January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Crafts 4pm-Sing A Long
2 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm -Crafts 4pm- Sing A Long	3 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Card Games 4pm-Sing A Long	4 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Happy Hour with *Alfredo* 3pm - Watercolors 4pm-Sing A Long	5 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Trivia 4pm-Sing A Long	6 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Art 4pm-Sing A Long	7 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Dominoes 4pm-Sing A Long	8 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Crafts 4pm-Sing A Long
9 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm -Crafts 4pm- Sing A Long	10 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Card Games 4pm-Sing A Long	11 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Watercolors 4pm-Sing A Long	12 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Trivia 4pm-Sing A Long	13 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Art 4pm-Sing A Long	14 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Dominoes 4pm-Sing A Long	15 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Crafts 4pm-Sing A Long
16 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm -Crafts 4pm- Sing A Long	17 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Card Games 4pm-Sing A Long	18 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Watercolors 4pm-Sing A Long	19 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Trivia 4pm-Sing A Long	20 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Art 4pm-Sing A Long	21 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Dominoes 4pm-Sing A Long	22 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Crafts 4pm-Sing A Long
23 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm -Crafts 4pm- Sing A Long	24 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Card Games 4pm-Sing A Long	25 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Watercolors 4pm-Sing A Long	26 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Trivia 4pm-Sing A Long	27 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Art 4pm-Sing A Long	28 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Dominoes 4pm-Sing A Long	29 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Crafts 4pm-Sing A Long
30 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm -Crafts 4pm- Sing A Long	31 9am - Daily Chronicle 9:30am - Exercise 10am- BINGO 1pm- Movie 3pm - Card Games 4pm-Sing A Long					

FAIR OAKS ESTATES

MEMORY CARE

FAIR OAKS ESTATES, 8845 FAIR OAKS BLVD CARMICHAEL, CA, 95608 **PH.916-944-2077**