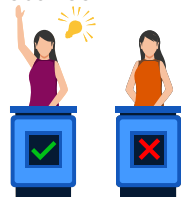



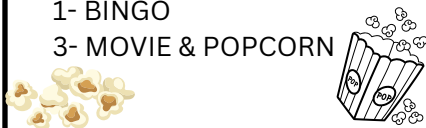
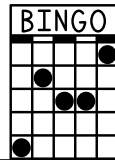





2024 January

Find us on 

 **SERENITY** a Randall Residence
Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Come along with us as we travel through the decades this year. This month we will travel through 1890-1900	1 9:30- Morning Stretches 10- BINGO HAPPY NEW YEAR!	2 10- workout w/ weights 10:30- wordle 11- guess the phrase 1- BINGO	3 10- Morning stretches 10:45- Wii bowling 1- BINGO 3- Nail care 6pm- Bible study in AR with Bobby and Daisy	4 10- workout w/ noodle 10:30- noodle ball 1- BINGO 3- Trivia- Its National Trivia Day	5 10- morning stretches 10:30- Trivia 11- Wordle 1- BINGO 	6 Resident led activities.
7 10:45- Communion with St. Monicas Church	8 10- morning stretches 10:30- Trivia 11- Guess the phrase 1- BINGO 3- "Forgotten Ellis Islands" in the TH	9 10- workout w/ weights 10:30- wordle 1- BINGO 2:30- Pam on the Harp 	10 10:30- morning stretches 11- This day in the 1890's 1- BINGO 3- Nail care	11 10- workout w/ noodles 10:30- Noodle ball 1- BINGO 2:30- Rich Gilmore performing in AR 	12 10- Morning stretches 10:30- Trivia 11- Wordle 1- BINGO	13 Resident led activities.
14 10:45- Communion with St. Monicas Church	15 Martain Luthar King jr Day National Hat day. 10- Lucinda playing Hymns on the piano 1- BINGO 3- "The story of Texas oil" Spindletop- in the TH 	16 10- Workout w/ weights 10:30- wordle 11- Name 5 game 1- BINGO 2:30- Monthly Birthday party	17 10- morning stretches 10:30- Facts about the Great Blizzard of 1899 1- BINGO 3- Nail care	18 10- Therapy Dog visit 10:30- Workout video 12:30- Lets go Thrifting Bus will load @ 12:30 and plan to return at or by 4pm	19 National Popcorn Day. 10- Morning stretches 10:30- Trivia 11- Wordle 1- BINGO 3- MOVIE & POPCORN 	20 Resident led activities.
21 10:45- Communion with St. Monicas Church	22 10- Morning stretches 10:30- Trivia 1- BINGO 2:30- "The Shepherd" in the TH 3- Card games in the AR	23 10- Coffee Tasting 10:30- Coffee trivia 11:30- Lunch out to Red Robin 2:30- BINGO	24 10- Morning stretches 10:45- Wii Bowling 1- BINGO 2:30- Taste of 1890's 3:30- Nail care	25 10- workout w/ noodle 10:30- noodle ball 1- BINGO 3- BINGO STORE 	26 10- Coffee & Conversation @ Bistro w/ Nancy 10:30- Morning stretches 11- Trivia 1- BINGO 2:30- Tom on the accordion	27 Resident led activities.
28 10:45- Communion with St. Monicas Church	29 10- Morning stretches 10:30- Trivia 11- Wordle 1- BINGO 2:30- Puzzles in the AR	30 10- Workout w/ weights 10:30- Wordle 11- Name 5 game 1- BINGO 2:30- Hot Coco @ Bistro 	31 10- Morning Stretches 10:30- Fun facts about winter 11- UNO 1- BINGO 2:30- Resident Council 		HAPPY BIRTHDAY Chance- 1/5 Myrna- 1/12 Bobby- 1/23 Geri- 1/23 	AR- activity room- 1st floor TH- Theater on 2nd floor Bistro- 1st floor