

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>1 HAPPY NEW YEAR!</u></p> <p>9:30 Spiritual Time 10:45 Coffee & News 11:00 Reflection Time 1:00 Afternoon Painting 3:00 Social Gathering 4:00 Sports Watch 6:00 Movie Time</p>	<p>2</p> <p>9:30 Balloon Volleyball 10:30 Aromatherapy 11:00 Relaxation/Refreshments 1:00 Afternoon Matinee 3:00 Snacks Galore 4:00 Arts and Crafts 5:00 Dinner & Movie</p>	<p>3</p> <p>9:30 Dancing w/ Colorful Scarves 10:30 Movement to Music 11:00 Refreshments/Relaxation 1:00 Balloon Volley 2:00 Poetry Flow 3:00 Snack Bar 4:00 Round Table Talk</p>	<p>4 National Spaghetti Day</p> <p>9:30 Coffee & News 10:30 Coloring 11:00 Relaxation & Refreshments 12:00 Spaghetti Feast Luncheon 2:00 Arm Chair Travel Naples Italy 3:00 Social Mixer 4:00 Meal Prep and Dinner</p>	<p>5</p> <p>9:30 Simon Says 11:00 Enjoyable Snacks 1:30 Sind-A-Long 2:00 Name That Scent ? 3:00 Social Hour 4:00 Ball Toss 6:00 Family Movie</p>	<p>6</p> <p>9:30 Chair Exercises 11:00 Enjoyable Snacks 1:00 Sing-A-Long 2:00 Finish The Sentence 3:00 Fresh Fruit Social 4:00 Singing Time 6:00 Family Movie</p>	<p>7</p> <p>9:30 Stretching With Ann 11:00 Enjoyable Snack 1:00 Balloon Badminton 2:00 Baking Fun 3:00 Red Velvet Cake Social 4:00 Scrapbooking 6:00 Family Movie</p>
<p>8</p> <p>9:30 Spiritual Time 10:45 Coffee & News 11:00 Reflection Time 1:00 Afternoon Painting 3:00 Social Gathering 4:00 Sports Watch 6:00 Movie Time</p>	<p>9</p> <p>9:30 News and Brews 10:30 Aromatherapy 11:00 Relaxation and Refreshments 1:30 Reader Digest 3:00 Hot Chocolate Social 4:00 Author's Corner 6:00 Classic TV</p>	<p>10</p> <p>9:30 Morning Exercise 11:00 Relaxation/Refreshments 1:00 Hand Massage /Nail Care 2:00 Bake Off 3:00 Afternoon Tea 4:00 Let's Read 6:00 Meet The Parents Movie</p>	<p>11</p> <p>9:30 Meet & Greet 10:30 Puzzles 11:00 Relaxation and Refreshments 1:00 Van Martin PLAYS 3:00 Social Mixer 4:00 Charades 5:00 Dinner &New Movie Premiere</p>	<p>12 National Tea Day</p> <p>9:30 Toss Ball 10:30 Name 10 Trivia 11:00 Enjoyable Snacks 1:00 Classic Movie 3:00 Fresh Fruit Social 4:00 Let's Play Cards/Board Game</p>	<p>13</p> <p>9:30 Morning Joe & News 11:00 Relaxation & Treats 1:00 Deal or No Deal Show 2:00 Name That Tune 3:00 P:izza Party 4:00 Short Stories 6:00 Family Movie</p>	<p>14</p> <p>9:30 Simon Says 11:00 Enjoyable Snacks 1:30 Sind-A-Long 2:00 Name That Scent ? 3:00 Social Hour 4:00 Ball Toss 6:00 Family Movie</p>
<p>15</p> <p>9:30 Spiritual Time 10:45 Coffee & News 11:00 Reflection Time 1:00 Afternoon Painting 3:00 Social Gathering 4:00 Sports Watch 6:00 Movie Time</p>	<p>16</p> <p>9:30 Balloon Volleyball 10:30 Aromatherapy 11:00 Relaxation/Refreshments 1:00 Afternoon Matinee 3:00 Snacks Galore 4:00 Arts and Crafts 5:00 Dinner & Movie</p>	<p>17</p> <p>9:30 Dancing w/ Colorful Scarves 10:30 Movement to Music 11:00 Refreshments/Relaxation 1:00 Balloon Volley 2:00 Poetry Flow 3:00 Snack Bar 4:00 Round Table Talk</p>	<p>18 Martin Luther King Day</p> <p>9:30 Coffee & News 10:30 Coloring 11:00 Relaxation & Refreshments 12:00 Spaghetti Feast Luncheon 2:00 Arm Chair Travel Naples Italy 3:00 Social Mixer 4:00 Meal Prep and Dinner</p>	<p>19</p> <p>9:30 Stretching With Ann 11:00 Enjoyable Snacks 1:00 Balloon Badminton 2:00 Baking Fun 3:00 Red Velvet Cake Social 4:00 Scrapbooking 6:00 Family Movie</p>	<p>20</p> <p>9:30 Chair Exercises 11:00 Enjoyable Snacks 1:00 Sing-A-Long 2:00 Finish The Sentence 3:00 Fresh Fruit Social 4:00 Singing Time 6:00 Family Movie</p>	<p>21</p> <p>9:30 Sit & Be Fit Exercise 11:00 Enjoyable Snacks 1:30 The Andy Griffith Show 2:00 Mix & Match Items 3:00 Cheesecake Social 4:00 BINGO 6:00 Family Movie</p>
<p>22</p> <p>9:30 Spiritual Time 10:45 Coffee & News 11:00 Reflection Time 1:00 Afternoon Painting 3:00 Social Gathering 4:00 Sports Watch 6:00 Movie Time</p>	<p>23</p> <p>9:30 News and Brews 10:30 Aromatherapy 11:00 Relaxation and Refreshments 1:30 Reader Digest 3:00 Hot Chocolate Social 4:00 Author's Corner 6:00 Classic TV</p>	<p>24</p> <p>9:30 Morning Exercise 11:00 Relaxation/Refreshments 1:00 Hand Massage /Nail Care 2:00 Bake Off 3:00 Afternoon Tea 4:00 Let's Read 6:00 Meet The Parents Movie</p>	<p>25</p> <p>9:30 Meet & Greet 10:30 Puzzles 11:00 Relaxation and Refreshments 1:00 Van Martin PLAYS 3:00 Social Mixer 4:00 Charades 5:00 Dinner &New Movie Premiere</p>	<p>26</p> <p>9:30 Toss Ball 10:30 Name 10 Trivia 11:00 Enjoyable Snacks 1:00 Classic Movie 3:00 Fresh Fruit Social 4:00 Let's Play Cards/Board Game 6:00 Movie</p>	<p>27</p> <p>9:30 Morning Joe & News 11:00 Relaxation & Treats 1:00 Deal or No Deal Show 2:00 Name That Tune 3:00 P:izza Party 4:00 Short Stories 6:00 Family Movie</p>	<p>28</p> <p>9:30 Simon Says 11:00 Enjoyable Snacks 1:30 Sind-A-Long 2:00 Name That Scent ? 3:00 Social Hour 4:00 Ball Toss 6:00 Family Movie</p>
<p>29</p> <p>9:30 Spiritual Time 10:45 Coffee & News 11:00 Reflection Time 1:00 Afternoon Painting 3:00 Social Gathering 4:00 Sports Watch 6:00 Movie Time</p>	<p>30</p> <p>9:30 Balloon Volleyball 10:30 Aromatherapy 11:00 Relaxation/Refreshments 1:00 Afternoon Matinee 3:00 Snacks Galore 4:00 Arts and Crafts 5:00 Dinner & Movie</p>	<p>31</p> <p>9:30 Dancing w/ Colorful Scarves 10:30 Movement to Music 11:00 Refreshments/Relaxation 1:00 Balloon Volley 2:00 Poetry Flow 3:00 Snack Bar 4:00 Round Table Talk</p>				