

2023 January

Find us on 



RANDALL RESIDENCE of Sterling Heights

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year 10:00 Joel Osteen Live 10:30 News & Snacks 1:00 N.Y Resolutions	2 10:00 Stretch & Tone 11:00 Exploring Jamaica 2:00 Creative Coloring 3:00 Bean Bag Toss 4:00 Dean & Friends	3 9:15 Tender Heart 11:00 Hallway Bowling 2:00 BINGO! 3:00 Karaoke Time 4:00 'Ol Blue Eyes	4 10:00 Church Service-Gina 11:00 2:00 Movie & Popcorn 3:00 Pampered Hands 4:00 Motown Favorite 	5 10:00 St. Matthias Mass 11:00 Parachute Fun 1:15 Tender Heart 3:00 Bible Study 4:00 Bing Crosby	6 10:00 Balloon Volleyball 11:00 Daily Chronicle 4:30-6:30 Rescheduled Resident Christmas Party	7 10:00 Joyce Meyer Live 11:00 Who Am I? 1:00 Junk Detective
8 10:00 Joel Osteen Live 10:30 News & Snacks 1:00 Pampered Hands	9 10:00 Strength Train 11:00 Sounds of Jamaica 2:00 3:00 Name 3 Desserts 4:00 Violin Melodies	10 Happy Birthday Mary! 9:15 Tender Heart 11:00 Bocce Ball 2:00 BINGO! 3:00 Magazine Collage	11 10:00 Sunrise Exercise 11:00 2:00 Movie & Popcorn 3:00 Pampered Hands 	12 10:00 Walk About 11:00 Pom Pom Exercise 1:30 Tender Heart	13 Happy Birthday Loraine! 10:00 Balloon Volleyball 11:00 Daily Chronicle 2:00 Jamaican Flags	14 10:00 Joyce Meyer Live 11:00 Who Am I? 1:00 Junk Detective
15 Happy Birthday Ray! 10:00 Joel Osteen Live 10:30 News & Snacks 1:00 Pampered Hands	16 Martin Luther King Day 10:00 Stretch & Tone 11:00 Learn Jamaican 2:00 "I Have a Dream" 3:00 Bean Bag Toss Happy Birthday Pat!	17 9:15 Tender Heart 11:00 Hallway Bowling 2:00 BINGO! 3:00 Karaoke Time	18 10:00 Church Service-Gina 12:00 Jamaican Food 2:00 Movie & Popcorn 3:00 Pampered Hands 	19 10:00 St. Matthias Mass 11:00 Parachute Fun 1:30 Tender Heart 3:00 Bible Study 5:30 Pet a Pet Visit	20 10:00 Balloon Volleyball 11:00 Daily Chronicle 2:00 Virtual Jamaica	21 10:00 Joyce Meyer Live 11:00 Who Am I? 1:00 Junk Detective
22 10:00 Joel Osteen Live 10:30 News & Snacks 1:00 Pampered Hands	23 10:00 Strength Train 3:00 Name 3 Cities	24 9:15 Tender Heart 11:00 Bocce Ball 2:00 BINGO! 3:00 Magazine Collage	25 10:00 Sunrise Exercise 11:00 Aqua Painting 2:00 Movie & Pocorn 3:00 Pampered Hands 	26 10:00 Walk About 11:00 Pom Pom Exercise 1:30 Tender Heart 3:00 Board Games	27 10:00 Balloon Volleyball 11:00 Daily Chronicle 2:00 Crosswords	28 10:00 Joyce Meyer Live 10:30 Who Am I? 1:00 Junk Detective
29 Happy Birthday James! 10:00 Joel Osteen Live 10:30 News & Snacks 1:00 Pampered Hands	30 10:00 Stretch & Tone	31 9:15 Tender Heart 11:00 Hallway Bowling 2:00 BINGO! 3:00 Karaoke Time				This Month we will explore Jamaica. We hope you can join us! 