Sunflower Communities Resident Activities Calendar Resident Activities are welcome to join in on all Activities are subject to change						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
This month we are traveling through Thailand with our arm chair travel	Happy New Vear	1-4 Elmer 1-4 Elmer 1-10 Tim 1-25 Jan 1-23 Julia 1-26 Roger 1-23 Joesph 1-31 David P.	1       Bloody Mary Day         9:30 Coffee Club Cart / In the News         9:30 Creative creations with Beth-2al         11:00 Connect Four -1         11:00 table talk /cards -3         12:30 Creative creations with Beth 2mc         12:30 Connect four-3         1:00 Bingo -2al         2:00 Creative creations with Beth -1         2:00 Midweek Mingle With a Mocktail Bloody Mary Bar 1w.         3:00 Creative creations with Beth -3         3:30 Bible school 1w.         3:30 Connect four 2mc	2 National Science Fiction Day 9:30 Coffee Club Cart 10:00 Library Cart *11:00 Ring Toss -3 12:30 Science Fiction Trivia game-2al 12:30 Bingo 2mc *1:15 Ring toss -1 1:45 Movie Matinée- science fiction movie *3:30 Science fiction trivia -1 3:30 Cards for LEA Day	<b>3 Mind-Body Wellness</b> 9:30 Morning stretch- Noodle Ball- 9:30 Morning Mediation and Goal setting -2m 10:45 Moring Mediation and Goal setting -3 12:30 Bingo -3 12:30 Creative Creations with Beth -1 1:30 Movie Matinee 3:30 AA meeting all welcome -1w 3:30 Creative Creations with Beth -2mc 3:30 Mediation and Goal setting -2al 4:00 Table talk/ Checkers	<b>4</b> National Trivia Day 9:30 Saturday morning Coffee Club -2al 9:30 Trivia Games -2al 10:30 Noodle Ball 12:30 Peaceful Minds -2al 12:30 Trivia games -1 1:30 Trivia games -3 1:45 Peaceful Minds-1 2:30 Big group Bingo-2al 3:00 Peaceful minds -3 3:45 table talk and cards 3:45 Peaceful minds -2mc
<b>5 National Bird Day</b> Daily Payer Reading 9:30 Good morning table time 9:30 Target practice -1 10:30 Bird Crafts with Lisa -3 12:30 Bird crafts with Lisa -2mc 12:30 Bird crafts with Lisa -2mc 13:30 Target practice -3 2:30 Bird Crafts with Lisa -2al 3:30 Target practice -2mc 4:00 1:1 Card games	<b>6</b> 9:30 Book Club with Beth -2mc 9:30 Morning stretches- 9:30Manicures and Music -2al 10:45 Bingo -1 11:00 Dice games -3 12:30 Manicures and Music -2mc 12:30 Dice Games -1 1:30 Dice games -2mc 2:00 Monday Matinee movie—2al 3:00 Sensory Overload -2mc 3:30 Dice Games -2al 3:45 Sensory overload -3	<ul> <li>79:30 Morning Coffee cart / In the News</li> <li>*9:30- A/C Travel -Thailand Travel guide Best places to travel in Thailand 2025-1</li> <li>9:30 Crafts with Lisa -2mc</li> <li>*10:30 - A/C Travel -Thailand Travel guide Best places to travel in Thailand 2025 -</li> <li>10:30 Crafts with Lisa -2al</li> <li>11:00 Trivia Tuesday -2mc</li> <li>12:30 Trivia Tuesday -3</li> <li>*1:00 - A/C Travel -Thailand Travel guide Best places to travel in Thailand 2025</li> <li>1:30 Trivia Tuesday -1</li> <li>*2:15 - A/C Travel -Thailand Travel guide Best places to travel in Thailand 2025</li> <li>3:30 Trivia Tuesday -1</li> <li>*2:15 - A/C Travel -Thailand Travel guide Best places to travel in Thailand 2025-2mc</li> <li>3:30 Trivia Tuesday -2al</li> <li>3:30 Trable talk 1:1</li> </ul>	<b>8</b> 9:15 Coffee Club Cart / In the News 9:30 Science Experiments-1 11:00 Science experiments -2al 12:30 Table top Bowling -1 12:30 Science Experiment -3 1:15 Bingo -2al 1:30 Science experiments -2mc *2:30 Mahjong on the tablet 1:1 -3 3:00 Fresh air break 3:30 Bible school 1w. *3:30 Mahjong on the tablet 1:1 -2mc *4:00 Mahjong on the tablet 1:1 -1	<ul> <li>9 National Law Enforcement Appreciation Day</li> <li>9:30 Morning Coffee Cart</li> <li>9:30 Cooking Class- Crockpot Dinner-2mc</li> <li>10:30 Library Cart</li> <li>11:00 Poetry Reading -1</li> <li>12:30 - Poetry Reading -2al</li> <li>12:30 Bingo -2mc</li> <li>2:00 Classic Movie Day -3</li> <li>2:00 Social—1w</li> <li>3:00 Poetry readings -2mc</li> <li>3:00 joggin your noggin</li> <li>3:45 Poetry reading -3</li> </ul>	<b>10</b> Houseplant Appreciation Day 9:30 Morning Sit N Be Fit— 9:30 Men's Coffee Club at BE senior center 11:00 Planting activity -2mc 12:30 Bingo-3 1:30 Bingo Store Open 1:30 Movie Matinee— Changeland 3:15 Planting activity 3:30 AA meeting all welcome 1w 3:30 Board games -3 4:00 Planting activity -1	<b>11</b> 9:30 Saturday Morning coffee club -1w. 9:30 Bible Study with with Beth -2mc 10:45 Bible study with Beth -3 11:00 Winter Printables 12:30 Scrabble -2al 12:30 Crafting with Patty—2mc 1:45 Crafting with Patty -3 2:00 Scrabble -1 3:00 Crafting with patty -2al 3:15 Scrabble -2mc 4:00 Crafting with patty -1
<b>12</b> National Pharmacist Day Daily Prayer Reading 9:30 Good Morning Table time 9:30 Morning Chair yoga -2al 10:15 Morning Chair yoga -2 10:30 Drop off Pharmacy Cards 11:00 Morning Chair yoga -3 12:30 Board games/table talk -2al 12:30 Chair yoga -1 1:15 Fresh Air break 1:45 Board Games/Table talk -3 2:00Table Talk/ cards -2al 3:00Board games/table talk -2mc 3:30 Table talk/cards -1	<b>13</b> 9:30 Manicures and Music -2al 9:30 Book club with Beth -2mc 9:30 Morning stretches-bands 10:45 Bingo -1 *11:00 Ring Toss -3 12:30 Fresh air Break 12:30 Ranicures and music -2mc *12:30 Ring Toss -2al *1:30 Thai Full Moon Party! * 3:30 Sensory overload -3 *3:30 Bing Toss -2mc 3:30 Book Club with Beth -2al *4:00 Ring Toss -1 4:00 Sensory over load -2mc 4:00 Table talk/ cards	<b>14</b> 9:30 Morning Coffee cart *9:30 A/C Travel Thailand's elephant History & craft-1 *10:45A/C Travel Thailand's elephant History & craft-3 11:00 Trivia Tuesday Game -2mc *12:30 A/C Travel Thailand's elephant History & craft 12:30 Tuesday Trivia Game-1 1:15 Tuesday Trivia Game -3 *2:00 A/C Travel Thailand's elephant History & craft2mc 2:30 Table Top Bowling 3:15 Tuesday Trivia Game- 2al 4:00 Table talk/Cards -3 4:00 Name that Tune	<b>15</b> National Bagel day 9:30 Coffee Club cart /In the News 9:30 Velcro ball Toss -2al 10:15 Velcro ball toss -2mc 11:00 Velcro Ball toss -3 *11:00 Mahjong on the tablet 1:1-2al 12:30 Velcro Ball toss -1 12:30 Vhite board games -2mc 1:00 Bingo-2al 1:30 White Board games-3 2:00 Midweek Mingle - Happy Hour with Bagel Bar -1w. 3:30 White board games -2al 3:30 Bible school 1w 4:00 White board games -1	<b>16 National Do Nothing Day</b> 9:30 Morning Coffee Cart 9:30 Library Cart 10:30 Resident Council meeting 10:45 Creative creations with Lisa -3 12:30 Creative creations with Lisa -2al 12:30 Bingo -2mc 1:00 Classic movie day -3 all welcome 3:00 Sip And Paint—2al all welcome 3:30Creative Creations with Lisa - 1	<b>17</b> 9:30 Morning Stretches—balloon Bop 9:30 This week in History -2al 10:30 This week in history -3 11:00 Brain Drain -1 12:45 MC library Craft outing - snowflakes 2:30 Bingo -3 3:00 Brain Drain -2mc 3:00 I2 Step meeting ALL welcome ! 3:30 Brain drain -2al 4:00 This week in history - 1	<b>18</b> 9:30 Saturday Morning Coffee club-2al 9:30 Remote controlled car races—3 10:30 Left Right Game –2al 12:30 Remote controlled car races—1 12:30 Peaceful minds –2al 1:30 Auction 1w 2:30 Remote Controlled car races –2mc 2:30 Peaceful minds –1 3:45 Remote Controlled car races-2al 3:45 Peaceful minds –3 4:00 left right game
<b>19 National Popcorn Day</b> Daily Prayer Reading 9:30 Good Morning Table Time - 9:30 Coffee Club 10:30 Lets make caramel Corn! -2al 11:00 Crossword Fun -3 1:00 Popcorn Party -1w. 3:00 Big Bingo -2mc 3:00 Crossword Fun -2al 3:30 Big Bingo -1 4:00 Crossword Fun -2mc 4:00 Big Bingo-3	<b>20 National Cheese Lover Day</b> 9:30 Book club with Beth -2mc 9:30 Manicures and music -2al 10:45 Bingo -1 11:00 Fresh Air break 12:30 Connect Four -1 12:30 Manicures and music -2mc *12:30 Table talk and Checkers -3 1:30 Cheese Tasting and Trivia -1w. 2:00 How Cheese is made Documentary 3:00 Sensory overload -3 *3:00 Table talk and checkers -3 3:00 Book Club with Beth -2al 3:45 Sensory overload -2mc *4:00 Table talk and checkers -2mc	<ul> <li>21 Squirrel Appreciation Day</li> <li>9:30 Morning Coffee cart / in the news</li> <li>9:30 A/C Travel-Buddhist traditions &amp; Thai Culture and Passports -1</li> <li>9:30 Crafting with Lisa-2al</li> <li>*10:45 A/C Travel-Buddhist traditions &amp; Thai Culture and Passports</li> <li>11:00 History of Squirrel Appreciation Day 2al</li> <li>*12:30 A/C Travel -Buddhist traditions &amp; Thai Culture and Passports -2al</li> <li>*12:30 Crafts with Lisa -3</li> <li>1:00 History of Squirrel Appreciation Day -1</li> <li>12:30 Crafts with Lisa -3</li> <li>1:00 History of Squirrel Appreciation Day -2mc</li> <li>*2:00 A/C Travel -Buddhist traditions &amp; Thai Culture and Passports -2mc</li> <li>2:45 History Of Squirrel appreciation Day</li> <li>3:30 Name that tune</li> </ul>	<b>22</b> 9:30 Coffee club cart / in the news 9:30 Cooking Class—Crockpot Dinner -2al 11:00 Table talk & Coloring Fun -3 11:00 Joggin your Noggin -1 *12:30 Deed Luk Kaew (marbles) -2mc 1:30 Joggin your Noggin -3 1:30 Deed Luk Kaew (marbles) -2al 1:30 Joggin your noggin -2mc 2:45 Deed Luk Kaew (marbles) -1 2:45 Deed Luk Kaew (marbles) -3 4:00 Joggin your noggin -2al	23 National Pie Day 9:30 Morning Coffee Cart 9:30 Match Game— the pie version -2mc 10:45 Creative creations with Lisa -1 11:00 Match Game- The pie Version -3 12:30 Bingo -2mc 12:30 Creative creations with Lisa -2al 1:00 Classic Movie on 3rd (all welcome) 2:00 Pie Social -1w 3:30 Creative creations with Lisa -2mc 3:30 Match Game- the pie version-1	<b>24 National Complement Day</b> **National Activity Professional Day 9:30 Morning Music & Moves 9:30 White Board Games2mc 10:30 Minute to win it games -1 10:30 White Board Games -3 11:30 Bowling outing - 12:30 Minute to Win It—2al 2:15 Movie matinee—bitter/sweet 3:30 Minute to Win it -2mc 3:30 white board games -2al 3:30 AA meeting- all welcome -1w 4:00 Minute to win it games -	25 9:30 Saturday Morning Coffee Club 1w. 9:30 Sing it out -2mc 11:00 Bible Study -3 12:30 Activities with Beth -1 12:30 Trip to Blue earth Library 1:45 Activities with Beth -2al 2:00 Finish lines -3 3:00 Activities with Beth -2mc 3:00 Finish lines -2al 4:00 Activities with Beth -3
26 Green Juice Day Daily Prayer Reading 9:30 Daily Devotions with Beth -2mc 9:30 Morning Muffins -1 10:30 Daily Devotions with Beth -3 11:00 white board games -2al 12:30 Balloon Volleyball-2mc 1:30 Mixin up Green Juice cart- 3:00 Balloon Volleyball-3 3:00 White board games -2mc 3:45 Balloon volleyball—2al 4:00 White board games -3	<b>27</b> Chocolate Cake Day 9:30 Manicures & Music -2al 9:30 Book club with Beth -2mc 9:30 Morning stretches -bands 10:45 Bingo -1 11:30- RAFFLE WINNER LUNCH 12:30 Ramote controlled car Fun -3 1:30 Monthly Birthday Party! 1w 3:00 Sensory overload -2mc 3:30 Sensory Overload -3 3:30 Finish Lines 1:1 3:45 Remote controlled car fun -2mc	<ul> <li>28 Lego Day</li> <li>9:30 Morning Coffee cart</li> <li>*9:30 A/C Travel Beautiful Islands of Thailand and Beach themed craft -1</li> <li>*10:45 A/C Travel Beautiful Islands of Thailand and Beach themed craft</li> <li>11:00 Brain Drain Games-2al</li> <li>12:30 A/C Travel Beautiful Islands of Thailand and Beach themed craft -2al</li> <li>1:30 Lego Fun -3</li> <li>*2:00 A/C Travel Beautiful Islands of Thailand and Beach themed craft -2mc</li> <li>2:15 Lego Fun -1</li> <li>3:00 Lego Fun -2mc</li> <li>3:00 Brain Drain Games-3</li> <li>4:00 Lego Fun 2al</li> </ul>	<b>29 Puzzle Day</b> 9:30 Coffee Club Cart / In the News 9:30 Puzzle Fun -3 9:30 Bible study with Beth - 2al 10:30 Puzzle Fun -2mc 10:30 Bible study with Beth -1 12:30 Bible study with Beth -3 12:30 Noddle Ball 1:15 Bingo -2al 1:30 Bible study with Beth -2mc 2:30 Midweek Mingle Happy Hour -1w. 3:00 Puzzle Fun -3 4:00 Puzzle Fun -3	<b>30</b> 9:30 Morning Coffee Cart 9:30 Library Cart 10:45 Creative creations with Lisa -1 11:00 Mahjong on the tablet -2al 12:30 Bingo 2mc 12:30 Creative creations with Lisa -2al 1:45 Classic movie day -3 all welcome 2:00 Creative creations with Lisa -2mc 3:00 Mahjong on the tablet -2al 3:30Creative Creations with Lisa -3 4:00 Mahjong on the tablet -1	<b>31 National Hot Chocolate Day</b> 9:30 Morning Sit N Be Fit— 9:30 Men's Coffee Club at BE senior center 10:45 Hot Chocolate craft- 2mc 12:30 Bingo-3 12:30 Hot Chocolate craft-2al 1:30 Bingo Store Open 1:30 Movie Matinee— Changeland 2:00 Hot Chocolate Bar—cart— 3:15 Hot chocolate craft—3 3:15 Fresh air Break 3:30 AA meeting All welcome 1w 4:00 Hot Chocolate Craft-1	Key 1st floor 2nd AL 2nd MC 3rd floor Outing Includes all floors

## Residents are welcome to join in on all