

JANUARY



Houghton Lake Activity Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|--|--|
|  | <i>Happy New Year</i> 1 10:30 AM - Bowling 1:00 PM - Bingo | 2 10:30 AM - Exercise 2:00 PM - Board Games | 3 10:30 AM - Make Cake Pops 1:00 PM - Bingo | 4 10:30 AM - Exercise 2:00 PM - Board Games | 5 10:30 AM - Spa Day 1:00 PM - Bingo 2:30 PM - Winter Trivia |  6 Music Singers |
| 7 9:30 AM - Church Service 1:00 PM - Football in Theatre | 8 10:30 AM - Exercise 1:00 PM - Bingo | 9 10:30 AM - Exercise 2:00 PM - Board Games | 10 10:30 AM - Watercolor Painting 1:00 PM - Bingo | 11 10:30 AM - Exercise 2:00 PM - Board Games | 12 10:30 AM - Story Book Club 1:00 PM - Bingo | 13 Independent Activities |
| 14 9:30 AM - Church Service 1:00 PM - Football in Theatre |  15 10:30 AM - Sensory Box 1:00 PM - Bingo | 16 10:30 AM - Exercise 2:00 PM - Puzzles | 17 10:30 AM - Paint Butterflies 1:00 PM - Bingo | 18 10:30 AM - Exercise 2:00 PM - Board Games | 19 10:30 AM - Exercise 1:00 PM - Bingo | 20 Music Singers |
| 21 9:30 AM - Church Service 1:00 PM - Football in Theatre | 22 10:30 AM - Puzzlemania 1:00 PM - Bingo | 23 10:30 AM - Exercise 2:00 PM - Board Games | 24 Therapy Dog Visit 1:00 PM - Bingo | 25 10:30 AM - Exercise 2:00 PM - Puzzles | 26 10:30 AM - Bowling 1:00 PM - Bingo | 27 Independent Activities |
| 28 9:30 AM - Church Service 1:00 PM - Football in Theatre | 29 10:30 AM - Craft 1:00 PM - Bingo | 30 10:30 AM - Exercise 2:00 PM - Board Games | 31 10:30 AM - Arts and crafts 1:00 PM - Bingo |  www.BrookRetirement.com The Brook <i>A Retirement Community with Assisted and Independent Living</i>  | | |