

# JANUARY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Bingo Fun 2:00 New Year's Eve Party 4:00 Sing along	<b>2</b> 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Dominoes 2:30 Self - Expression 4:00 Walking Club	<b>3</b> 9:00 Stretch & Bend 10:00 Juice Bar Social 10:30 Sing along-Susie Q 1:30 Pretty Nails 2:00 Puzzles/Coloring 2:30 Apple Cider Social 4:00 Seated Yoga	<b>4</b> 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:30 Checkers 2:30 Bingo Fun 4:00 Walking Club	<b>5</b> 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Dance Therapy 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball	<b>6</b> 9:30 Morning Exercise ONR 10:00 Daily Chronicle 11:00 Food Channel 1:30 Board Games 2:30 Memory Lane 4:00 Walking Club	<b>7</b> 9:30 Tap & Sway 10:00 sing along 11:00 Balloon Volleyball 1:30 Table Games 2:30 Now & Then 4:00 Saturday Matinee
<b>8</b> 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Bingo Fun 2:30 Afternoon Stretch 4:00 Sing along	<b>9</b> 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Dominoes 2:30 Self - Expression 4:00 Walking Club	<b>10</b> 9:00 Stretch & Bend 10:00 Juice Bar Social 10:30 Sing along-Susie Q 1:30 Pretty Nails 2:00 Puzzles/Coloring 2:45 Music - Alligator 4:00 Seated Yoga	<b>11</b> 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:30 Checkers 2:30 Bingo Fun 4:00 Walking Club	<b>12</b> 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Dance Therapy 1:30 Creature Feature 2:30 Art Appreciation 4:00 Kickball	<b>13</b> 9:30 Morning Exercise 10:00 Daily Chronicle 11:00 Food Channel 1:30 Board Games 2:30 Memory Lane 4:00 Walking Club	<b>14</b> 9:30 Tap & Sway 10:00 sing along 11:00 Balloon Volleyball 1:30 Table Games 2:30 Now & Then 4:00 Saturday Matinee
<b>15</b> 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Bingo Fun 2:30 Afternoon Stretch 4:00 Sing along	<b>16</b> 9:00 Flex & Bend 10:00 Music - Jaime 11:00 Bean bag toss 1:30 Dominoes 2:30 Self - Expression 4:00 Walking Club	<b>17</b> 9:00 Stretch & Bend 10:00 Juice Bar Social 10:30 Sing along-Susie Q 1:30 Pretty Nails 2:00 Puzzles/Coloring 2:30 Apple Cider Social 4:00 Seated Yoga	<b>18</b> 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:30 Checkers 2:30 Bingo Fun 4:00 Walking Club	<b>19</b> 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Dance Therapy 1:30 Creature Feature 2:00 Chef's Corner- Paul 2:30 Art Appreciation 4:00 Kickball	<b>20</b> 9:30 Morning Exercise 10:00 Daily Chronicle 11:00 Food Channel 1:30 Board Games 2:30 Memory Lane 4:00 Walking Club	<b>21</b> 9:30 Tap & Sway 10:00 sing along 11:00 Balloon Volleyball 1:30 Table Games 2:30 Now & Then 4:00 Saturday Matinee
<b>22</b> 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Bingo Fun 2:30 Afternoon Stretch 4:00 Sing along	<b>23</b> 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Dominoes 2:30 Self - Expression 4:00 Walking Club	<b>24</b> 9:00 Stretch & Bend 10:00 Juice Bar Social 10:30 Sing along-Susie Q 1:30 Pretty Nails 2:00 Puzzles/Coloring 2:30 Apple Cider Social 4:00 Seated Yoga	<b>25</b> 9:00 Fun & Fitness 10:00 Guessing Games 11:00 Ring Toss 1:30 Checkers 2:30 Bingo Fun 4:00 Walking Club	<b>26</b> 9:00 Move to the Beat 10:00 Mind Stretcher 11:00 Dance Therapy 1:30 Creature Feature 2:00 Chef's Corner- ONR 2:30 Art Appreciation 4:00 Kickball	<b>27</b> 9:30 Morning Exercise 10:00 Daily Chronicle 11:00 Food Channel 1:30 Board Games 2:30 Music with M&K 4:00 Walking Club	<b>28</b> 9:30 Tap & Sway 10:00 sing along 11:00 Balloon Volleyball 1:30 Table Games 2:30 Now & Then 4:00 Saturday Matinee
<b>29</b> 9:00 Catholic Mass 10:00 Coffee Social 11:00 Remember When 1:30 Bingo Fun 2:30 Afternoon Stretch 4:00 Sing along	<b>30</b> 9:00 Flex & Bend 10:00 Coffee Social 11:00 Bean bag toss 1:30 Dominoes 2:30 Self - Expression 4:00 Walking Club	<b>31</b> 9:00 Stretch & Bend 10:00 Juice Bar Social 10:30 Sing along-Susie Q 1:30 Pretty Nails 2:00 Puzzles/Coloring 2:30 Apple Cider Social 4:00 Seated Yoga				