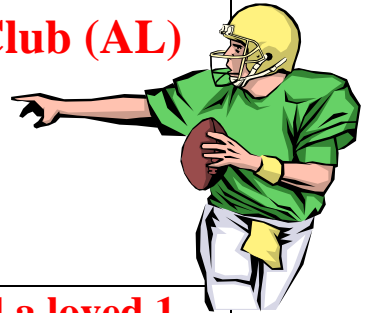


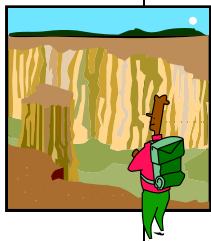
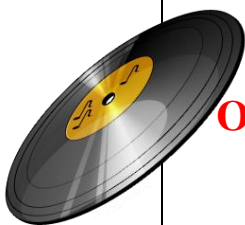
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| <p><b>Friday</b><br/><b>1</b></p>  <p><b>Happy<br/>New<br/>Year!</b></p>  | <p><b>9:30 Second Cup and Conversation</b><br/> <b>11:00 Past Rose Bowl Parades on ch. 31</b><br/> <b>12:00 Heart and Soul Walking Club (AL)</b><br/> <b>2:30 Puzzle Club</b><br/> <b>3:30 The Crazy Eight Crew</b><br/> <b>5:00 The Rose Bowl channel 31</b><br/> <b>7:30 The Sugar Bowl channel 31</b></p>   |
| <p><b>Saturday</b><br/><b>2</b></p> <p><b>Happy 53<sup>rd</sup><br/>Cuba Gooding<br/>Jr.</b></p> <p><b>A Few Good Men</b></p>  | <p><b>Be kind to U: Pick up the phone+call a loved 1</b><br/> <b>9:30 2<sup>nd</sup> Cup and Conversation</b><br/> <b>10:00 Classic Rewind on channel 38</b><br/> <b>11:00 Checkers with friends</b><br/> <b>11:30 Heart and Soul Hallway stroll</b><br/> <b>2:30 Chess Club</b><br/> <b>3:30 Master Puzzlers</b><br/> <b>4:30 Feel Good Movie on channel 23</b></p>   |
| <p><b>Sunday</b><br/><b>3</b></p> <p><b>Chocolate<br/>Covered<br/>Cherry<br/>Day</b></p>   | <p><b>8:00 Current Events with Willie Geist channel 4</b><br/> <b>9:30 2<sup>nd</sup> Cup and Conversation</b><br/> <b>10:30 Rock City Church on channel 6</b><br/> <b>11:00 Classic Sunday Matinee on channel 55</b><br/> <b>11:30 Heart and Soul Hallway stroll</b><br/> <b>2:30 Chess Club</b><br/> <b>3:30 Master Jigsaw Puzzlers</b><br/> <b>4:30 Bird Watching crew in the sunroom</b><br/> <b>5:30 News and Brews</b></p> |
| <p><b>Monday</b><br/><b>4</b></p>  <p><b>Heavyweight<br/>Boxer<br/>Floyd Patterson<br/>Born in<br/>1936!</b></p> | <p><b>9:30 Morning greetings with Shelia</b><br/> <b>10:00 Face Timing friends and family</b><br/> <b>11:00 Mood Boosting Brain games on ch. 10</b><br/> <b>11:30 Heart and Soul Hallway stroll</b><br/> <b>2:30 Chess Club</b><br/> <b>3:30 Bottoms Up Happy Hour at The Mill</b><br/> <b>4:00 Bingo Blast.....Do U Feel Lucky?</b><br/> <b>5:00 Finish the Line in time challenge</b></p>                                      |



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| <p><b>Tuesday</b><br/><b>5</b><br/><b>Diane Keaton</b><br/><b>was born</b><br/><b>in</b><br/><b>1946</b></p>               | <p><b>9:30 Spreadin Good in the Neighborhood</b><br/><b>10:00 Face Timing friends and family</b><br/><b>11:00 Mood Boosting Brain Games on ch. 10</b><br/><b>11:30 Heart and Soul hallway stroll</b><br/><b>2:30 Chess Club</b><br/><b>3:30 All aboard the Mill Run Fun Bus for a ride</b><br/><b>4:30 Master Jigsaw Puzzlers</b><br/><b>5:30 Todays News and Views</b></p>  |
| <p><b>Wednesday</b><br/><b>6</b><br/><b>Danny Thomas</b><br/><b>born</b><br/><b>in</b><br/><b>1912</b></p>                 | <p><b>Epiphany-12<sup>th</sup> Day of Christmas Season</b><br/><b>10:00 Face Timing friends and family</b><br/><b>11:00 Mood Boosting Brain Games on ch. 10</b><br/><b>11:30 Heart and Soul hallway stroll</b><br/><b>2:00 Strolling ice cream cart with Shelia</b><br/><b>2:15 Window visits by our favorite person Janet</b><br/><b>2:30 Chess Club</b><br/><b>4:00 Mock tails at the Mill</b><br/><b>4:30 Bob Ross painting party</b></p> |
| <p><b>Thursday</b><br/><b>7</b><br/><b>Gene Autry's</b><br/><b>Melody Ranch</b><br/><b>debut</b><br/><b>in 1940</b></p>    | <p><b>9:30 Stoppin by to say "Hi" with Shelia</b><br/><b>10:00 Face Timing friends and family</b><br/><b>10:30 Bakers</b><br/><b>11:00 Brain Teasers on channel 10</b><br/><b>11:30 Heart and Soul hallway stroll</b><br/><b>2:30 Chess Club</b><br/><b>3:00 Starbucks Coffee and fresh baked goodies</b><br/><b>4:00 The Crazy Eights Crew</b></p>  |
| <p><b>Friday</b><br/><b>8</b><br/><b>Happy Birthday</b><br/><b>to Elvis.</b><br/><b>He was born in</b><br/><b>1935</b></p> | <p><b>8:00 Personal shopping for you</b><br/><b>9:30 Morning greetings with Shelia</b><br/><b>10:00 Face Timing friends and family</b><br/><b>10:30 Fabulous Friday doughnut club</b><br/><b>11:00 Brain Teasers on channel 10</b><br/><b>11:30 Heart and Soul hallway stroll</b><br/><b>2:30 Elvis Party with</b><br/><b>Grilled Peanut Butter and Nanna Sandwiches</b><br/><b>3:30 Friday Keno Blast</b></p>                               |



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| <p><b>Saturday</b><br/><b>9</b><br/><b>Word Nerd Day</b><br/>The average English speaker knows <b>50,000</b> words</p> | <p><b>Be Kind to U: Turn on some tunes and dance</b><br/>9:30 2<sup>nd</sup> Cup and Conversation<br/>10:30 Curious Minds want to know on ch. 61<br/>11:30 Heart and Soul hallway stroll<br/>2:30 Chess Club<br/>3:30 Master Puzzlers<br/>4:30 Checkers and chat<br/>5:30 Todays News and Views</p>   |
| <p><b>Sunday</b><br/><b>10</b><br/>On this day in 1949 RCA introduced the "Single" a 45rpm record!</p>                 | <p><b>8:00 Current Events with Willie Geist channel 4</b><br/>9:30 2<sup>nd</sup> Cup and Conversation<br/><b>10:30 Rock City Church on channel 6</b><br/>11:30 Heart and Soul hallway stroll<br/>2:30 Chess Club<br/>3:30 Master Puzzlers<br/>4:30 The Crazy Eights Crew<br/><b>6:30 Americas Funniest videos on channel 6</b></p>             |
| <p><b>Monday</b><br/><b>11</b><br/>The Grand Canyon National Monument was created in 1908!</p>                         | <p><b>8 Tonight 2021 National Championship on ch.31</b><br/><b>Team Spirit Day</b><br/><b>10:00 Face Timing friends and family</b><br/>11:00 Mood Boosting games on channel 10<br/>11:30 Heart and Soul hallway stroll<br/>2:30 Chess Club<br/><b>3:30 Football Fever Party on wheels</b><br/><b>4:30 Football Races for fun</b></p>            |
| <p><b>Tuesday</b><br/><b>12</b><br/><b>Super Hero Day</b></p>  | <p>9:30 Stopping by to say "Hi" with Shelia<br/><b>10:00 Face Timing friends and family</b><br/>11:00 Mood Boosting games on channel 10<br/>11:30 Heart and Soul hallway stroll<br/>2:30 Chess Club<br/><b>3:30 Staff Super Hero Parade....what fun</b><br/>4:30 A Lil Case of Risky Business<br/>5:30 Current Events on channel 4, 6 or 10</p> |





**Wednesday  
13**

**It's a "Beary Good Month"!  
Paddington Bear  
Series Author  
Michael Bond was  
born in 1926**

**Wacky Wednesday**

- 10:00 Face Timing friends and family**
- 11:00 Mood Boosting games on channel 10**
- 11:30 Heart and Soul hallway stroll**
- 2:00 Strolling Soda Floats with Shelia**
- 2:15 Window visits with Janet**
- 3:00 Wacky Wednesday Parade+Funky Music**
- 4:30 Wacky Games with friends**



**Thursday  
14**

**Andy Rooney  
born in  
1919**

- 9:30 Morning Greetings with Shelia**
- 10:00 Face Timing friends and family**
- 11:00 Brain Teaser on channel 10**
- 11:30 Heart and Soul hallway stroll**
- 2:30 Chess Club**
- 3:30 Bus Ride in the country side**
- 4:30 Jigsaw Puzzlers**
- 5:30 Feel Good Movie on channel 23**

**Friday  
15**

**Martin Luther  
King Jr. born in  
1929!**

- 8:00 Personal shopping for you**
- 9:30 Spreadn Good in the neighborhood**
- 10:30 Friday fresh doughnut club**
- 11:00 Mood Boosting games on channel 10**
- 11:30 Heart and Soul hallway stroll**
- 2:30 "Oh Happy Day" Social**
- 3:00 The Crazy Eight special**
- 3:30 Chess Club**



**Saturday  
16**

**Ethel Merman  
born in 1908  
"There's no  
business like show  
business"**

**Be kind to U: Curl up with a good book**

- 9:30 News and Brew Club**
- 10:00 Pack your bags and travel on channel 14**
- 11:00 Heart and Soul hallway stroll**
- 2:30 Chess Club**
- 3:30 In the mood for window shopping ch. 18**
- 4:30 Crazy eights with friends**
- 5:30 Master Puzzlers**





**Sunday  
17  
Happy 98<sup>th</sup>  
Birthday  
to  
Betty White!  
(Golden Girls)**

**8:00 Current events with Willie Geist channel 4  
9:30 2<sup>nd</sup> Cup and Conversation  
10:30 Rock City Church on channel 6  
11:00 Sunday Matinee on channel 39  
11:30 Heart and Soul hallway stroll  
2:30 Chess Club  
3:30 Bird Watching crew in the sunroom  
4:30 Jigsaw Puzzlers club**



**Monday  
18  
Happy Birthday  
to  
John Travolta  
Born in  
1954**

**Color Week It's Blue Monday-wear blue today  
9:30 Morning greetings with Shelia  
10:00 Face Timing friends and family  
11:00 Mood boosting games on channel 10  
11:30 Heart and Soul hallway stroll  
2:30 Chess Club  
3:30 Beat the Blues Happy Hour at The Mill  
4:30 Karaoke.....U shout it, we bring it!**

**Tuesday  
19  
Happy Birthday  
to  
Dolly Parton  
Born in 1946**

**It's everything Red Tuesday-wear red today  
9:30 Spreadin Good in the Neighborhood  
10:00 Face Timing friends and family  
11:00 Neighborhood Meeting at The Mill  
11:30 Heart and Soul hallway stroll  
2:00 Flashin Red Happy Hour at The Mill  
2:30 Chess Club  
3:30 Mill Run Scavenger Hunt Bus ride**

**Wednesday  
20  
George Burns  
born in  
1896!  
I wish I was  
18 again!**

**It's everything Orange Wednesday-wear orange  
9:30 Stoppin by to say "Hi" with Shelia  
10:00 Face Timing friends and family  
11:00 Mood boosting games on channel 10  
11:30 Heart and Soul hallway stroll  
2:00 Go Orange Happy Hour at The Mill  
2:15 Window visits with the fabulous Janet  
2:30 Chess Club  
4:30 Black Jack.....Do U Feel Lucky?**







**Thursday  
21**

**Telly Savalas  
was born in  
1922.  
(Kojak)**

**It's everything Green Thursday-wear green**

**9:30 Morning greeting with Shelia  
10:00 Face Timing friends and family  
11:00 Mood boosting games on channel 10  
11:30 Heart and Soul hallway stroll  
2:30 Chess Club  
3:30 Everything Green Happy Hour at The Mill  
4:30 Bingo....where the prizes are green ☺**



**Friday  
22**

**Happy Birthday  
Diane Lane  
Born in  
1964**

**It's everything Yellow Friday-wear yellow today**

**8:00 Personal shopping for you  
9:30 Spreadin Good in the Neighborhood  
10:00 Face Timing friends and family  
10:30 Friday doughnuts that will make u smile  
11:30 Heart and Soul hallway stroll  
2:00 Sunshine Happy Hour at The Mill  
3:30 Chess Club**



**Saturday  
23**

**Coldest Day in  
History Anniversary  
Brrrrrrr!**

**On this day in 1971,  
Alaska hit 80  
degrees below zero**

**Be kind to u: Grab a Cocoa+a word search**

**9:30 2<sup>nd</sup> Cup and Conversation  
10:00 Classic Rewind on channel 989  
11:30 Heart and Soul hallway stroll  
2:30 Chess Club  
3:30 Saturday Matinee on channel 55  
4:30 The Crazy Eights Crew  
5:00 Master Jigsaw Puzzlers**

**Sunday  
24**

**Act of Kindness  
Compliment Day!  
Compliment at  
least**

**Five people today,  
it will make you  
feel good!**

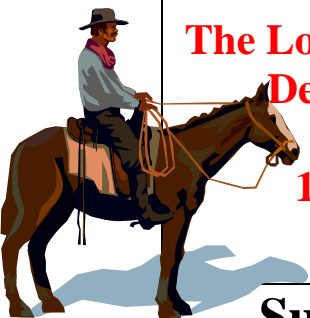
**8:00 Current Events with Willie Geist channel 4**

**9:30 2<sup>nd</sup> Cup and Conversation  
10:30 Rock City Church on channel 6  
11:00 Feel Good Movie on channel 23  
11:30 Heart and Soul hallway stroll  
1:30 Checkers  
2:30 Chess Club  
3:30 Bird Watching club in the sunroom  
4:30 The Crazy Eights crew**

**UROCK!**

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| <p><b>Monday</b><br/><b>25</b><br/><b>It's a</b><br/><b>Marshmallow</b><br/><b>Monday</b></p>                             | <p><b>Happy 102<sup>nd</sup> Birthday to Betty</b><br/> <b>10:00 Face Timing friends and family</b><br/> <b>11:00 Mood boosting games on channel 10</b><br/> <b>11:30 Heart and Soul hallway stroll</b><br/> <b>2:30 Chess Club</b><br/> <b>3:30 It's a Marshmallow World Social w/Deano</b><br/> <b>4:00 Guess how many marshmallows in the jar</b><br/> <b>4:30 Marshmallow Basketball challenge</b></p>          |
| <p><b>Tuesday</b><br/><b>26</b><br/><b>Rocky</b><br/><b>Mountain</b><br/><b>National Park</b><br/><b>est. in 1915</b></p> | <p><b>9:30 Morning greetings with Shelia</b><br/> <b>10:00 Face Timing friends and family</b><br/> <b>11:00 Mood boosting games on channel 10</b><br/> <b>11:30 Heart and Soul hallway stroll</b><br/> <b>2:30 Chess Club</b><br/> <b>3:30 "Rocky Mountain High" Happy Hour</b><br/> <b>4:00 Hike the Emerald Lake Trail</b><br/> <b>at the Rocky Mountain National Park station</b></p>                            |
| <p><b>Wednesday</b><br/><b>27</b><br/><b>Mozart</b><br/><b>born in</b><br/><b>1756</b></p>                                | <p><b>Strange Socks Day~Wear your favorite today</b><br/> <b>10:00 Face timing friends and family</b><br/> <b>11:00 Mood boosting games on channel 10</b><br/> <b>11:30 Heart and Soul hallway stroll</b><br/> <b>2:00 "Sock It to Me" fashion show</b><br/> <b>2:15 Window visit with our volunteer Janet</b><br/> <b>3:30 January Birthday celebration on wheels</b><br/> <b>4:30 Dominoes A-Maze-Ing fun</b></p> |
| <p><b>Thursday</b><br/><b>28</b><br/><b>Happy Birthday</b><br/><b>to</b><br/><b>Alan Alda</b><br/><b>Born 1936</b></p>    | <p><b>9:30 Morning greetings with Shelia</b><br/> <b>10:00 Face Timing friends and family</b><br/> <b>11:00 Mood boosting games on channel 10</b><br/> <b>11:30 Heart and Soul hallway stroll</b><br/> <b>2:30 Chess Club</b><br/> <b>3:30 Afternoon ride on the Mill Run Bus</b><br/> <b>4:30 Master Jigsaw Puzzlers</b><br/> <b>5:30 News and Views on channel 4, 6 or 10</b></p>                                 |





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| <p><b>Friday<br/>29</b><br/><b>Happy Birthday<br/>to<br/>Oprah<br/>Born in 1953</b></p> | <p><b>8:00 Personal shopping for you</b><br/> <b>9:30 Morning greetings with Shelia</b><br/> <b>10:00 Face Timing friends and family</b><br/> <b>10:30 Friday doughnut club on wheels</b><br/> <b>11:00 Mood boosting games on channel 10</b><br/> <b>11:30 Heart and Soul hallway stroll</b><br/> <b>2:00 Card Sharks</b><br/> <b>3:30 Chess Club</b></p>                             |
| <p><b>Saturday<br/>30</b><br/><b>The Lone Ranger<br/>Debuted<br/>in<br/>1933!</b></p>   | <p><b>Be Kind to You: Call a loved one today</b><br/> <b>9:30 2<sup>nd</sup> Cup and Conversation</b><br/> <b>10:00 Fantasy Shopping on channel 18</b><br/> <b>11:30 Heart and Soul hallway stroll</b><br/> <b>2:30 Chess Club</b><br/> <b>3:30 Saturday Matinee on channel 23</b><br/> <b>4:30 Checkers and chat</b><br/> <b>5:00 Master Puzzlers</b></p>                             |
| <p><b>Sunday<br/>31</b><br/><b>Franz Schubert<br/>born in<br/>1797</b></p>              | <p><b>8:00 Current Events with Willie Geist channel 4</b><br/> <b>9:30 2<sup>nd</sup> Cup and Conversation</b><br/> <b>10:30 Rock City Church on channel 6</b><br/> <b>11:00 Feel Good shows on channel 38</b><br/> <b>11:30 Heart and Soul hallway stroll</b><br/> <b>2:30 Chess Club</b><br/> <b>3:30 People watching in the sunroom</b><br/> <b>4:30 Master Jigsaw Puzzlers</b></p> |

**One loses many laughs  
by not laughing at oneself.  
~Sara Jeannette Duncan~**