










# 2023 January



 **SERENITY** a Randall Residence  
Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Happy Birthday Jackie!</b> 10:00 Bible Study -LR	<b>2</b> 10AM Morning Workout -AR 10:30AM Resolutions -AR 1:30PM Bingo w/ MC -AR <b>2:45PM Welcome to Jamaica</b> 	<b>3</b> 10AM Darts -AR 11AM PT Reserved Classes -AR <b>1:30PM W. Dunbar -AR</b> 2:45PM Coffee & Snacks	<b>4</b> 10AM Morning Workout -AR 10:30AM Noodleball -AR 1PM Bingo -AR <b>2:15PM Fun Facts About Jamaica -AR</b>	<b>5 Happy Birthday Ramona!</b> 10AM Shuffleboard -AR 11AM PT Reserved Classes -AR 1:30PM Craft Corner -CR <b>Shadow Box Painting</b> 	<b>6</b> 10AM Morning Workout -AR 11AM <b>Make Jamaican Bracelets</b> -AR 1:30PM <b>2023 Scrapbook Project</b> -AR	<b>7</b> 1:00 Puzzles
<b>8</b> 10:00 Bible Study -LR	<b>9</b> 10AM Morning Workouts -AR 10:30AM Manicure Monday -AR 1:30PM Bingo w/ MC 2:45PM Movie Monday <b>"Cool Runnings"</b> 	<b>10</b> 10AM Bermuda Triangle -AR 11AM PT Reserved Classes -AR 1:30PM Sip & Paint -CR	<b>Happy Anniversary Bill &amp; Carol</b> <b>11</b> 10AM Morning Workout -AR 10:30AM Trivia -AR 1PM Bingo -AR <b>2:15PM Fun Facts About Jamaica -AR</b>	<b>12</b> <b>10AM Tasting Jamaican Food -AR</b> 11AM PT Reserved Classes -AR <b>1:30PM History of Bob Marley -AR</b> 	<b>13</b> 10AM Morning Workout -AR <b>10:30AM Craft Corner -AR</b> <b>"No Sew Snowman"</b> <b>1:30PM Famous People From Jamaica -AR</b> 2:00PM Finish the Phrase -AR	<b>14</b> 1:00 Bingo
<b>15</b> 10:00 Bible Study -LR	<b>16</b> 10AM Morning Workout -AR <b>10:30 Learn About Martin Luther King Jr. -AR</b> 1:30PM Bingo w/ MC -AR 2:45PM Movie Monday -T <b>"Top Gun Maverick"</b>	<b>17</b> 10AM Darts -AR 11AM PT Reserved Classes -AR <b>1:30PM Melted Crayon Art -AR</b> 	<b>18</b> 10AM Morning Workout -AR <b>10:30AM Duns River Falls &amp; Park -AR</b> 1PM Bingo -AR 2:45PM Wheel of Fortune -AR	<b>19 National Popcorn Day!</b> 10AM Shuffleboard -AR 11AM PT Reserved Classes -AR <b>1:30PM Movie Day w/ Popcorn</b> 	<b>20</b> 10AM Morning Workouts -AR 10:30AM Noodleball -AR 1:30PM Bingo w/ MC -AR 2:45PM Finish the Phrase -AR	<b>21</b> 1:00 Card Games
<b>22</b> 10:00 Bible Study -LR	<b>23</b> 10AM Morning Workout -AR 10:30 Manicure Monday -AR 1:30 PM Bingo w/ MC -AR <b>2:45 Resident Council -AR</b>	<b>24</b> 10AM Guess Who? -AR 11AM PT Reserved Classes -AR <b>1:30PM Tea Party -AR</b> 	<b>25</b> 10AM Morning Workout -AR 10:30AM Noodleball -AR 1PM Bingo -AR 2:45PM Trivia -AR	<b>26</b> 10AM Lanyard Making -AR 11AM PT Reserved Classes -AR 1:30 Movie & Popcorn -T	<b>27</b> 10AM Morning Workout -AR 10:30AM Sensory Bottles -AR <b>2PM January Birthday Party -AR</b>  <b>National Chocolate Cake Day!</b>	<b>28</b> 1:00 Bingo
<b>29</b> 10:00 Bible Study -LR	<b>30</b> 10AM Morning Workout -AR 10:30AM Noodleball -AR 1:30PM Bingo w/ MC -AR <b>2:45PM Movie Monday -T</b> <b>"Escape From Alcatraz"</b>	<b>31</b> 10AM Darts -AR 11AM PT Reserved Classes -AR <b>1:30PM Lets Makes Valentines Day Decorations -AR</b>	<b>Always Take the Scenic Route:</b>  <b>Jamaica</b>	Always Take the Scenic Route Is our new monthly activity. We will be visiting some amazing places, with beautiful views. So buckle up we are heading to Jamaica!	 <b>Happy Birthday To:</b> <b>Jackie 1/1</b> <b>Ramona 1/5</b>	<b>Happy Anniversary To:</b> <b>Bill &amp; Carol</b> 