

JANUARY 2023



Carefield Pleasanton

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Sit & Be Fit 10:00 Coffee Social 11:00 Remember When 1:30 Coloring/Puzzle 2:30 Bingo Royal 4:00 Who Am I	2 9:00 Flex & Bend 10:00 Sing along with me 10:30 Juice Bar Social 1:30 Bean Bag Toss 2:30 Coloring/Puzzle 4:00 Basket Hoops	3 9:00 Stretch & Bend 10:30 Express it with Art 10:30 Tea Social & Loren on Guitar 1:30 Pretty Nails 2:30 Hot Cocoa Social 4:00 Seated Yoga	4 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:00 Sing along with J&J 2:30 Bingo Fun 4:00 Walking Club	5 9:00 Tap & Sway 10:30 Make A Difference 11:00 Mind Stretcher 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball	6 9:00 Move to Groove 10:00 Daily Chronicles 11:00 Bean bag Toss 1:00 Bamboo Peru Entertainment 2:30 Bingo Bonanza 4:00 Walking Club	7 9:00 Fun & Fitness 10:00 Sing along 11:00 Baloon Volleyball 1:30 Table Games 3:00 Now & Then 4:30 Saturday Matinee
8 9:00 Sit & Be Fit 10:00 Coffee Social 11:00 Remember When 1:30 Coloring/Puzzle 2:30 Bingo Royal 4:00 Who Am I	9 9:00 Flex & Bend 10:00 Molly The Pet Therapy Dog's Visit 10:30 Juice Bar Social 1:30 Bean Bag Toss 2:30 Coloring/Puzzle 4:00 Basket Hoops	10 9:00 Stretch & Bend 10:30 Express it with Art 10:30 Tea Social & Yokov on Violin 1:30 Pretty Nails 2:30 Hot Cocoa Social 4:00 Seated Yoga	11 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:00 Sing along with M&K 2:30 Bingo Fun 4:00 Walking Club	12 9:00 Tap & Sway 10:00 Raspberry Tart Baking Class 11:00 Mind Stretcher 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball	13 9:00 Move to Groove 10:00 Daily Chronicles 11:00 Bean bag Toss 1:00 Let's Golf 2:30 Bingo Bonanza 4:00 Angel The Harpist	14 9:00 Fun & Fitness 10:00 Sing along 11:00 Baloon Volleyball 1:30 Table Games 3:00 Now & Then 4:30 Saturday Matinee
15 9:00 Sit & Be Fit 10:00 Coffee Social 11:00 Remember When 1:15 TriValley Youth Music Ensemble 2:30 Bingo Royal 4:00 Who Am I	16 9:00 Flex & Bend 10:30 Juice Bar Social 1:30 Bean Bag Toss 2:30 Coloring/Puzzle 4:00 Basket Hoops	17 9:00 Stretch & Bend 10:30 Express it with Art 10:30 Tea Social & Loren on Guitar 1:30 Pretty Nails 2:30 Hot Cocoa Social 4:00 Seated Yoga	18 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:00 Sing along with J&J 2:30 Bingo Fun 4:00 Walking Club	19 9:00 Tap & Sway 10:00 Music by Alligator 11:00 Mind Stretcher 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball	20 9:00 Move to Groove 10:00 Daily Chronicles 11:00 Bean bag Toss 1:00 Let's Golf 2:30 Bingo Bonanza 4:00 Walking Club	21 9:00 Fun & Fitness 10:00 Sing along 11:00 Baloon Volleyball 1:30 Table Games 3:00 Now & Then 4:30 Saturday Matinee
22 9:00 Sit & Be Fit 10:00 Coffee Social 11:00 Remember When 1:30 Coloring/Puzzle 2:30 Bingo Royal 4:00 Who Am I	23 9:00 Flex & Bend 10:00 Molly The Pet Therapy Dog's Visit 1:30 Bean Bag Toss 2:30 Coloring/Puzzle 4:00 Basket Hoops	24 9:00 Stretch & Bend 10:30 Express it with Art 1:30 Pretty Nails 2:30 Hot Cocoa Social 4:00 Seated Yoga	25 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:00 Sing along with M&K 2:30 Bingo Fun 4:00 Walking Club	26 9:00 Tap & Sway 11:00 Art Appreciation 11:00 Mind Stretcher 1:30 Creature Feature 2:30 Lee Allen on Piano 4:00 Kickball	27 9:00 Move to Groove 10:00 Daily Chronicles 11:00 Bean bag Toss 1:00 Let's Golf 2:30 Bingo Bonanza 4:00 Walking Club	28 9:00 Fun & Fitness 10:00 Sing along 11:00 Baloon Volleyball 1:30 Table Games 3:00 Now & Then 4:30 Saturday Matinee
29 9:00 Sit & Be Fit 10:00 Coffee Social 11:00 Remember When 1:00 Birthday Bash with Rey 2:30 Bingo Royal 4:00 Who Am I	30 9:00 Flex & Bend 1:30 Bean Bag Toss 2:30 Coloring/Puzzle 4:00 Basket Hoops	31 9:00 Stretch & Bend 10:30 Express it with Art 10:30 Tea Social & Loren on Guitar 1:30 Pretty Nails 2:30 Hot Cocoa Social 4:00 Seated Yoga				