January 2023

KEYSTONE PLACE AT NEWBURY BROOK INDEPENDENT LIVING COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HAPPY NEW YEAR 10:00 Mass (P) 12:00 & 1:30 Holiday Buffet New Year's Day	**2** TEAM SHIRT DAY 10:15 Exercise (T) 11:00 Community Visits 2:00 Dime Bingo (P)	**3** 10:15 Exercise (T) 11:00 Sing-a-Long-er's Practice (P) 2:00 Bottom's Up Cards (P) 2:00 Bananagrams (PR) 3:00 Bowling (P) 7:00 Basketball Game (T)	**4** 10:15 Exercise (T) 11:00 Community Visits 2:00 Word-in-Word (P) 2:00 Creatvie Corner (BR)	**5** 10:00 Mass & Communion (P) 10:15 Exercise (T) 10:30 Rosary (P) 2:00 Sing-a-Long (P) 7:00 Basketball Game (T)	**6** 10:15 Exercise (T) 11:00 Community Visits 1:30 Dime Bingo (P) 3:15 Happy Hour	**7** 10:15 Exercise (T) 11:00 Mobile Manicures 2:00 Bowling 3:30 Community Visits
8 WEAR BLUE & WHITE 10:00 Mass (P)(T) 1:30 Basketball Party (T) 3:00 Community Visits	**9** TEAM SHIRT DAY 10:00 Shopping (sign up) 10:15 Exercise (T) 1:00 Balance Assessments by Jeff (sign up) 2:00 Bonus Dime Bingo (P)	**10** 10:15 Exercise (T) 11:00 Sing-a-Long-er's Practice (P) 2:00 Bananagrams (PR) 2:00 Armchair Travel (P) 3:00 Bowling (P)	**11** WACKY WINTER WARDROBE DAY 10:00 Exercise (T) 11:00 Community Visits 2:00 Word-in-a-Word (P) 8:00 Basketball Game (T)	**12** 10:00 Mass (P) 10:15 Exercise (T) 10:30 Rosary (P) 2:00 History of Newspapers by John Cillio (P) 3:00 Coffee Break (P)	**13** Friday the 13th 10:15 Exercise (T) 11:00 Community Visits 1:30 Dime Bingo (P) 3:15 Happy Hour	**14** 10:15 Exercise (T) 11:00 Mobile Manicures 2:00 Bowling 3:30 Community Visits
15 10:00 Mass (P)/(T) 11:00 Community Visits 2:00 Dime Bingo (P) 4:00 Basketball Game (T)	**16** TEAM SHIRT DAY 10:00 Shopping (sign up) 10:15 Exercise (T) 2:00 Hot Cocoa Break (P) 2:30 Music Memories with Meg (P) Martin Luther King Jr. Day	**17** 10:15 Exercise (T) 11:00 Sing-a-Long-er's Practice (P) 2:00 Bananagrams (PR) 3:00 Bowling (P) 4:30/5:30 Formal Dinner (DR) 6:30 After Party in Pub	**18** 10:15 Exercise (T) 11:00 Community Visits 2:00 Men's Group (BR) 2:00 Word-in-Word (P)	**19** 10:00 Mass (P) 10:15 Exercise (T) 10:30 Rosary (P) 1:00 Musical Interlude with Dick B. (T) 2:00 Resident Meeting (T) 7:00 Basketball Game (T)	**20** 10:15 Exercise (T) 11:00 Community Visits 1:30 Dime Bingo (P) 3:15 Happy Hour	**21** 10:15 Exercise (T) 11:00 Mobile Manicures 2:00 Bowling 3:30 Community Visits
22 10:00 Mass (P)(T) 11:00 Community Visits 2:00 Dime Bingo (P) Chinese New Year (Year of the Rabbit)	**23** TEAM SHIRT DAY 10:00 Shopping (sign up) 10:15 Exercise (T) 11:00 Community Visits 2:00 Jeopardy (P) Activity Professionals Week	**24** 10:15 Exercise (T) 11:00 Sing-a-Long-er's Practice (P) 2:00 Dime Pokeno (P) 2:00 Bananagrams (PR) 3:00 Bowling (P)	**25** OPPOSITE DAY 10:15 Exercise (T) 11:00 Community Visits 2:00 Creative Corner (BR) 2:00 Word-in-a-Word (P)	**26** 10:00 Mass 10:15 Exercise (T) 10:30 Rosary (P) 2:00 Tea Party (P) 8:00 Baskeball Game (T) Australia Day (observed)	**27** 10:15 Exercise (T) 11:00 Blood Pressure Clinic (P) 1:30 Dime Bingo (P) 3:15 Happy Hour	**28** 10:15 Exercise (T) 11:00 Mobile Manicures 2:00 Bowling 3:30 Community Visits
29 10:00 Mass (P)(T) 11:00 Community Visits 2:00 Basketball Game (T) 2:00 Dime Bingo (P)	**30** WEAR YOUR FAVORITE SPORTS TEAM GEAR 10:15 Exercise (T) 11:00 Community Visits 2:00 Jokes/Riddles (P)	**31** 10:15 Exercise (T) 11:00 Sing-a-Long-er's Practice 2:00 Family Feud Game 2:00 Bananagrams				

ALL GROUPS SUBJECT TO CHANGE—PLEASE CHECK DAILY SHEETS FOR UPDATES