








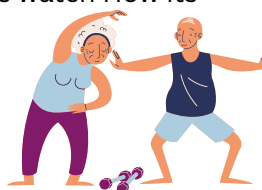




# 2023 January



*SERENITY a Randall Residence*  
Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>  9:30 worship on TV 1:30 Nailcare 	<b>2</b> 9:30 Workout w/ Connie <b>10:30 History of Jamaica</b> <b>1:30 BINGO W/ AL</b> 6:00 Resident choice activity 	<b>3</b>  10:00 Zumba sittercise <b>1:30 W. Dunbar on AL</b> 3:00 Lets watch How its Made	<b>4</b>  9:30 Workout w/ Connie 10:30 Lets talk about the New Year <b>1:30 Music Therapy w/ Courtney</b> 6:00 Movie 	<b>5</b>  9:30 Stretch in Place 10:30 "Words that Rhyme" 3:00 Ring toss	<b>6</b>  9:30 Workout w/ Connie 10:30 Trivia <b>2:30 BINGO</b>	<b>7</b>  Activity pages available Resident choice movies
<b>8</b>  9:30 Silent prayers 10:00 gospel music on TV	<b>9</b>  9:30 Workout w/ Connie 10:30 Nailcare <b>1:30 BINGO W/ AL</b> 6:00 Resident choice activity	<b>10</b>  10:00 Lets walk in place 2::30 Lets watch "Cool Runnings" 	<b>11</b>  9:30 Workout w/ Connie <b>10:30 Jamaican necklace</b> <b>1:30 Music Therapy w/ Courtney</b>	<b>12</b>  9:30 Stretch in Place 10:30 History of Bob Marley 3:00 Darts 	<b>13</b>  9:30 Workout w/ Connie 10:30 "words that rhyme" <b>2:30 BINGO</b>	<b>14</b>  Coloring pages available Resident choice movies
<b>15</b>  9:30 Worship on TV 1:30 Nailcare 	<b>16</b>  9:30 Workout w/ Connie 10:30 Martin Luther King Trivia / History <b>1:30 BINGO W/ AL</b> 6:00 Resident choice activity	<b>17</b>  10:00 Zumba sittercise 2:30 Lets watch how popcorn is made 	<b>18</b>  9:30 Workout w/ Connie <b>1:30 Music Therapy w/ Courtney</b> 	<b>19 NATIONAL POPCORN DAY</b> 9:30 Stretch in place 10:30 Popcorn craft 2:30 taste popcorn 3:00 Popcorn coloring	<b>20</b>  9:30 Workout w/ Connie 10:30 winter trivia <b>2:30 BINGO</b>	<b>21</b>  Puzzles and activity pages available Resident choice movies
<b>22</b>  9:30 Silent prayers 10:00 gospel music on TV	<b>23</b>  9:30 Zumba sittercise 10:30 Nailcare <b>1:30 BINGO W/ AL</b> 6:00 Resident choice activity	<b>24</b>  10:00 Lets make music 2:30 Lets watch "Top Gun Maverick"	<b>25</b>  9:30 Zumba sittercise <b>1:30 Music Therapy w/ Courtney</b>	<b>26</b>  9:30 Stretch in Place 10:30 Sensory Time 2:30 Putting green	<b>27 CHOCOLATE CAKE DAY</b>  9:30 Workout w/ connie <b>10:00 Jamaica Trivia</b> 1:30 Resident Monthly Birthday Party	<b>28</b>  Coloring pages available Resident choice movies
<b>29</b>  9:30 Worship on TV 1:30 Nailcare 	<b>30</b>  9:30 Workout w/ Connie <b>1:30 BINGO W/ AL</b> 3:00 Make Valentines decorations 6:00 Resident choice activity	<b>31</b>  10:00 Zumba sittercise 2:30 Lets watch How its Made 			Always take the scenic route and come with us to learn about Jamaica. We will be making some Jamaican jewelry, watching a movie on Jamaican bobsledders, trying some new foods and much more.	