











2023 January

Find us on 

 **WHITE OAKS** a Randall Residence
Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 New Year's Day</p> <p>10:00 Coloring/Puzzles 2:00 Church Service 3:00 Resident Choice Game</p> <p><i>Happy New Year</i></p>	<p>2</p> <p>9:30 Exercise with Tonia 10:00 Christmas Clean Up 1:30 Christmas Clean Up 2:30 Movie Monday</p>	<p>3</p> <p>9:30 Exercise with Tonia 10:00 Christmas Clean Up 1:30 Swatball 2:30 I Love Lucy Show</p>	<p>4 <i>Beauty Shop Day</i></p> <p>9:30 Exercise with Tonia 10:00 Craft and Knitting Club 1:30 Coloring/Puzzles</p> 	<p>5 <i>Happy Birthday Pat!</i></p> <p>10:00 Jeff and Jim Music 1:30 Bingo 2:30 Andy Griffith Show</p>	<p>6</p> <p>10:00 Country Drive Outing 2:00 Movie and Popcorn: <i>Night at the Museum</i></p> 	<p>7</p> <p>10:00 Coloring/Puzzles 2:00 Movie and Popcorn: Resident Choice</p>
<p>8</p> <p>10:00 Coloring/Puzzles 2:00 Church Service 3:00 Resident Choice Game</p>	<p>9</p> <p>9:30 Exercise with Tonia 10:00 Manicures 1:30 Documentary: <i>Deadliest Roads of Jamaica</i> 2:30 Sing Along 3:00 Uno</p> 	<p>10</p> <p>9:30 Exercise with Tonia 10:15 Bible Study 1:30 Swatball 2:30 Life Size Jenga 3:00 Sing Along</p>	<p>11 <i>Beauty Shop Day</i></p> <p>9:30 Exercise with Tonia 10:00 Craft and Knitting Club 2:00 Sing Along 3:00 Trivia</p> 	<p>12</p> <p>10:00 Bob DeYoung Music 1:30 Bingo 2:30 Jamaican Coffee Social 3:00 Jamaican Trivia</p>	<p>13</p> <p>10:00 Country Drive Outing 2:00 Movie and Popcorn: <i>The 100 Foot Journey</i></p>	<p>14</p> <p>10:00 Coloring/Puzzles 2:00 Movie and Popcorn: Resident Choice</p> 
<p>15</p> <p>10:00 Coloring/Puzzles 2:00 Church Service 3:00 Resident Choice Game</p> 	<p>16 <i>MLK JR Day</i></p> <p>9:30 Exercise with Tonia 10:00 Manicures 1:30 Table Bowling 2:30 Sing Along 3:00 Jamaican Foods Taste Testing</p>	<p>17</p> <p>9:30 Exercise with Tonia 10:00 Volleyball 1:30 Swatball 2:30 Sing Along 3:00 Harry Belafonte Documentary</p>	<p>18 <i>Beauty Shop Day</i></p> <p>9:30 Exercise with Tonia 10:00 Craft and Knitting Club 1:30 Coloring/Puzzles</p>	<p>19</p> <p>9:30 Exercise with Tonia 10:00 Resident Council 1:30 Bingo 2:30 Sing Along 3:00 Trivia</p> 	<p>20</p> <p>10:00 Country Drive Outing 2:00 Movie and Popcorn: <i>Cool Runnings</i></p>	<p>21</p> <p>10:00 Coloring/Puzzles 2:00 Movie and Popcorn: Resident Choice</p>
<p>22</p> <p>10:00 Coloring/Puzzles 2:00 Church Service 3:00 Resident Choice Game</p>	<p>23</p> <p>9:30 Exercise with Tonia 10:00 Funny Animal Videos 1:30 Flag Craft 2:30 Snack 3:00 Sing Along</p> 	<p>24</p> <p>9:30 Exercise with Tonia 10:00 Bible Study Video 1:30 Swatball 2:30 Sing Along 3:00 Documentary: <i>Stories from Jamaica</i></p>	<p>25 <i>Beauty Shop Day</i></p> <p>9:30 Exercise with Tonia 10:00 Craft and Knitting Club 1:30 Ice Cream Social 2:30 Bingo 3:00 Men's Club</p>	<p>26</p> <p>9:30 Exercise with Tonia 10:00 Explore Jamaica 1:30 Bingo 2:30 Sing Along 3:30 Trivia 5:30 Family Night</p>	<p>27</p> <p>9:30 Sing Along 10:30 Lunch Outing to Big T 2:00 Movie and Popcorn: <i>Dr. No</i></p>	<p>28 <i>Happy Birthday Betty H!</i></p> <p>10:00 Coloring/Puzzles 2:00 Movie and Popcorn: Resident Choice</p> 
<p>29</p> <p>10:00 Coloring/Puzzles 2:00 Church Service 3:00 Resident Choice Game 3:30 Family Tradition</p> 	<p>30</p> <p>9:30 Exercise with Tonia 10:00 Manicures 1:30 Table Bowling 2:30 Andy Griffith Show</p>	<p>31</p> <p>9:30 Exercise with Tonia 10:00 Jamaican Bead Craft 1:30 Swatball 2:30 Sing Along 3:00 Veteran's Club</p>	<p>Activity calendar is subject to change without notice. Please see posted daily sheets for most accurate schedule.</p>	<p>Meal Times: Breakfast- 7-9am Lunch- 11:00am Dinner- 4:00pm</p>	<p>The 2023 Randall University Theme: Always Take the Scenic Route! This month we will be exploring Jamaica!</p> 