


January 2023



Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NEW YEAR'S DAY	2	3	4	5	6	7
10:00 Classic TV (MC) 1:30 Daily Chronicle (MC) 2:00 Patio Gardening (MC) 2:15 UNO (MC) 2:30 Refreshment Break (MC) 3:00 Rendeвер Virtual Reality Experience (MC) 6:00 The Crown - Netflix Series (MC)	10:00 Classic TV (MC) 10:00 Coffee with Kendra (MC) 10:30 Morning Stretch (MC) 10:45 Daily Chronicle (MC) 1:00 World's Greatest Natural Wonders - Mountains (T) 1:30 Drawing Studio (MC) 2:30 Refreshment Break (MC) 3:00 Documentary Club (MC) 6:00 Movie & Popcorn (MC) 6:00 Monday Night Cinema - Life with Father (T)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 1:30 Dance Workout 2:00 Catch The Ball Exercise (MC) 2:30 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Art Studio (MC) 5:30 Karaoke Night! (MC) 6:00 Evening Movie (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Chair Aerobics (MC) 2:00 Wednesday Afternoon Cinema (MC) 2:30 Refreshment Break (MC) 4:00 Color Therapy (MC) 4:30 Bowling! (MC) 5:30 Karaoke Night! (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 11:30 Daily Chronicle (MC) 1:30 Dance Workout 2:15 UNO (MC) 2:30 Refreshment Break (MC) 3:00 Jeopardy Style Trivia (B) 4:00 Color Therapy (MC) 5:30 Karaoke Night! (MC) 6:00 Evening Meditation (MC) 6:30 One to One (MC)	10:30 Meditative Drawing (B) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Chair Aerobics (MC) 2:00 Catch The Ball Exercise (MC) 2:30 Refreshment Break (MC) 3:00 Friday Live! with Francesca Sola (B) 4:30 Bowling! (MC) 6:00 Motor Week - Amazon Program (T) 6:30 Games & Puzzles (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 10:30 Fur Friends Pet Visit (P) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:00 Floral Design (B) 1:45 Stretch & Meditation (T) 2:00 Gardening Cultivation (MC) 2:30 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Afternoon Movie (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)
8	9	10	11	12	13	14
10:00 Classic TV (MC) 1:30 Daily Chronicle (MC) 2:00 Patio Gardening (MC) 2:15 UNO (MC) 2:30 Refreshment Break (MC) 3:00 Rendeвер Virtual Reality Experience (MC) 6:00 The Crown - Netflix Series (MC)	10:00 Classic TV (MC) 10:30 Morning Stretch (MC) 10:45 Daily Chronicle (MC) 1:00 World's Greatest Natural Wonders - Volcanoes (T) 1:30 Drawing Studio (MC) 2:30 Refreshment Break (MC) 3:00 Documentary Club (MC) 6:00 Movie & Popcorn (MC) 6:00 Monday Night Cinema - Royal Wedding (T)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 1:30 Dance Workout 2:00 Catch The Ball Exercise (MC) 2:30 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Art Studio (MC) 5:30 Karaoke Night! (MC) 6:00 Evening Movie (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Chair Aerobics (MC) 2:00 Wednesday Afternoon Cinema (MC) 2:30 Refreshment Break (MC) 4:00 Color Therapy (MC) 4:30 Bowling! (MC) 5:30 Karaoke Night! (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 11:30 Daily Chronicle (MC) 1:30 Dance Workout 2:15 UNO (MC) 2:30 Refreshment Break (MC) 3:00 January Birthday Celebration (B) 4:00 Color Therapy (MC) 5:30 Karaoke Night! (MC) 6:00 Evening Meditation (MC) 6:30 One to One (MC)	10:30 Color Therapy (B) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Chair Aerobics (MC) 2:00 Catch The Ball Exercise (MC) 2:30 Refreshment Break (MC) 3:00 Friday Live! (B) 4:30 Bowling! (MC) 6:00 Motor Week - Amazon Program (T) 6:30 Games & Puzzles (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:00 Floral Design (B) 1:45 Stretch & Meditation (T) 2:00 Gardening Cultivation (MC) 2:30 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Afternoon Movie (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)
15	16 MARTIN LUTHER KING, JR. DAY	17	18	19	20	21
10:00 Classic TV (MC) 1:30 Daily Chronicle (MC) 2:00 Patio Gardening (MC) 2:15 UNO (MC) 2:30 Refreshment Break (MC) 3:00 Rendeвер Virtual Reality Experience (MC) 6:00 The Crown - Netflix Series (MC)	10:00 Classic TV (MC) 10:00 Coffee with Kendra (MC) 10:30 Morning Stretch (MC) 10:45 Daily Chronicle (MC) 1:00 World's Greatest Natural Wonders - Glaciers (T) 1:30 MLK Day Remembrance (B) 2:30 Refreshment Break (MC) 3:00 Documentary Club (MC) 6:00 Movie & Popcorn (MC) 6:00 Monday Night Cinema - The Pink Panther (T)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 1:30 Dance Workout 2:00 Catch The Ball Exercise 2:30 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Martin Luther King, Jr. Remembrance (MC) 5:30 Karaoke Night! (MC) 6:00 Evening Movie (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Chair Aerobics (MC) 2:00 Wednesday Afternoon Cinema (MC) 2:30 Refreshment Break (MC) 4:00 Color Therapy (MC) 4:30 Bowling! (MC) 5:30 Karaoke Night! (MC) 6:00 Guesstures! and Trivia 6:30 One to One (MC)	10:00 Classic TV (MC) 10:00 Lifestyle & Meeting (B) 11:30 Daily Chronicle (MC) 1:30 Dance Workout 2:15 UNO (MC) 2:30 Refreshment Break (MC) 3:00 Wine & Cheese Social (B) 4:00 Color Therapy (MC) 5:30 Karaoke Night! (MC) 6:00 Evening Meditation (MC) 6:30 One to One (MC)	10:30 Meditative Drawing (B) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Chair Aerobics (MC) 2:00 Catch The Ball Exercise (MC) 2:30 Refreshment Break (MC) 3:00 Friday Live! (B) 4:30 Bowling! (MC) 6:00 Motor Week - Amazon Program (T)	10:00 Classic TV (MC) 10:30 Fur Friends Pet Visit (P) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:00 Floral Design (B) 1:45 Stretch & Meditation (T) 2:00 Gardening Cultivation (MC) 2:30 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Afternoon Movie (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					06:30 Games & Puzzles (MC) 06:30 One to One (MC)	
22	23	24	25	26	27	28
10:00 Classic TV (MC) 1:30 Daily Chronicle (MC) 2:00 Patio Gardening (MC) 2:15 UNO (MC) 2:30 Refreshment Break (MC) 3:00 Rendeвер Virtual Reality Experience (MC) 6:00 The Crown - Netflix Series (MC)	10:00 Classic TV (MC) 10:30 Morning Stretch (MC) 10:45 Daily Chronicle (MC) 1:00 World's Greatest Natural Wonders - Rivers (T) 1:30 Drawing Studio (MC) 2:30 Refreshment Break (MC) 3:00 Documentary Club (MC) 6:00 Movie & Popcorn (MC) 6:00 Monday Night Cinema - Captain Phillips (T)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 1:30 Dance Workout 2:00 Catch The Ball Exercise (MC) 2:30 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Art Studio (MC) 5:30 Karaoke Night! (MC) 6:00 Evening Movie (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Chair Aerobics (MC) 2:00 Wednesday Afternoon Cinema (MC) 2:30 Refreshment Break (MC) 4:00 Color Therapy (MC) 4:30 Bowling! (MC) 5:30 Karaoke Night! (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 11:30 Daily Chronicle (MC) 1:30 Dance Workout 2:15 UNO (MC) 2:30 Refreshment Break (MC) 3:00 Name That Tune (B) 3:00 Jeopardy Style Trivia (B) 3:00 Guess the Phrase (B) 4:00 Color Therapy (MC) 5:30 Karaoke Night! (MC) 6:00 Evening Meditation (MC) 6:30 One to One (MC)	10:30 Jewelry Craft (B) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Chair Aerobics (MC) 2:00 Catch The Ball Exercise (MC) 2:30 Refreshment Break (MC) 3:00 Friday Live! with Mark Cole & Co (B) 4:30 Bowling! (MC) 6:00 Motor Week - Amazon Program (T) 6:30 Games & Puzzles (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:00 Floral Design (B) 1:45 Stretch & Meditation (T) 2:00 Gardening Cultivation (MC) 2:30 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Afternoon Movie (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)
29	30	31			Calendar legend	Location
10:00 Classic TV (MC) 1:30 Daily Chronicle (MC) 2:00 Patio Gardening (MC) 2:15 UNO (MC) 2:30 Refreshment Break (MC) 3:00 Rendeвер Virtual Reality Experience (MC) 6:00 The Crown - Netflix Series (MC)	10:00 Classic TV (MC) 10:00 Coffee with Kendra (MC) 10:30 Morning Stretch (MC) 10:45 Daily Chronicle (MC) 1:00 World's Greatest Natural Wonders - Deserts (T) 1:30 Drawing Studio (MC) 2:30 Refreshment Break (MC) 3:00 Documentary Club (MC) 6:00 Movie & Popcorn (MC) 6:00 Monday Night Cinema - Pleasantville (T)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 1:30 Dance Workout 2:00 Catch The Ball Exercise (MC) 2:30 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Art Studio (MC) 5:30 Karaoke Night! (MC) 6:00 Evening Movie (MC) 6:30 One to One (MC)			Sign up mandatory	B Bistro, 1st Floor MC Memory Care, 2nd Floor P Patio, 1st Floor T Theatre, 1st Floor

