

Daily Meals

8:00 Breakfast
 Noon Lunch
 3:00 Snack Cart
 5:00 Dinner

January 2025

Sun Valley Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>January Birthdays Jan 2nd - Happy Birthday Pepita! Jan 6th - Happy Birthday Maddie! Jan 25th - Happy Birthday Ricky!</p>		 <p>Happy New Year 2025</p>		2 9:30 Morning Visit 9:45 Music w/Debbie 11:00 Exercise 1:00 Crafts 3:00 Snacks	3 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	4 "January is the perfect time to reset, recharge, and renew your focus on what truly matters."
5  Church Visit 2 p.m.	6 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	7 9:00 Beauty shop 9:30 Morning Visit 10:00 Exercise 10:45 Devotional 1:00 Music w/Lynn 3:00 Snacks	8 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	9 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 Karaoke 3:00 Snacks	10 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	11 
12  National Hot Tea Day	13 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	14 9:00 Beauty shop 9:30 Morning Visit 10:00 Exercise 10:45 Devotional 1:00 Crafts 3:00 Snacks	15 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	16 9:30 Morning Visit 9:45 Music w/Debbie 11:00 Exercise 1:00 Crafts 3:00 Snacks	17 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	18 10:30 a.m. with the BINGO Leo/Lions Club
19  National Popcorn Day	20 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	21 9:00 Beauty shop 9:30 Morning Visit 10:00 Exercise 10:45 Devotional 1:00 Crafts 3:00 Snacks	22 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	23 9:30 Morning Visit 10:00 Exercise 10:30 Games/Trivia 1:00 Crafts 2:30 SFlynn Music 3:00 Snacks	24 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	25  National Irish Coffee Day
26 1:30 p.m. Plummer Family Music 	27 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	28 9:00 Beauty shop 9:30 Morning Visit 10:00 Exercise 10:45 Devotional 1:00 Crafts 3:00 Snacks	29 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	30 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 Crafts 3:00 Snacks	31 9:30 Morning Visit 10:00 Exercise 10:30 Games 11:00 Trivia 1:00 BINGO 3:00 Snacks	

