



# Activities Calendar

## January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> 10:00 Sunday Service (AR) 10:45 New Years Resolutions (AR) 1:30 New Year Trivia (AR) 2:30 Card Club (AR) 3:30 Rehab Rounds  <i>New Year's Day</i>	<b>2</b> 10:00 Daily Joe & News (MDR) 10:30 Cooper (MDR) 1:30 Cardio Drumming (MDR) 2:00 Moments of Gratitude 3:00 Bingo (MDR) 3:30 Snack time social (AR)	<b>3</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Masquerade Masks (MDR) 2:30 DJ Paul (MDR) 3:30 Masquerade Social (AR)	<b>4</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Time Capsule Craft (MDR) 2:15 Bingo (MDR) 3:30 Snack time social (AR)	<b>5</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Decorate for Inauguration 1:00 Inauguration Day (MDR) 2:00 New Council Speeches 3:30 Council Party (MDR)	<b>6</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 New Years Cupcakes (AR) 2:15 Bingo (MDR) 3:30 Snack time social (AR)	<b>7</b> 10:00 Weekly New Recap (AR) 10:45 Elderwood Year in Review (AR) 2:00 World Year in Review (AR) 3:15 Spa & Nails (on units) 4:00 Rehab Rounds	
<b>8</b> 10:00 Sunday Service (AR) 10:45 Color Me Happy (AR) 1:30 Winter Word Games (AR) 2:30 Card Club (AR) 3:30 Rehab Rounds	<b>9</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Souper Day (AR) 1:30 Snowball Toss (MDR) 2:15 Bingo (MDR) 3:30 Winter Sports social (AR)	<b>10</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Winter Paint and sip (MDR) 1:30 Snow Ball Fight (AR) 2:30 Winter Bloopers (AR) 3:30 Snack time social (AR)	<b>11</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Bob Ross Painting (MDR) 1:30 Hope Blankets (MDR) 2:15 Corey (MDR) 3:30 Warm winter social (AR)	<b>12</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Ski Racing (MDR) 2:00 Resident council (MDR) 3:30 Winter Fun Reminisce (MDR)	<b>13</b> 10:00 Daily Joe & News (MDR) 10:30 Cooie (MDR) 1:30 Make Snow Globes (MDR) 2:30 Cardio Drumming (MDR) 3:30 Snack time social (AR)	<b>14</b> 10:00 Weekly News Recap (AR) 10:45 Board Games (AR) 2:00 Sports Word Games (AR) 3:15 Spa & Nails (on units) 4:00 Rehab Rounds	
<b>15</b> 10:00 Sunday Service (AR) 10:45 Color Me Happy (AR) 1:30 What's that Bird Song (AR) 2:30 Disney Rio Movie (AR) 4:00 Rehab Rounds	<b>16</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Chicken Licken Good (MDR) 2:15 Bingo (MDR) 3:30 MLK snack and discuss (AR) <i>Martin Luther King Jr. Day</i>	<b>17</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Penguin Craft (MDR) 1:30 Balloon Volley (MDR) 2:30 Butterfields (MDR) 3:30 Bye Bye Birdie social (AR)	<b>18</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Bird Feeder Craft (MDR) 1:30 Penguin Bowling (MDR) 2:15 Bingo (MDR) 3:30 March of the Penguins social (AR)	<b>19</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Birdy Paint and sip 1:30 Angry Birds (MDR) 2:30 Audubon Society 3:30 Snack time social (AR)	<b>20</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Bird House Craft (MDR) 1:30 Veteran's Group (AR) 2:30 Bingo (MDR) 3:15 Snack time social (AR)	<b>21</b> 10:00 Weekly News Recap (AR) 10:45 Board Games (AR) 2:00 Sports Word Games (AR) 3:15 Spa & Nails (on units) 4:00 Rehab Rounds	
<b>22</b> 10:00 Sunday Service (AR) 10:45 Packing for Vacation (AR) 2:30 Card Club (AR) 3:30 Destination Travelogue (AR) 4:00 Rehab Rounds	<b>23</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Tropical Smoothies (MDR) 1:30 Vacation Hangman (MDR) 2:15 Bingo (MDR) 3:30 Luau social (AR)	<b>24</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Make Lays Craft (MDR) 1:30 Balloon Volley (MDR) 2:30 DJ Paul (MDR) 3:30 Snack time social (AR)	<b>25</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Make Ice Cream (MDR) 1:30 Hope Blankets (MDR) 2:15 Bingo (MDR) 3:30 Ice Cream Social (AR)	<b>26</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 January Birthday Lunch! (AR) 1:30 Men's Group (AR) 2:15 Arm Chair Travel (AR) 3:30 Snack time social (AR)	<b>27</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Sand Art Craft (MDR) 2:15 Bingo (MDR) 3:30 It's 5 o'clock Somewhere (AR)	<b>28</b> 10:00 Weekly News Recap (AR) 10:45 Where in the World (AR) 2:00 Worldy Word Games (AR) 3:15 Spa & Nails (on units) 4:00 Rehab Rounds	
<b>29</b> 10:00 Sunday Service (AR) 10:45 Price is Right 40s-50s (AR) 1:30 Color Me Happy (AR) 2:30 Card Club (AR) 3:30 Rehab Rounds	<b>30</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Apple pie (AR) 1:30 Oldies Trivia (MDR) 2:30 Bingo (MDR) 3:30 Pie in the face social (AR)	<b>31</b> 10:00 Daily Joe & News (MDR) 10:45 Move it Or Lose It (MDR) 11:00 Make Corn Husk Dolls (MDR) 2:15 Balloon Volley (AR) 3:30 Rootbeer Floats (AR)	<b>LOCATION KEY</b> AR= Activity Room MDR= Main Dining Room *Programs subject to change **Invitation Only Programs occurring Mon-Friday: 10:15 Daily Joe & News (MDR) 10:30 Move it or Lose it (MDR)				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
10:00 Sunday Service (AR) <b>1</b> 10:30 Sunday Morning Wake Up (AR) 11:00 Watch the Ball Drop (AR) 1:30 New Years Trivia (AR) 2:00 Card Club (AR) 3:00 Neighborhood Visits Welcome to the New Year <b>New Year's Day</b>	10:00 Morning Wake Up (AR) <b>2</b> 10:30 Cooper (MDR) 1:30 Cardio Drumming (AR) 2:00 Afternoon Spa (AR) 2:30 Bingo (AR) 3:30 Sensory Balance (AR) 3:30 Tea Time and snacks (AR) 4:00 Evening Stories (AR)	10:00 Seated Yoga (AR) <b>3</b> 10:30 Masquerade Mask Craft (AR) 11:15 Junk Drawer Detective (AR) 1:30 Afternoon Stretch (AR) 2:00 Balloon Volley (AR) 2:30 DJ Paul (MDR) 4:30 Masquerade Social (AR)	10:00 Morning Wake Up (AR) <b>4</b> 10:15 Time Capsule Craft (AR) 11:15 Tea and Trivia (AR) 1:30 New Year Hangman (AR) 2:00 Tai Chi (AR) 2:30 Bingo (AR) 3:30 Sensory Balance (AR) 4:00 Read and Relax (AR)	10:00 Tai Chi (AR) <b>5</b> 10:15 Inauguration Day (AR) 10:45 Make Banner Craft (AR) 1:00 Inauguration Day Music (MDR) 2:00 Swearing in of Council (MDR) 3:00 Council Party 4:00 Evening Stories	10:00 Morning Wake Up (AR) <b>6</b> 10:15 Recipe Review (AR) 10:30 2023 Cupcakes (AR) 1:30 Cardio Drumming (AR) 2:00 Afternoon Spa (AR) 2:30 Bingo (AR) 3:30 Sensory Balance (AR) 4:00 Read and Relax (AR)	10:00 Saturday Morning Stretch <b>7</b> (AR) 10:45 Elderwood Year in Review (AR) 2:00 World Year in Review (AR) 3:15 Spa and Nails (AR) 4:00 Neighborhood Visits	
10:00 Sunday Service (AR) <b>8</b> 10:30 Sunday Morning Wake Up (AR) 11:00 Wacky Word Games (AR) 1:30 Afternoon Wake Up (AR) 2:00 Card Club (AR) 3:00 Neighborhood Visits Winter Wonderland	10:00 Morning Wake Up (AR) <b>9</b> 10:15 Recipe Review (AR) 10:45 Souper (AR) 1:30 Cardio Drumming (AR) 2:00 Build A Snowman (AR) 2:30 Bingo (AR) 3:30 Sensory Balance (AR) 4:00 Tea Time and snacks (AR)	10:00 Seated Yoga (AR) <b>10</b> 10:30 Winter Paint and Sip (AR) 11:15 Winter Hangman (AR) 1:30 Snowball Fight (AR) 2:00 Balloon Vollely (AR) 2:30 Music and Movement 3:00 Sensory Balance (AR) 4:00 Masquerade Social (AR)	10:00 Morning Wake Up (AR) <b>11</b> 10:15 Bob Ross paint and Sip (AR) 11:15 Tea and Trivia (AR) 1:30 Winter Olympic Sports (AR) 2:00 Tai Chi (AR) 2:30 Bingo (AR) 3:30 Sensory Balance (AR) 4:00 Read and Relax (AR)	10:00 Tai Chi (AR) <b>12</b> 10:15 Ski Racing (AR) 10:45 Winter Sports Words (AR) 1:30 Afternoon Wake Up(AR) 2:00 Afternoon Spa (AR) 2:30 Toss the Snowball (AR) 3:00 Winter Fun Reminisce 3:30 Sensory Balance (AR) 4:00 Evening Stories	10:00 Morning Wake Up (AR) <b>13</b> 10:15 Recipe Review (AR) 10:30 2023 Cupcakes (AR) 1:30 Cardio Drumming (AR) 2:00 Afternoon Spa (AR) 2:30 Bingo (AR) 3:30 Sensory Balance (AR) 4:00 Read and Relax (AR)	10:00 Saturday Morning Stretch <b>14</b> (AR) 10:45 Board Games (AR) 2:00 Sports Word Games 3:15 Spa and Nails (AR) 4:00 Neighborhood Visits(AR)	
10:00 Sunday Service (AR) <b>15</b> 10:30 Sunday Morning Wake Up (AR) 11:00 Wacky Word Games (AR) 1:30 Afternoon Wake Up (AR) 2:00 Card Club (AR) 3:00 Neighborhood Visits Bye Bye Birdie	10:00 Morning Wake Up (AR) <b>16</b> 10:15 Recipe Review (AR) 10:30 Chicken Licken Good (AR) 1:30 Cardio Drumming (AR) 2:00 Bird Songs 2:30 Bingo (AR) 3:30 Sensory Balance (AR) 4:00 Tea Time and snacks (AR) <b>Martin Luther King Jr. Day</b>	10:00 Seated Yoga (AR) <b>17</b> 10:30 Penguin Craft (AR) 11:15 What's in the Bag (AR) 1:30 Afternoon Stretch (AR) 2:00 Balloon Volley (AR) 2:30 Butterfields (MDR) 3:30 Sensory Balance (AR) 4:00 Bye Bye Birdie Social (AR)	10:00 Morning Wake Up (AR) <b>18</b> 10:15 Bird Feeder Craft (AR) 11:15 Tea and Trivia (AR) 1:30 Penguin Bowling (AR) 2:00 Tai Chi (AR) 2:30 Bingo (AR) 3:30 Sensory Balance (AR) 4:00 Read and Relax (AR)	10:00 Tai Chi (AR) <b>19</b> 10:15 Birdy Paint and Sip (AR) 11:15 1:30 Angry Birds (AR) 2:00 Audubon Society (MDR) 3:00 Bird Trivia (AR) 3:30 Sensory Balance (AR) 4:00 March of the Penguins (AR)	10:00 Morning Wake Up (AR) <b>20</b> 10:15 Recipe Review (AR) 10:30 2023 Cupcakes (AR) 1:30 Bird Word Hangman (AR) 2:00 Afternoon Spa (AR) 2:30 Bingo (AR) 3:30 Sensory Balance (AR) 4:00 Read and Relax (AR)	10:00 Saturday Morning Stretch <b>21</b> (AR) 10:45 Board Games (AR) 2:00 Name That Tune 3:15 Spa and Nails 4:00 Neighborhood Visits(AR)	
10:00 Sunday Service (AR) <b>22</b> 10:30 Sunday Morning Wake Up (AR) 11:00 Wacky Word Games (AR) 1:30 Afternoon Wake Up (AR) 2:00 Card Club (AR) 3:00 Neighborhood Visits Let's Go On Vacation	10:00 Morning Wake Up (AR) <b>23</b> 10:15 Recipe Review (AR) 10:30 Tropical Smoothies (AR) 1:30 Cardio Drumming (AR) 2:00 Reminisce Vacations 2:30 Bingo(AR) 3:30 Sensory Balance (AR) 3:30 Tea Time and snacks (AR) 4:00 Evening Stories (AR)	10:00 Seated Yoga (AR) <b>24</b> 10:30 Make Lays for Luau (AR) 11:15 Name That Bird (AR) 1:30 Afternoon Stretch (AR) 2:00 Balloon Volley (AR) 2:30 DJ Paul (MDR) 3:30 Sensory Balance (AR) 4:00 Snack Time Social(AR)	10:00 Morning Wake Up (AR) <b>25</b> 10:15 Recipe Review (AR) 10:45 Make Ice Cream (AR) 1:30 Destination Bowling (AR) 2:00 Tai Chi (AR) 2:30 Bingo (AR) 3:30 Sensory Balance (AR) 4:00 Read and Relax (AR)	10:00 Tai Chi (AR) <b>26</b> 10:15 Hope (AR) 11:00 January Birthday Lunch (AR) 1:30 Life Skills (AR) 2:00 Afternoon (AR) 2:30 Travelogue (AR) 3:30 Sensory Balance (AR) 4:00 Evening Stories (AR)	10:00 Morning Wake Up (AR) <b>27</b> 10:15 Recipe Review (AR) 10:30 2023 Cupcakes (AR) 1:30 Vacation Hangman (AR) 2:00 Vacation Reminisce (AR) 2:30 Bingo (AR) 3:30 Sensory Balance (AR) 4:00 Read and Relax (AR)	10:00 Saturday Morning Stretch <b>28</b> (AR) 10:45 Board Games (AR) 2:00 Where in the World? (AR) 3:15 Spa and Nails (AR) 4:00 Neighborhood Visits(AR)	
10:00 Sunday Service (AR) <b>29</b> 10:30 Sunday Morning Wake Up (AR) 11:00 Wacky Word Games (AR) 1:30 Afternoon Wake Up (AR) 2:00 Card Club (AR) 3:00 Neighborhood Visits Oldies But Goodies	10:00 Morning Wake Up (AR) <b>30</b> 10:15 Recipe Review (AR) 10:30 Apple Pie (AR) 1:30 Cardio Drumming (AR) 2:00 2:30 Bingo(AR) 3:30 Sensory Balance (AR) 3:30 Tea Time and snacks (AR) 4:00 Evening Stories (AR)	10:00 Seated Yoga (AR) <b>31</b> 10:30 Corn Husk Dolls Craft (AR) 11:15 Name That Tune 1:30 Afternoon Stretch (AR) 2:00 Balloon Volley (AR) 2:30 3:00 3:30 Sensory Balance (AR) 4:30 Rootbeer Floats (AR)	<b>LOCATION KEY</b>				