

# January 2023

## In The Moment – Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>New Year's Day</b> <b>1</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll <b>10:00 CE Non-Denominational Bible Study</b> 11:00 <b>AE</b> Paint with water colors 1:15 <b>LL</b> Mani May I <b>1:30 LL Ice Cream Social</b> 2:30 <b>SS</b> Sunday Readers 4:00 <b>CE</b> Chair stretches & exercises	<b>2</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll <b>10:30 SS Catholic Communion</b> 11:00 <b>AE</b> Arm Chair Stretches 1:00 <b>LL</b> Mimosa Mondays <b>2:00 LL Monday Matinee</b> 3:30 <b>CE</b> Meditation Music 4:00 <b>AE</b> Hallway Bowling	<b>3</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 1:15 <b>CC</b> Passports needed/Around The World Trivia 2:00 <b>CE</b> White Board Hangman 3:00 <b>PE</b> Noodle Ball 4:00 <b>PE</b> Dance Class	<b>4</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 10:00 Zumba Class 11:00 <b>CE</b> 30 min Brain Sparks 2:00 <b>LL</b> Memory Lane 3:00 <b>CE</b> Hand Lotion Therapy 4:00 <b>LL</b> Board Games	<b>5</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 11:00 <b>CC</b> Lunch/Activity Outing 1:15 <b>LL</b> BIG WORD little word 2:30 <b>CC</b> Happy Hour 3:00 Bean Bag Toss 4:00 <b>AE</b> Arts & Crafts	<b>6</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 12:00 Daily Chronicles 1:15 <b>CE</b> Brain Spark Games 3:00 <b>LL</b> Music Medley's 4:00 <b>CE</b> White Board Games	<b>7</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 12:00 Puzzle Time 1:15 <b>LL</b> Hand Lotion Therapy 2:00 <b>LL</b> Classic Movies 3:00 <b>CE</b> Hallway Bowling 4:00 <b>AE</b> Trivia Twists		
<b>8</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll <b>10:00 CE Non-Denominational Bible Study</b> 11:00 <b>AE</b> Paint with water colors 1:15 <b>LL</b> Mani May I <b>1:30 LL Ice Cream Social</b> 2:30 <b>SS</b> Sunday Readers 4:00 <b>CE</b> Chair stretches & exercises	<b>9</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll <b>10:30 SS Catholic Communion</b> 11:00 <b>AE</b> Arm Chair Stretches 1:00 <b>LL</b> Mimosa Mondays <b>2:00 LL Monday Matinee</b> 3:30 <b>CE</b> Meditation Music 4:00 <b>AE</b> Hallway Bowling	<b>10</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 1:15 <b>CC</b> Passports needed/Around The World Trivia 2:00 <b>CE</b> White Board Hangman 3:00 <b>PE</b> Noodle Ball 4:00 <b>PE</b> Dance Class	<b>11</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 10:00 Zumba Class 11:00 <b>CE</b> 30 min Brain Sparks 2:00 <b>LL</b> Memory Lane 3:00 <b>CE</b> Hand Lotion Therapy 4:00 <b>LL</b> Board Games	<b>12</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 11:00 <b>CC</b> Lunch/Activity Outing 1:15 <b>LL</b> BIG WORD little word 2:30 <b>CC</b> Happy Hour 3:00 Bean Bag Toss 4:00 <b>AE</b> Arts & Crafts	<b>13</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 12:00 Daily Chronicles 1:15 <b>CE</b> Brain Spark Games 3:00 <b>LL</b> Music Medley's 4:00 <b>CE</b> White Board Games	<b>14</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 12:00 Puzzle Time 1:15 <b>LL</b> Hand Lotion Therapy 2:00 <b>LL</b> Classic Movies 3:00 <b>CE</b> Hallway Bowling 4:00 <b>AE</b> Trivia Twists		
<b>15</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll <b>10:00 CE Non-Denominational Bible Study</b> 11:00 <b>AE</b> Paint with water colors 1:15 <b>LL</b> Mani May I <b>1:30 LL Ice Cream Social</b> 2:30 <b>SS</b> Sunday Readers 4:00 <b>CE</b> Chair stretches & exercises	<b>Martin Luther King, Jr. Day</b> <b>16</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll <b>10:30 SS Catholic Communion</b> 11:00 <b>AE</b> Arm Chair Stretches 1:00 <b>LL</b> Mimosa Mondays <b>2:00 LL Monday Matinee</b> 3:30 <b>CE</b> Meditation Music 4:00 <b>AE</b> Hallway Bowling	<b>17</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 1:15 <b>CC</b> Passports needed/Around The World Trivia 2:00 <b>CE</b> White Board Hangman 3:00 <b>PE</b> Noodle Ball 4:00 <b>PE</b> Dance Class	<b>18</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 10:00 Zumba Class 11:00 <b>CE</b> 30 min Brain Sparks 2:00 <b>LL</b> Memory Lane 3:00 <b>CE</b> Hand Lotion Therapy 4:00 <b>LL</b> Board Games	<b>19</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 11:00 <b>CC</b> Lunch/Activity Outing 1:15 <b>LL</b> BIG WORD little word 2:30 <b>CC</b> Happy Hour 3:00 Bean Bag Toss 4:00 <b>AE</b> Arts & Crafts	<b>20</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 12:00 Daily Chronicles 1:15 <b>CE</b> Brain Spark Games 3:00 <b>LL</b> Music Medley's 4:00 <b>CE</b> White Board Games	<b>21</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 12:00 Puzzle Time 1:15 <b>LL</b> Hand Lotion Therapy 2:00 <b>LL</b> Classic Movies 3:00 <b>CE</b> Hallway Bowling 4:00 <b>AE</b> Trivia Twists		
<b>22</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll <b>10:00 CE Non-Denominational Bible Study</b> 11:00 <b>AE</b> Paint with water colors 1:15 <b>LL</b> Mani May I <b>1:30 LL Ice Cream Social</b> 2:30 <b>SS</b> Sunday Readers 4:00 <b>CE</b> Chair stretches & exercises	<b>23</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll <b>10:30 SS Catholic Communion</b> 11:00 <b>AE</b> Arm Chair Stretches 1:00 <b>LL</b> Mimosa Mondays <b>2:00 LL Monday Matinee</b> 3:30 <b>CE</b> Meditation Music 4:00 <b>AE</b> Hallway Bowling	<b>24</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 1:15 <b>CC</b> Passports needed/Around The World Trivia 2:00 <b>CE</b> White Board Hangman 3:00 <b>PE</b> Noodle Ball 4:00 <b>PE</b> Dance Class	<b>25</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 10:00 Zumba Class 11:00 <b>CE</b> 30 min Brain Sparks 2:00 <b>LL</b> Memory Lane 3:00 <b>CE</b> Hand Lotion Therapy 4:00 <b>LL</b> Board Games	<b>26</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 11:00 <b>CC</b> Lunch/Activity Outing 1:15 <b>LL</b> BIG WORD little word 2:30 <b>CC</b> Happy Hour 3:00 Bean Bag Toss 4:00 <b>AE</b> Arts & Crafts	<b>27</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 12:00 Daily Chronicles 1:15 <b>CE</b> Brain Spark Games 3:00 <b>LL</b> Music Medley's 4:00 <b>CE</b> White Board Games	<b>28</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 12:00 Puzzle Time 1:15 <b>LL</b> Hand Lotion Therapy 2:00 <b>LL</b> Classic Movies 3:00 <b>CE</b> Hallway Bowling 4:00 <b>AE</b> Trivia Twists		
<b>29</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll <b>10:00 CE Non-Denominational Bible Study</b> 11:00 <b>AE</b> Paint with water colors 1:15 <b>LL</b> Mani May I <b>1:30 LL Ice Cream Social</b> 2:30 <b>SS</b> Sunday Readers 4:00 <b>CE</b> Chair stretches & exercises	<b>30</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll <b>10:30 SS Catholic Communion</b> 11:00 <b>AE</b> Arm Chair Stretches 1:00 <b>LL</b> Mimosa Mondays <b>2:00 LL Monday Matinee</b> 3:30 <b>CE</b> Meditation Music 4:00 <b>AE</b> Hallway Bowling	<b>31</b> 9:00 <b>SS</b> Morning Devotions/ Hydration Station 10:00 <b>PE</b> Community Stroll 1:15 <b>CC</b> Passports needed/Around The World Trivia 2:00 <b>CE</b> White Board Hangman 3:00 <b>PE</b> Noodle Ball 4:00 <b>PE</b> Dance Class	 <p>6161 West Spruce Avenue Fresno, CA 93722 559-479-4700</p>				<p><b>AE</b> Artistic Expression  <b>CC</b> Community Connections  <b>CE</b> Continuing Education  <b>LL</b> Lifestyle &amp; Leisure  <b>PE</b> Physical Engagement  <b>SS</b> Spiritual Support</p> <p>Healthy Snacks &amp; Hydration offered throughout each day!</p>	