

# January 2023

## Assisted Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>New Year's Day</b> <b>1</b> 10:00 <b>PE</b> Morning Stretches 10:00 <b>CE</b> <b>Non-Denominational Bible Study</b> 10:30 <b>LL</b> Name That Tune Worship Style 1:15 <b>SS</b> Sunday Readers/Daily Delights 1:30 <b>LL</b> <b>Ice Cream Social</b> 2:00 <b>AE</b> Puzzle Mania 5:45 <b>LL</b> Matinee in the Theater(Sci Fi)	<b>2</b> 10:00 <b>PE</b> Morning Stretches 10:30 <b>SS</b> <b>Catholic Communion</b> 11:00 <b>LL</b> <b>Mimosa Mondays</b> 1:00 <b>PE</b> Zumba Tv Class 2:00 <b>CE</b> Hangman and Trivia 5:45 <b>LL</b> Matinee in the Theater(Action)	<b>3</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:15 <b>LL</b> Walmart Shopping Trip 1:15 Men's Care Club 2:30 <b>CE</b> UNO Card Game 3:15 Word Buzz Game 5:45 <b>LL</b> Movie In The Theater(Western)	<b>4</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>CE</b> Bingo 2:00 <b>AE</b> Flower Class 3:30 <b>LL</b> Bingo 4:00 <b>LL</b> UNO Card Game 5:45 <b>LL</b> Movie in the Theater	<b>5</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:15 <b>CC</b> Coffee & Donuts (Current Events) 10:30 <b>PE</b> Community Stroll/Hydrate 2:00 <b>PE</b> Muscles with Marie 3:00 <b>LL</b> Paint and Play 4:00 <b>PE</b> Music Appreciation 5:45 <b>LL</b> Matinee In The Theater(Thriller)	<b>6</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 9:30 <b>CC</b> Party Planning Committee 10:00 <b>PE</b> Morning Stretches 10:00 <b>LL</b> Smoothie Bar 11:00 <b>CC</b> Outing 1:30 <b>LL</b> Bingo 3:00 <b>LL</b> <b>Happy Hour/ Entertainment</b> 5:45 <b>LL</b> Matinee in the Theater(Resident Choice)	<b>7</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>LL</b> BINGO 1:30 <b>PE</b> Community Stroll/Hydrate 2:00 <b>AE</b> Paint and Sip 3:00 <b>LL</b> Uno Card Game
<b>8</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:00 <b>CE</b> <b>Non-Denominational Bible Study</b> 10:30 <b>LL</b> Name That Tune Worship Style 1:15 <b>SS</b> Sunday Readers/Daily Delights 1:30 <b>LL</b> <b>Ice Cream Social</b> 2:00 <b>AE</b> Puzzle Mania 2:00 <b>SS</b> <b>Sunday Worship Prince Performance</b> 5:45 <b>LL</b> Matinee in the Theater(Sci Fi)	<b>9</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>SS</b> <b>Catholic Communion</b> 11:00 <b>LL</b> <b>Mimosa Mondays</b> 1:00 <b>PE</b> Zumba Tv Class 2:00 <b>CE</b> Hangman and Trivia 5:45 <b>LL</b> Matinee in the Theater(Action)	<b>10</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:15 Target Shopping Trip 1:15 Men's Care Club 2:30 <b>CE</b> UNO Card Game 3:15 Word Buzz Game 5:45 <b>LL</b> Movie In The Theater(Western)	<b>11</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>CE</b> Bingo 2:00 <b>AE</b> Flower Class 3:30 <b>LL</b> Bingo 4:00 <b>LL</b> UNO Card Game 5:45 <b>LL</b> Movie in the Theater	<b>12</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:15 <b>CC</b> Coffee & Donuts (Current Events) 10:30 <b>PE</b> Community Stroll/Hydrate 2:00 <b>PE</b> Muscles with Marie 3:00 <b>LL</b> Paint and Play 4:00 <b>PE</b> Music Appreciation 5:45 <b>LL</b> Matinee In The Theater(Thriller)	<b>13</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 9:30 <b>CC</b> Party Planning Committee 10:00 <b>PE</b> Morning Stretches 10:00 <b>LL</b> Smoothie Bar 11:00 <b>CC</b> Outing 1:30 <b>LL</b> Bingo 3:00 <b>LL</b> <b>Happy Hour/ Entertainment</b> 5:45 <b>LL</b> Matinee in the Theater(Resident Choice)	<b>14</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>LL</b> BINGO 1:30 <b>PE</b> Community Stroll/Hydrate 2:00 <b>AE</b> Paint and Sip 3:00 <b>LL</b> Uno Card Game
<b>15</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:00 <b>CE</b> <b>Non-Denominational Bible Study</b> 10:30 <b>LL</b> Name That Tune Worship Style 1:15 <b>SS</b> Sunday Readers/Daily Delights 1:30 <b>LL</b> <b>Ice Cream Social</b> 2:00 <b>AE</b> Puzzle Mania 5:45 <b>LL</b> Matinee in the Theater(Sci Fi)	<b>Martin Luther King, Jr. Day</b> <b>16</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>SS</b> <b>Catholic Communion</b> 11:00 <b>LL</b> <b>Mimosa Mondays</b> 1:00 <b>PE</b> Zumba Tv Class 2:00 <b>CE</b> Hangman and Trivia 5:45 <b>LL</b> Matinee in the Theater(Action)	<b>17</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:15 <b>LL</b> Walmart Shopping Trip 1:15 Men's Care Club 2:30 <b>CE</b> UNO Card Game 3:15 Word Buzz Game 5:45 <b>LL</b> Movie In The Theater(Western)	<b>18</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>CE</b> Bingo 2:00 <b>AE</b> Flower Class 3:30 <b>LL</b> Bingo 4:00 <b>LL</b> UNO Card Game 5:45 <b>LL</b> Movie in the Theater	<b>19</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:15 <b>CC</b> Coffee & Donuts (Current Events) 10:30 <b>PE</b> Community Stroll/Hydrate 2:00 <b>PE</b> Muscles with Marie 3:00 <b>LL</b> Paint and Play 4:00 <b>PE</b> Music Appreciation 5:45 <b>LL</b> Matinee In The Theater(Thriller)	<b>20</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 9:30 <b>CC</b> Party Planning Committee 10:00 <b>PE</b> Morning Stretches 10:00 <b>LL</b> Smoothie Bar 11:00 <b>CC</b> Outing 1:30 <b>LL</b> Bingo 3:00 <b>LL</b> <b>Happy Hour/ Entertainment</b> 5:45 <b>LL</b> Matinee in the Theater(Resident Choice)	<b>21</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>LL</b> BINGO 1:30 <b>PE</b> Community Stroll/Hydrate 2:00 <b>AE</b> Paint and Sip 3:00 <b>LL</b> Uno Card Game
<b>22</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:00 <b>CE</b> <b>Non-Denominational Bible Study</b> 10:30 <b>LL</b> Name That Tune Worship Style 1:15 <b>SS</b> Sunday Readers/Daily Delights 1:30 <b>LL</b> <b>Ice Cream Social</b> 2:00 <b>AE</b> Puzzle Mania 5:45 <b>LL</b> Matinee in the Theater(Sci Fi)	<b>23</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>SS</b> <b>Catholic Communion</b> 11:00 <b>LL</b> <b>Mimosa Mondays</b> 1:00 <b>PE</b> Zumba Tv Class 2:00 <b>CE</b> Hangman and Trivia 5:45 <b>LL</b> Matinee in the Theater(Action)	<b>24</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:15 Target Shopping Trip 1:15 Men's Care Club 2:30 <b>CE</b> UNO Card Game 3:15 Word Buzz Game 5:45 <b>LL</b> Movie In The Theater(Western)	<b>25</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>CE</b> Bingo 2:00 <b>AE</b> Flower Class 3:30 <b>LL</b> Bingo 4:00 <b>LL</b> UNO Card Game 5:45 <b>LL</b> Movie in the Theater	<b>26</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:15 <b>CC</b> Coffee & Donuts (Current Events) 10:30 <b>PE</b> Community Stroll/Hydrate 2:00 <b>PE</b> Muscles with Marie 3:00 <b>LL</b> Paint and Play 4:00 <b>PE</b> Music Appreciation 5:45 <b>LL</b> Matinee In The Theater(Thriller)	<b>27</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 9:30 <b>CC</b> Party Planning Committee 10:00 <b>PE</b> Morning Stretches 10:00 <b>LL</b> Smoothie Bar 11:00 <b>CC</b> Outing 1:30 <b>LL</b> Bingo 3:00 <b>LL</b> <b>Happy Hour/ Entertainment</b> 5:45 <b>LL</b> Matinee in the Theater(Resident Choice)	<b>28</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>LL</b> BINGO 1:30 <b>PE</b> Community Stroll/Hydrate 2:00 <b>AE</b> Paint and Sip 3:00 <b>LL</b> Uno Card Game
<b>29</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:00 <b>CE</b> <b>Non-Denominational Bible Study</b> 10:30 <b>LL</b> Name That Tune Worship Style 1:15 <b>SS</b> Sunday Readers/Daily Delights 1:30 <b>LL</b> <b>Ice Cream Social</b> 2:00 <b>AE</b> Puzzle Mania 5:45 <b>LL</b> Matinee in the Theater(Sci Fi)	<b>30</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:30 <b>SS</b> <b>Catholic Communion</b> 11:00 <b>LL</b> <b>Mimosa Mondays</b> 1:00 <b>PE</b> Zumba Tv Class 2:00 <b>CE</b> Hangman and Trivia 5:45 <b>LL</b> Matinee in the Theater(Action)	<b>31</b> 9:00 <b>LL</b> Wake up & Hydrate (Infused Tea) 10:00 <b>PE</b> Morning Stretches 10:15 <b>LL</b> Walmart Shopping Trip 1:15 Men's Care Club 2:30 <b>CE</b> UNO Card Game 3:15 Word Buzz Game 5:45 <b>LL</b> Movie In The Theater(Western)	 <ul style="list-style-type: none"> <li><b>AE</b> Artistic Expression</li> <li><b>CC</b> Community Connections</li> <li><b>CE</b> Continuing Education</li> <li><b>LL</b> Lifestyle &amp; Leisure</li> <li><b>PE</b> Physical Engagement</li> <li><b>SS</b> Spiritual Support</li> </ul>			