











# 2023 January

Find us on 

 **WHITE OAKS** a Randall Residence  
Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 New Years Day</p> <p>9:30 Stretch 10:00 Bingo 1:30 Church Service 3:00 Christmas Clean Up</p> 	<p>2</p> <p>9:30 Stretch 10:00 Centerpiece Craft 2:00 Dominoes 3:00 Christmas Clean Up</p>	<p>3</p> <p>9:30 Exercise with Trish 10:00 Christmas Clean Up 2:00 Bingo 3:00 Cards Club</p>	<p>4 <i>Beauty Shop Day</i></p> <p>9:30 Stretch 10:00 Craft and Knitting Club 2:00 Outing to Walmart</p> 	<p>5</p> <p>9:30 Exercise with Trish 10:00 Jeff and Jim Music 2:00 Bingo 3:00 Manicures</p>	<p>6</p> <p>9:30 Stretch 10:00 Country Drive Outing 2:00 Movie and Popcorn: <i>Night at the Museum</i></p>	<p>7</p> <p>9:30 Stretch 10:00 Chit Chat and Coffee 2:00 Movie and Popcorn: Resident's Choice</p>
<p>8</p> <p>10:00 Coloring/Puzzles 2:30 Church Service 3:00 Resident Choice Game</p>	<p>9</p> <p>9:30 Stretch 10:00 Documentary: Jamaica 2:00 Dominoes 3:00 Shut the Box</p> 	<p>10</p> <p>9:30 Exercise with Trish 10:15 Bible Study 2:00 Bingo 3:00 Winter Wreath Craft</p>	<p>11 <i>Beauty Shop Day</i></p> <p>9:30 Stretch 10:00 Craft and Knitting Club 2:00 Dominoes 3:00 Food Talk with Treva</p>	<p>12</p> <p>9:30 Exercise with Trish 10:00 Bob DeYoung Music 2:00 Bingo 3:00 Cooking Club: Jamaican Banana Cake</p>	<p>13</p> <p>9:30 Stretch 10:00 Country Drive Outing 2:00 Movie and Popcorn: <i>The 100 Foot Journey</i></p> 	<p>14</p> <p>9:30 Stretch 10:00 Chit Chat and Coffee 2:00 Movie and Popcorn: Resident's Choice</p>
<p>15 <i>Happy Birthday Lois!</i></p> <p>10:00 Coloring/Puzzles 2:30 Church Service 3:00 Resident Choice Game</p> 	<p>16 MLK Jr Day</p> <p>9:30 Stretch 10:00 Jamaican Shell Art 2:00 Dominoes 3:00 Jamaican Foods Taste Testing</p>	<p>17</p> <p>9:30 Exercise with Trish 10:00 Volleyball 2:00 Bingo 3:00 Cards Club</p> 	<p>18 <i>Beauty Shop Day</i></p> <p>9:30 Stretch 10:00 Craft and Knitting Club 2:00 Outing to Walmart</p>	<p>19</p> <p>9:30 Exercise with Trish 10:00 Resident Council 2:00 Bingo 3:00 Manicures</p> 	<p>20</p> <p>9:30 Stretch 10:00 Country Drive Outing 2:00 Movie and Popcorn: <i>Cool Runnings</i></p>	<p>21</p> <p>9:30 Stretch 10:00 Chit Chat and Coffee 2:00 Movie and Popcorn: Resident's Choice</p>
<p>22 <i>Happy Birthday Bill!</i></p> <p>10:00 Coloring/Puzzles 2:30 Church Service 3:00 Resident Choice Game</p>	<p>23</p> <p>9:30 Stretch 10:00 Funny Animal Videos 2:00 Dominoes 3:00 Shut the Box</p> 	<p>24</p> <p>9:30 Exercise with Trish 10:00 Bible Study Video 2:00 Bingo 3:00 Documentary: The Island of the Blue Mountains</p>	<p>25 <i>Beauty Shop Day</i></p> <p>9:30 Stretch 10:00 Craft and Knitting Club 1:30 Ice Cream Social 2:00 Dominoes 3:00 Men's Club</p>	<p>26</p> <p>9:30 Exercise with Trish 10:00 Explore Jamaica 2:00 Bingo 3:00 Cooking Club: Jamaican Sweet Potato Pudding 5:30 Family Night</p>	<p>27</p> <p>9:30 Stretch 10:30 Lunch Outing to Big T 2:00 Movie and Popcorn: <i>Dr. No 007</i></p>	<p>28</p> <p>9:30 Stretch 10:00 Chit Chat and Coffee 2:00 Movie and Popcorn: Resident's Choice</p>
<p>29</p> <p>10:00 Coloring/Puzzles 2:30 Church Service 3:30 Family Tradition</p> 	<p>30</p> <p>9:30 Stretch 10:00 Jamaican Jewelry Craft 2:00 Dominoes 3:00 Cards Club</p>	<p>31</p> <p>9:30 Exercise with Trish 10:00 Hangman 2:00 Bingo 3:00 Veteran's Club</p> 	<p><b>Activity Calendar is subject to change without notice. Please see posted daily activity sheets for most accurate schedule.</b></p>	<p><b>Meal Times:</b> Breakfast-7-9am Lunch-11:30am Dinner-4:30pm</p>	<p><b>The 2023 Randall University Theme: Always Take the Scenic Route! This month we will be exploring Jamaica!</b></p>	