

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00PM Chapel Service- Chapel or Ch 34/81 10:00AM Coffee Hour 1:00PM Drum Therapy 3:00PM Documentary <small>New Year's Day</small>	10:00AM Kick Ball 1:00PM Strength Training-Lounge 2:00PM Musical Entertainment-Lounge Up Stairs 3:00PM Card & Trivia & Card Games 7:00PM Movie- 80	10:00AM Ice Fishing 1:00PM- Chair Yoga- Lounge 2:00PM Bingo Tournament Of Champions- Lounge 3:30 PM Trivia & Card Games-Lounge 7:00PM Movie Night – Ch 80	9:30AM Strength Training-Lounge 10:30AM Chapel Service -Chapel 10:00 Balloon Fun-Lounge 1:00PM Word Games -Lounge 2:00PM Resident Council 3:30PM Grief Support Group-Chapel 7:00PM Movie Night – Ch 80	10:00AM Drum Therapy-Lounge 10:30AM Bible Study-Activities Room 2 1:00PM Trivia 2:00PM Bingo Tournament Of Champions- Games 3:30PM Card Games- Lounge 7:00PM Movie Night – 80	9:30AM Stretch & Flex - Lounge 10:00AM Tennis 1:00PM Trivia 2:00PM Bingo Tournament Of Champions-Lounge 3:30PM Card Games- Lounge 7:00PM Movie Night Ch 80	10:00AM Morning Trivia – Lounge 10:30AM Word Games 1:00PM Breath & Stretching 2:00PM Movie Matinee Channel-80 3:30PM Open Activity Lounge
2:00PM Chapel Service- Chapel or Ch 34/81 10:00AM Coffee Hour 1:00PM Breath & Stretching 3:00PM Documentary	10:00AM Curling 1:00PM Strength Training-Lounge 2:00PM Bingo Tournament Of Champions 3:00PM Card & Trivia & Card Games 7:00PM Movie- 80	10:00AM Snowball Contests 1:00PM- Chair Yoga- Lounge 2:00PM Bingo Tournament Of Champions- Lounge 3:30 PM Trivia & Card Games-Lounge 7:00PM Movie Night – Ch 80	9:30AM Strength Training-Lounge 11:00AM Catholic Mass Chapel-Lounge 1:00PM Word Games -Lounge 2:00PM Bingo Tournament Of Champions-Lounge 3:30PM Grief Support Group-Chapel 7:00PM Movie Night – Ch 80	10:00AM Drum Therapy-Lounge 10:30AM Bible Study-Activities Room 2 1:00PM Teatime 2:00PM Trivia 3:00PM Tic Chi-Lounge 4:00PM Card Games- Lounge 7:00PM Movie Night – 80	9:30AM Stretch & Flex - Lounge 10:00AM Net Caught Games 1:00PM Trivia 2:00PM Bingo Tournament Of Champions-Lounge 3:30PM Card Games- Lounge 7:00PM Movie Night Ch 80	10:00AM Morning Trivia – Lounge 10:30AM Word Games 1:00PM Breath & Stretching 2:00PM Movie Matinee Channel-80 3:30PM Open Activity Lounge
2:00PM Chapel Service- Chapel or Ch 34/81 10:00AM Coffee Hour 1:00PM Drum Therapy 3:00PM Documentary	10:00AM Craft 1:00PM Strength Training-Lounge 2:00PM Bingo Tournament Of Champions 3:00PM Card & Trivia & Card Games 7:00PM Movie- 80 <small>Martin Luther King Jr. Day</small>	10:00AM Biathlon 1:00PM- Chair Yoga- Lounge 2:00PM Bingo Tournament Of Champions- Lounge 3:30 PM Trivia & Card Games-Lounge 7:00PM Movie Night – Ch 80	9:30AM Strength Training-Lounge 10:30AM Chapel Service -Chapel 10:00 Pool Noodle Hockey -Lounge 1:00PM Word Games -Lounge 2:00PM Resident Council 3:30PM Grief Support Group-Chapel 7:00PM Movie Night – Ch 80	10:00AM Drum Therapy-Lounge 10:30AM Bible Study-Activities Room 2 1:00PM Trivia 2:00PM Bingo Tournament Of Champions- Games 3:30PM Card Games- Lounge 7:00PM Movie Night – 80	9:30AM Stretch & Flex - Lounge 10:00AM Trivia 2:00PM Bingo Tournament Of Champions-Lounge 3:30PM Card Games- Lounge 7:00PM Movie Night Ch 80	10:00AM Morning Trivia – Lounge 10:30AM Word Games 1:00PM Breath & Stretching 2:00PM Movie Matinee Channel-80 3:30PM Open Activity Lounge
2:00PM Chapel Service- Chapel or Ch 34/81 10:00AM Coffee Hour 1:00PM Breath & Stretching 3:00PM Documentary <small>Chinese New Year (Year of the Rabbit)</small>	10:00AM Snowman Bowling 1:00PM Strength Training-Lounge 2:00PM Bingo Tournament Of Champions 3:00PM Card & Trivia & Card Games 7:00PM Movie- 80 <small>Seniority Professionals Week</small>	10:00AM Balloon Fun 10:15AM Bus Trip 1:00PM- Chair Yoga- Lounge 2:00PM Musical Entertainment-Lounge- Upstairs Games-Lounge 7:00PM Movie Night – Ch 80	9:30AM Strength Training-Lounge 10:30AM Old School 1:00PM Word Games 2:30PM Card & Trivia 3:30PM Grief Support Group-Chapel 7:00PM Movie Night – 80	10:00AM Drum Therapy-Lounge 10:30AM Bible Study-Activities Room 2 1:00PM Teatime 2:00PM Trivia 3:00PM Tic Chi-Lounge 4:00PM Card Games- Lounge 7:00PM Movie Night – 80 <small>Australia Day (observed)</small>	9:30AM Stretch & Flex - Lounge 1:00PM Crads 2:00PM Bingo Tournament Of Champions-Lounge 3:30PM Card Games- Lounge 7:00PM Movie Night Ch 80	10:00AM Morning Trivia – Lounge 10:30AM Word Games 1:00PM Breath & Stretching 2:00PM Movie Matinee Channel-80 3:30PM Open Activity Lounge
2:00PM Chapel Service- Chapel or Ch 34/81 10:00AM Coffee Hour 1:00PM Drum Therapy 3:00PM Documentary	10:00AM Pool Noodle Hockey 1:00PM Strength Training-Lounge 2:00PM Bingo Tournament Of Champions 3:00PM Card & Trivia & Card Games 7:00PM	10:00AM Throw Glow 1:00PM- Chair Yoga- Lounge 2:00PM Bingo Tournament Of Champions- Lounge 3:30 PM Trivia & Card Games-Lounge 7:00PM Movie Night – Ch 80	<h1>January 2023</h1> <h2>Assisted Living Calendar</h2>			

Activities Are Subject To Change