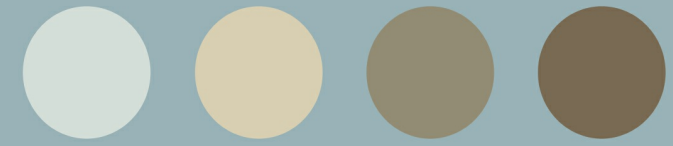


JANUARY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Lady of Grace 10:00 New Year's Resolution 10:30 Flex & Bend 11:00 Daily Chronicle 2:00 Bingo Royal 3:30 Let's Talk 6:00 Evening Movie	2 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Card Games 3:00 Sing along 6:00 Evening News	3 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Word Search / Puzzles 2:30 Hot Cocoa Social 3:30 Seated Yoga 6:00 Evening Movie	4 9:00 Morning Exercise 10:00 Senior Topics 10:30 poetry Corner 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	5 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Who am I- Video 1:30 Before and After 2:30 Sharing Recipes 3:30 Wheeling/Walking 6:00 Evening Movies	6 9:00 Morning Exercise 10:00 Linked Senior 11:00 AC-Video 1:30 Topics of Interest 2:30 Happy Hour - J & J 3:30 Exercise with Will 6:00 Nature Films	7 9:00 Wiggle those Toes 10:00 Week in Review 11:00 Group Singing 1:30 Bible Story - Richard 2:30 BAM! Concert 3:30 Saturday Matinee 6:00 Evening News
8 9:30 Lady of Grace 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Daily Chronicle 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	9 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Card Games 3:00 Sing along 6:00 Evening News	10 9:00 Move to Groove 10:00 News and Views 10:30 Music - Alligator 1:30 Word Search / Puzzles 2:30 Apple Cider Social 3:30 Seated Yoga 6:00 Evening Movie	11 9:00 Morning Exercise 10:00 Senior Topics 11:00 Humor Time 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	12 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Who am I- Video 1:30 Before and After 2:30 Chef's Corner-Paul 3:30 Wheeling/Walking 6:00 Evening Movies	13 9:00 Morning Exercise 10:00 Linked Senior 11:00 Floor Games 1:30 Topics of Interest 2:30 Music with M&K 3:30 Exercise with Will 6:00 Nature Films	14 9:00 Wiggle those Toes 10:00 Week in Review 11:00 Group Singing 1:30 Bible Story - Richard 2:30 Seasonal Sensory 3:30 Saturday Matinee 6:00 Evening News
15 9:30 Lady of Grace 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Daily Chronicle 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	16 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Card Games 3:00 Sing along 6:00 Evening News	17 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Word Search / Puzzles 2:30 Popcorn Social 3:30 Seated Yoga 6:00 Evening Movie	18 9:00 Morning Exercise 10:00 Senior Topics 10:30 Mittens & Mufflers 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	19 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Who am I- Video 1:30 Before and After 2:30 Chef's Corner ONR 3:30 Wheeling/Walking 6:00 Evening Movies	20 9:00 Morning Exercise 10:00 Linked Senior 11:00 Floor Games 1:30 Topics of Interest 2:30 Happy Hour - Jaime 3:30 Exercise with Will 6:00 Nature Films	21 9:00 Wiggle those Toes 10:00 Week in Review 11:00 Group Singing 1:30 Bible Story - Richard 2:30 Seasonal Sensory 3:30 Saturday Matinee 6:00 Evening News
22 9:30 Lady of Grace 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Daily Chronicle 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	23 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Card Games 3:00 Sing along 6:00 Evening News	24 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Residents and Culinary Meeting 2:30 Apple Cider Social 3:30 Seated Yoga 6:00 Evening Movie	25 9:00 Morning Exercise 10:00 ETHATHA - Music 11:00 Floor Games 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	26 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Who am I- Video 1:30 Before and After 2:30 Food Dialect 3:30 Wheeling/Walking 6:00 Evening Movies	27 9:00 Morning Exercise 10:00 Linked Senior 11:00 Floor Games 1:30 Topics of Interest 2:30 Birthday Bash 3:30 Exercise with Will 6:00 Nature Films	28 9:00 Wiggle those Toes 10:00 Week in Review 11:00 Group Singing 1:30 Bible Story - Richard 2:30 Seasonal Sensory 3:30 Saturday Matinee 6:00 Evening News
29 9:30 Lady of Grace 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Daily Chronicle 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	30 9:00 Bend & Stretch 10:00 Daily Chronicle 11:00 Linked Senior 1:30 Self Expression 2:30 Card Games 3:00 Sing along 6:00 Evening News	31 9:00 Move to Groove 10:00 News and Views 11:00 Health Facts 1:30 Word Search / Puzzles 2:30 Apple Cider Social 3:30 Seated Yoga 6:00 Evening Movie	Birthdays 1/3 - Violeta E. 1/11 - Lois S. 1/16 - Birgitta W. 1/16 - Delma T. 1/23 - Joyce D. 1/26 - Shirley S.			