

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
10:30 Moving to Music 1 11 A First Time for Everything 11:30 Hymns to Him 1:30 What's Groovy in 2023 Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre) New Year's Day 2023	10 Exercise 2 10:30 Poetry Corner 11 Lord of The Rings Toss 1:30 Bingo 3 Discovery Makes A Difference No Sew Blanket Making & Donating 4 Wii Bowling (theater)	10 Sit & Be Fit 3 10:30 Quizmania 11 Good News Review 1:30 Manicures, Music & Hand Massages 2:30 Only in Alaska- Travel & Tales (theatre) 3:30 Indoor Walking Challenge (meet in lobby)	10 Reach & Stretch 4 10:30 Coffee Club & Chronicles 11 All About January 1:30 Art Expression: Clay Creations 2:30 You Tube Wildlife Bird Cams (theatre) 3:30 Bird Day Scavenger Hunt (meet in lobby) 6 Game Night (resident led)	10 Exercise 5 10:30 Activity Planning Mtg. 11 Resident Council Mtg. 1:30 Scenic Drive & Donuts (Sign up by 9 am on 2 nd fl theatre) 2 Classical Music & Crossword Challenge 3:30 Hollywood Spotlight on Cary Grant 6 Hidden Meadows Chorus	10 Morning Stretch 6 10:30 The Good Old Days 11 Holiday Helpers: Let the Undecorating Begin 1:30 Say It with Music 2:30 Make & Take: Hand-Dipped Chocolate Covered Pretzels 4 Mexican Train Dominoes (resident led) Epiphany	10:30 Chair Yoga 7 11 Jingo Game 1:30 Rhapsody in Blue #1 & Basketball Fun Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)		
10:30 Chair Tai Chi 8 11 Love Me Tender Lotto 11:30 Elvis is In the House: Sighting Search 1:30 Who Am I? & Games to Try Coming to You (1 st , 2 nd & 3 rd fls) 2 Bible Baptist Church Service (1st fl. lounge) 6 Movie Night (theatre)	10 Exercise 9 10:30 Test of Survival 11 Name That Singer 1:30 Bingo 3 Relax & Rejuvenate with Guided Imagery (theatre) 4 St. Agnes Mass (1st fl lounge)	10 Sit & Be Fit 10 10:30 Scruples 11 Farewell Saturday Evening Post 1:30 Building Better Balance 2:30 Golden Globe Trivia & Tidbits 4 Must See Places of The World Part1 (theatre)	10 Reach & Stretch 11 10:30 Words of Wisdom 11 Daffy Definitions 1:30 Art Expression: Watercolor Painting 2:30 Nat'l. Soup Month-Soup-er Contest & Taste Testing Event (3 rd fl Dining Rm.) 3:30 Relax & Rejuvenate with Guided Imagery (theatre) 6 Game Night (resident led)	10 Bible Study w/ Penny 12 (1 st fl lounge) 10:30 Peculiar People & Their Past 11:30 Outing to Lunch at The Washington House (Sign up by 8 am on 2 nd fl theatre) 2 Experimental Science: Facts & Hacks 3:30 Corn Hole Game	10 Exercise 13 10:30 Hot Cocoa & Convo 11 What's in The Box 1:30 Ring A Prize Game of Skill & Chance 2:30 January Birthday Social (café) 4 Mexican Train Dominoes (resident led)	10:30 Exercise 14 11 Tea Time & Trivia Teasers 1:30 Warren Beatty Star of Fame & The Name Game Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)		
10:30 Morning Stretch 15 11 Bible Trivia 11:30 Hymn Sing 1:30 Dimpled Little Miss & Caption This Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	10 Exercise 16 10:30 Strange but True 11 Ping Pong Toss 1:30 Thirty Ball/Thirty Minute Bingo 2:30 Minute Mysteries & Mocktails (café') 4 Planet Earth: Snow Leopards & Beyond (theatre)	10 Sit & Be Fit 17 10:30 Mythbusters: Real or Unreal 11 Ordinary People with Amazing Stories 1:30 Manicures, Music & Hand Massages 2:30 Darts Game 3:30 Indoor Walking Challenge (meet in lobby)	10 Reach & Stretch 18 10:30 Coffee Club & Chronicles 11 Learn A Language w/Alexa 1:30 Claim to Fame 2:30 Art Expression: Jewelry Making 3:30 Armchair Travels to A Subtropical Paradise (theatre) 6 Game Night (resident led)	10 Bible Study w/ Penny 19 (1 st fl lounge) 10:30 Mosaic Sticker Designs 11 Wordle with A Twist (1 st fl. lounge) 1:30 Scenic Ride (Sign up by 9 am on 2 nd fl theatre) 2 Velvet Art Deco Designs 3:30 Optical Illusions: What Do You See? 6 Double Card Bingo Night	10 Exercise 20 10:30 The Power of Positivity 11 Pickles To Penguins 1:30 History Decoded 2:30 Musical Entertainment by Rob Ballonoff 4 Mexican Train Dominoes (resident led)	10:30 Chair Tai Chi 21 11 Creative Crafting 1:30 Word Search Wonders & What is Snow Thunder Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)		
10:30 Chair Yoga 22 11 Niki & Miss Jojo-Therapy Show Dog Visit 11:30 Gospel Music Special Chinese New Year lunch served today 1:30 Year of The Rabbit & Sally Field's Habit Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	10 Exercise 23 10:30 You Be the Judge: How Would You Rule 11 Penny Pitching for Prizes 1:30 Bingo 3 You Tube Karaoke (theatre) 4 Pray the Rosary (theatre)	10 Sit & Be Fit 24 10:30 Password 11 Messages from Above 1:30 Name That Tune 2:30 Building Better Balance 4 Must See Places of The World Part 2 (theatre)	10 Reach & Stretch 25 10:30 Coffee Club & Chronicles 11 Target Practice: Big Game Hunt 1:30 Art Expression: Watercolor Painting 3:30 A Musical Tribute to Sam Cooke 6 Game Night (resident led)	10 Bible Study w/ Penny 26 (1 st fl lounge) 10:30 Words in A Word 11 The Big Wheel Game 1:30 Outing to Dollar Tree (Sign up by 9 am on 2 nd fl theatre) 2 Couponing for A Cause 3:30 Indoor Walking Challenge (meet in lobby)	10 Exercise 27 10:30 Devotions in Motion 11 Group Crossword Puzzle 1:30 Relax & Rejuvenate with Guided Imagery (theatre) 2:30 Chef's Demo & Taste Social (3rd fl dining room) 4 Mexican Train Dominoes (resident led)	10:30 Exercise 28 11 Gizmos, Gadgets-Guessing Game 1:30 Puzzlers & Ponderings Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)		
10:30 Morning Stretch 29 11 Amen Corner 11:30 Contemporary Christian Hits 1:30 Match Up These & We Aim to Please Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	10 Exercise 30 10:30 The Sentinel 11 Mr. & Mrs. Right's Winter Vacation Game 1:30 Bingo 3 Smithsonian Institute- You Be the Expert 4 Mindful Meditation with Soothing Sounds & Sights (theatre)	10 Sit & Be Fit 31 10:30 Technology Tuesday 11 Good News Review 1:30 Manicures, Music & Hand Massages 2:30 The Swinging 60's 3:30 Indoor Walking Challenge (meet in lobby)						

Please note: Activities are weather permitting and calendar is subject to change.

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