

# January 2023



# Assisted Living

| Sunday                                                                                                                                                                                                                                                 | Monday                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                          | Saturday                                                                                                                                                                                                                  |
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| <b>1</b><br>08:30 Morning Walk (P)<br>09:45 American Martyrs Church Streaming (T)<br>11:15 New Year's Day Games (CR)<br>01:00 Football Watch Social (A)<br>02:30 Paint Like the Greats (A)<br>06:00 The Crown- Netflix Program (T)                     | <b>2</b><br>08:30 Morning Walk (P)<br>10:00 Coffee Club (B)<br>11:00 Jeopardy Style Trivia (B)<br>01:00 World's Greatest Natural Wonders - Mountains (T)<br>01:30 Open Gym (FC)<br>01:30 Air Hockey (A)<br>03:00 Bingo! (B)<br>06:00 Monday Night Cinema - Life with Father (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR)                   | <b>3</b><br>08:30 Morning Walk (P)<br>10:00 ONR Strength Training (FC)<br>10:30 Sage Needle Craft Circle (B)<br>11:00 Rummikub (CR)<br>11:30 One to One Room Visits<br>01:30 Open Gym (FC)<br>01:30 Chair Ballet (A)<br>03:00 Bingo! (B)<br>06:00 Downton Abbey (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR)     | <b>4</b><br>08:30 Morning Walk (P)<br>10:30 Chair Yoga (T)<br>11:00 Lego Builders (B)<br>01:30 Open Gym (FC)<br>01:30 Air Hockey (A)<br>02:00 Wednesday Afternoon Cinema - The Legend of Zorro (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR)                       | <b>5</b><br>08:30 Morning Walk (P)<br>10:00 ONR Brain Games with Robyn (B)<br>10:30 Sage Needle Craft Circle (B)<br>10:30 Morning Coffee Club (B)<br>01:30 Open Gym (FC)<br>01:30 Chair Ballet (A)<br>01:30 Rendeвер Virtual Reality Experience<br>03:00 Jeopardy Style Trivia (B)<br>06:00 Downton Abbey (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR)                | <b>6</b><br>08:30 Morning Walk (P)<br>10:00 Coffee Club (B)<br>10:30 Meditative Drawing (B)<br>01:30 Open Gym (FC)<br>03:00 Friday Live! with Francesca Sola (B)<br>06:00 Motor Week - Amazon Program (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR) | <b>7</b><br>08:30 Morning Walk (P)<br>10:00 Ted Talks (T)<br>10:30 Fur Friends Pet Visit (P)<br>11:00 Floral Design (B)<br>01:45 Stretch & Meditation (T)<br>03:00 Bingo! (B)                                             |
| <b>8</b><br>08:30 Morning Walk (P)<br>09:45 American Martyrs Church Streaming (T)<br>11:15 Let's Play Games (CR)<br>12:15 Music with Matthew (MC)<br>01:30 Chair Ballet (A)<br>02:30 Paint Like the Greats (A)<br>06:00 The Crown- Netflix Program (T) | <b>9</b><br>08:30 Morning Walk (P)<br>10:00 Coffee Club (B)<br>11:00 Jeopardy Style Trivia (B)<br>01:00 World's Greatest Natural Wonders - Volcanoes (T)<br>01:30 Open Gym (FC)<br>01:30 Air Hockey (A)<br>03:00 Bingo! (B)<br>06:00 Monday Night Cinema - Royal Wedding (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR)                      | <b>10</b><br>08:30 Morning Walk (P)<br>10:00 ONR Strength Training (FC)<br>10:30 Sage Needle Craft Circle<br>11:00 Rummikub (CR)<br>11:30 One to One Room Visits<br>01:30 Open Gym (FC)<br>01:30 Chair Ballet (A)<br>03:00 Bingo! (B)<br>06:00 Downton Abbey (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR)        | <b>11</b><br>08:30 Morning Walk (P)<br>10:00 Lego Builders (B)<br>10:30 Chair Yoga (T)<br>11:00 Tai Chi (B)<br>01:30 Open Gym (FC)<br>01:30 Air Hockey (A)<br>02:00 Wednesday Afternoon Cinema - Hachi, A Dog's Tale (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR) | <b>12</b><br>08:30 Morning Walk (P)<br>10:00 ONR Brain Games with Robyn (B)<br>10:30 Sage Needle Craft Circle (B)<br>10:30 Morning Coffee Club (B)<br>01:30 Open Gym (FC)<br>01:30 Chair Ballet (A)<br>01:30 Rendeвер Virtual Reality Experience<br>03:00 January Birthday Celebration (B)<br>06:00 Downton Abbey (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR)        | <b>13</b><br>08:30 Morning Walk (P)<br>10:00 Coffee Club (B)<br>10:30 Color Therapy (B)<br>01:30 Open Gym (FC)<br>03:00 Friday Live! (B)<br>06:00 Motor Week - Amazon Program (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR)                         | <b>14</b><br>08:30 Morning Walk (P)<br>10:00 Classical Music Cinema - Shubert String Quartet No. 15 (T)<br>10:30 Morning Coffee Club (B)<br>11:00 Floral Design (B)<br>01:45 Stretch & Meditation (T)<br>03:00 Bingo! (B) |
| <b>15</b><br>08:30 Morning Walk (P)<br>09:45 American Martyrs Church Streaming (T)<br>11:15 Let's Play Games (CR)<br>01:30 Chair Ballet (A)<br>02:30 Paint Like the Greats (A)<br>06:00 The Crown- Netflix Program (T)                                 | <b>16</b><br>08:30 Morning Walk (P)<br>10:00 Coffee Club (B)<br>11:00 Martin Luther King, Jr. Day Remembrance (B)<br>01:00 World's Greatest Natural Wonders - Glaciers (T)<br>01:30 Open Gym (FC)<br>01:30 Air Hockey (A)<br>03:00 Bingo! (B)<br>06:00 Monday Night Cinema - The Pink Panther (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR) | <b>17</b><br>08:30 Morning Walk (P)<br>10:00 ONR Strength Training (FC)<br>10:30 Sage Needle Craft Circle<br>11:00 Rummikub (CR)<br>11:30 One to One Room Visits<br>01:30 Open Gym (FC)<br>01:30 Relax Hand Massages (T)<br>03:00 Bingo! (B)<br>06:00 Downton Abbey (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR) | <b>18</b><br>08:30 Morning Walk (P)<br>10:00 Lego Builders (B)<br>10:30 Chair Yoga (T)<br>11:00 Tai Chi (B)<br>01:30 Open Gym (FC)<br>01:30 Air Hockey (A)<br>02:00 Wednesday Afternoon Cinema - The Davinci Code (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR)    | <b>19</b><br>08:30 Morning Walk (P)<br>10:00 ONR Brain Games with Robyn (B)<br>10:00 Lifestyle & Leisure Meeting (B)<br>10:30 Sage Needle Craft Circle (B)<br>10:30 Morning Coffee Club (B)<br>01:30 Open Gym (FC)<br>01:30 Rendeвер Virtual Reality Experience<br>03:00 Wine & Cheese Social (B)<br>06:00 Downton Abbey (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR) | <b>20</b><br>08:30 Morning Walk (P)<br>10:00 Coffee Club (B)<br>10:30 Meditative Drawing (B)<br>01:30 Open Gym (FC)<br>03:00 Friday Live! (B)<br>06:00 Motor Week - Amazon Program (T)<br>07:00 Jeopardy (LR)<br>07:30 Wheel of Fortune (LR)                    | <b>21</b><br>08:30 Morning Walk (P)<br>10:00 Ted Talks (T)<br>10:30 Fur Friends Pet Visit (P)<br>11:00 Floral Design (B)<br>01:45 Stretch & Meditation (T)<br>03:00 Bingo! (B)                                            |

| Sunday                                                                                                                                                                                                                                              | Monday                                                                                                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                                                                                                 | Saturday                                                                                                                                                                                                                                                                       |
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| <b>22</b>                                                                                                                                                                                                                                           | <b>23</b>                                                                                                                                                                                                                                                                                                                                                                                    | <b>24</b>                                                                                                                                                                                                                                                                                                                                                                                  | <b>25</b>                                                                                                                                                                                                                                                                                                                                        | <b>26</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>27</b>                                                                                                                                                                                                                                                                                              | <b>28</b>                                                                                                                                                                                                                                                                      |
| <b>08:30</b> Morning Walk (P)<br><b>09:45</b> American Martyrs Church Streaming (T)<br><b>11:15</b> Let's Play Games (CR)<br><b>01:30</b> Chair Ballet (A)<br><b>02:30</b> Paint Like the Greats (A)<br><b>06:00</b> The Crown- Netflix Program (T) | <b>08:30</b> Morning Walk (P)<br><b>10:00</b> Coffee Club (B)<br><b>11:00</b> Jeopardy Style Trivia (B)<br><b>01:00</b> World's Greatest Natural Wonders - Rivers (T)<br><b>01:30</b> Open Gym (FC)<br><b>01:30</b> Air Hockey (A)<br><b>03:00</b> Bingo! (B)<br><b>06:00</b> Monday Night Cinema - Captain Phillips (T)<br><b>07:00</b> Jeopardy (LR)<br><b>07:30</b> Wheel of Fortune (LR) | <b>08:30</b> Morning Walk (P)<br><b>10:00</b> ONR Strength Training (FC)<br><b>10:30</b> Sage Needle Craft Club (B)<br><b>11:00</b> Rummikub (CR)<br><b>11:30</b> One to One Room Visits<br><b>01:30</b> Open Gym (FC)<br><b>01:30</b> Chair Ballet (A)<br><b>03:00</b> Bingo! (B)<br><b>06:00</b> Downton Abbey (T)<br><b>07:00</b> Jeopardy (LR)<br><b>07:30</b> Wheel of Fortune (LR)   | <b>08:30</b> Morning Walk (P)<br><b>10:00</b> Lego Builders (B)<br><b>10:30</b> Chair Yoga (T)<br><b>11:00</b> Tai Chi (B)<br><b>01:30</b> Open Gym (FC)<br><b>01:30</b> Rummikub Tournament (CR)<br><b>02:00</b> Wednesday Afternoon Cinema - The Jane Austin Book Club (T)<br><b>07:00</b> Jeopardy (LR)<br><b>07:30</b> Wheel of Fortune (LR) | <b>08:30</b> Morning Walk (P)<br><b>10:00</b> ONR Brain Games with Robyn (B)<br><b>10:30</b> Sage Needle Craft Club (B)<br><b>10:30</b> Morning Coffee Club (B)<br><b>01:30</b> Open Gym (FC)<br><b>01:30</b> Rendever Virtual Reality Experience<br><b>03:00</b> Name That Tune (B)<br><b>03:00</b> Jeopardy Style Trivia (B)<br><b>03:00</b> Guess the Phrase (B)<br><b>06:00</b> Downton Abbey (T)<br><b>07:00</b> Jeopardy (LR)<br><b>07:30</b> Wheel of Fortune (LR) | <b>08:30</b> Morning Walk (P)<br><b>10:00</b> Coffee Club (B)<br><b>10:30</b> Jewelry Craft (B)<br><b>01:30</b> Open Gym (FC)<br><b>03:00</b> Friday Live! with Mark Cole & Co (B)<br><b>06:00</b> Motor Week - Amazon Program (T)<br><b>07:00</b> Jeopardy (LR)<br><b>07:30</b> Wheel of Fortune (LR) | <b>08:30</b> Morning Walk (P)<br><b>10:00</b> Classical Music Cinema - Mozart String Quartet No. 14 "Spring" (T)<br><b>10:30</b> Morning Coffee Club (B)<br><b>11:00</b> Floral Design (B)<br><b>01:45</b> Stretch & Meditation (T)<br><b>03:00</b> Bingo! (B)                 |
| <b>29</b>                                                                                                                                                                                                                                           | <b>30</b>                                                                                                                                                                                                                                                                                                                                                                                    | <b>31</b>                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Calendar legend</b>                                                                                                                                                                                                                                                                                 | <b>Location</b>                                                                                                                                                                                                                                                                |
| <b>08:30</b> Morning Walk (P)<br><b>09:45</b> American Martyrs Church Streaming (T)<br><b>11:15</b> Let's Play Games (CR)<br><b>01:30</b> Chair Ballet (A)<br><b>02:30</b> Paint Like the Greats (A)<br><b>06:00</b> The Crown- Netflix Program (T) | <b>08:30</b> Morning Walk (P)<br><b>10:00</b> Coffee Club (B)<br><b>11:00</b> Jeopardy Style Trivia (B)<br><b>01:00</b> World's Greatest Natural Wonders - Deserts (T)<br><b>01:30</b> Open Gym (FC)<br><b>01:30</b> Air Hockey (A)<br><b>03:00</b> Bingo! (B)<br><b>06:00</b> Monday Night Cinema - Pleasantville (T)<br><b>07:00</b> Jeopardy (LR)<br><b>07:30</b> Wheel of Fortune (LR)   | <b>08:30</b> Morning Walk (P)<br><b>10:00</b> ONR Strength Training (FC)<br><b>10:30</b> Sage Needle Craft Circle (B)<br><b>11:00</b> Rummikub (CR)<br><b>11:30</b> One to One Room Visits<br><b>01:30</b> Open Gym (FC)<br><b>01:30</b> Chair Ballet (A)<br><b>03:00</b> Bingo! (B)<br><b>06:00</b> Downton Abbey (T)<br><b>07:00</b> Jeopardy (LR)<br><b>07:30</b> Wheel of Fortune (LR) |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                       | <b>Sign up mandatory</b>                                                                                                                                                                                                                                                                               | <b>A</b> Activities Room, 1st Floor<br><b>B</b> Bistro, 1st Floor<br><b>CR</b> Card Room, 1st Floor<br><b>FC</b> Fitness Center, 3rd Floor<br><b>LR</b> Living Room, 1st Floor<br><b>MC</b> Memory Care, 2nd Floor<br><b>P</b> Patio, 1st Floor<br><b>T</b> Theatre, 1st Floor |

