turkey Trot 2:30 - Puzzle's 3:30 - The Past Post Cards 5:00 - Lap Count 5:30 - Resident Band Music Chinese New Year
10:25 – Church 1:00 – Tracy Dohl Pet Visit 2:30 – Decade's Singles 3:30 – Lap Count 5:00 – Bowling	8:30 – Lap Count 9:00 – School Cards 10:30 - Sit N Be Fit 11:15 – Question and Talk 1:30 – Who am I? 2:30 – Google Travel 3:30 – Knitting Corner 5:15 – Visits with Carolina Australia Day (observed)	10:30 - Chair Yoga 11:15 – Question and Talk 12:45 – Finish the Drawing 2:30 – Ice Cream Shop 5:30 – Mad Libs: Story 6:00 - Resident Band Music 6:30 – Movie and Poncorn	8:30 – Early Morning Stretch 29 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Match Up 1:00 – Bible Study 2:00 - Wonders of Winter 3:30- Lap Count 5:30 – Elves Bingo 6:30 – Book Club	8:30 – Coffee & News 9:30 – Church Hymns 10:00 - Decade's Singles 11:15 – Question and Talk 1:30 – Crosswords / Lap Count 3:30 – Fill in the Blank Story 5:15 – Christmas light drive 6:30 – Movie and Popcorn	8:30 – Lap Count 10:30- Sit n Be Fit 11:15 – Question and Talk 12:30 – Tex Ritter Songs 1:00 – Music Sing-Along 2:00 – Google Travel 3:30 – Wood Welcome Sign 5:30 – Question Ball	31