

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2021

## Assisted Living, Crystal Creek at Preston Hollow



<p>7:00 Heart of the Nation Cath. Mass on ch-25 8:00 Lakewood Church On channel 51 2:00 Sweet Bingo 4:00 Movie, "The Miracle Worker" On TCM-68</p>	<p>9:55 Daily Chronicle 10:00 30 minute Chair Yoga 10:40 Brain Game 1:30 Room Craft 2:30 One on Ones 3:00 Family Visits</p>	<p>9:55 Daily Chronicle 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 2:00 Poetry in your room 3:00 One on One &amp; Family Visits</p>	<p>9:55 Daily Chronicle 10:00 Stretch &amp; Chair Exer. 10:40 Puzzles 12:00 Lunch in from I Fratelli Pizza 1:30 In House Movie 1:30 One on Ones 3:30 Family Visits</p>	<p>9:55 Daily Chronicle 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 1:30 In-House Movie 2:00 Happy Hour Cart 2:30 Family Visits</p>	<p>Happy New Year! 12:00 Citrus Bowl Game On ABC 4:00 Movie, "Born Yesterday" TCM-68 5:00 Rose Bowl Game On ESPN</p>	<p>10:00 Popeye, "Wood Peckin'" On TCM-68 1:30 Movie(TBD)Popcorn 6:00 Movie Encore</p>
<p>7:00 Heart of the Nation Cath. Mass on ch-25 8:00 Lakewood Church On channel 51 2:00 Sweet Bingo 5:45 Movie, "Caberet" On TCM-68</p>	<p>9:55 Daily Chronicle 10:00 30 minute Chair Yoga 10:40 Brain Game 1:30 Room Craft 2:30 One on Ones 3:00 Family Visits</p>	<p>9:55 Daily Chronicle 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 1:15 Resident Council 2:00 Refreshment Cart 3:00 One on One &amp; Family Visits</p>	<p>9:55 Daily Chronicle 10:00 Stretch &amp; Chair Exer. 10:40 Brain Aerobics 12:00 Lunch in from Asian Mint 1:30 In House Movie 3:30 Family visits</p>	<p>9:55 Daily Chronicle 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 1:30 In-House Movie 2:00 Happy Hour Cart 2:30 Family Visits</p>	<p>9:55 Daily Chronicle 10:00 Qi Gong Exercise 10:30 Family Visits 11:00 Fresh Nails 1:30 In Room Bingo 2:30 Family Visits 3:00 One on One visits</p>	<p>10:45 Movie, "Popeye, Anvil Chorus Girl" TCM-68 1:30 Movie and Popcorn 6:00 Movie Encore</p>
<p>7:00 Heart of the Nation Cath. Mass on ch-25 8:00 Lakewood Church On channel 51 1:30 Sweet Bingo 3:30 Movie, "A Streetcar Named Desire" On TCM-68</p>	<p>9:55 Daily Chronicle 10:00 30 minute Chair Yoga 10:40 Brain Game 1:30 Room Craft 2:30 One on Ones 3:00 Family Visits</p>	<p>9:55 Daily Chronicle 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 2:00 Refreshment Cart 3:00 One on One &amp; Family Visits</p>	<p>9:55 Daily Chronicle 10:00 Stretch &amp; Chair Exer. 10:40 Documentary 12:00 Lunch/ Café Amore 1:30 In House Movie 3:30 Family Visits</p>	<p>9:55 Daily Chronicle 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 1:30 In-House Movie 2:00 Happy Hour Cart 2:30 Family Visits</p>	<p>9:55 Daily Chronicle 10:00 Qi Gong Exercise 10:30 Family Visits 11:00 Fresh Nails 1:30 In Room Bingo 2:30 Family Visits 3:00 One on One visits</p>	<p>10:00 Popeye, "Spinach Packin' Popeye" TCM-68 1:30 Movie and Popcorn 6:00 Movie Encore</p>
<p>7:00 Heart of the Nation Cath. Mass on ch-25 8:00 Lakewood Church On channel 51 2:00 Sweet Bingo 3:45 Movie, TBD OnTCM-68</p>	<p>9:55 Daily Chronicle 10:00 30 minute Chair Yoga 10:40 Brain Game 1:30 Room Craft 2:30 One on Ones 3:00 Family Visits</p>	<p>9:55 Daily Chronicle 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 2:00 Refreshment Cart 3:00 One on One &amp; Family Visits</p>	<p>9:55 Daily Chronicle 10:00 Stretch &amp; Chair Exer. 10:40 Documentary 12:00 Lunch/ Cindi's Deli 1:30 In House Movie 3:30 Family Visits</p>	<p>9:55 Daily Chronicle 10:00 HasFit Exercise 10:40 WORD of the Day 10:45 Word Makers 1:30 In-House Movie 2:00 Happy Hour Cart 2:30 Family Visits</p>	<p>9:55 Daily Chronicle 10:00 Qi Gong Exercise 10:30 Family Visits 11:00 Fresh Nails 1:30 In Room Bingo 2:30 Family Visits 3:00 One on One visits</p>	<p>10:00 Popeye, TBD, TCM-68 1:30 Movie and Popcorn 6:00 Movie Encore</p>

Activity Professionals Week

Australia Day (observed)

**January Birthday**  
**Eric Benson**