

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 NEW YEAR'S DAY 10:00 Let's Talk Stories 10:30 Beach Ball Toss 1:30 Card Games 3:00 Dancercise	2 10:00 BINGO! 1:30 Manicure Time 3:00 Thera Band Exercise	3 10:00 Off to Vegas! 11:00 Karaoke Time! 1:30 Black Jack 3:00 Afternoon Stretch	4 10:00 BINGO 1:30 Mini-Games 3:00 Chair Yoga	5 10:00 Bullseye Target Toss 11:00 Resident Council 1:30 Massage Therapy 3:00 Toss Ball	6 10:00 BINGO 1:30 Mini Games 3:00 Silver Sneakers	7 10:00 Sing-a-long 10:30 Beach Ball Toss 1:30 Arts & Crafts 3:30 Dancercise	
8 10:00 Sing-a-long 10:30 Story Telling 1:30 Mini Games 3:00 Chair Zumba	9 10:00 BINGO 1:30 Casino Games 3:00 Afternoon Stretch	10 10:00 Bean Bag Toss 1:30 Hanafuda Club 3:00 Dancercise	11 10:00 BINGO 1:30 Mini-Games 3:00 Thera Band Exercise	12 10:00 Spelling Bee 1:30 Puzzles 3:30 Chair Yoga	13 10:00 BINGO 1:30 Arts & Crafts 3:00 Afternoon Stretch	14 10:00 Sing-a-long 10:30 Bowling 1:30 Black Jack Club 3:30 Toss Ball	
15 10:00 Virtual Catholic Svc 11:00 Karaoke Time! 1:30 Coloring 3:00 Dancercise	16 MARTIN LUTHER KING DAY 10:00 BINGO 1:30 Manicure Time 3:00 Thera Band Exercise	17 10:00 Movie Day 1:30 Travel Tuesday 3:00 Silver Sneakers	18 10:00 BINGO 1:30 Arts & Crafts 3:00 Chair Zumba	19 BIRTHDAY PARTY! 10:00 Birthday Party!!! 10:30 Party Games! 1:30 Massage Therapy 3:00 Toss Ball	20 10:00 BINGO 1:30 Mini Games 3:00 Thera Band Exercise	21 10:00 Sing-a-long 10:30 Ring Toss 1:30 Color Therapy 3:00 Afternoon Stretch	
22 10:00 Virtual Buddhist Svc 11:00 Let's Talk Stories 1:30 Mini Games 3:00 Chair Yoga	23 10:00 BINGO 1:30 Manicure Time 3:00 Thera Band Exercise	24 10:00 Spelling Bee 10:30 Toss Ball 1:30 Puzzles 3:30 Dancercise	25 10:00 BINGO 1:30 Mini Games 3:00 Silver Sneakers	26 10:00 Food Demo 1:30 Painting Class 3:00 Afternoon Stretch	27 10:00 BINGO 1:00 Movie Day 3:00 Chair Zumba	28 10:00 Trivia 10:30 Karaoke 1:30 Arts & Crafts 3:30 Dancercise	
29 10:00 Sing-a-long 10:30 Bullseye Toss 1:30 Puzzles 3:30 Thera Band Exercise	30 10:00 BINGO 1:30 Hanafuda Club 3:00 Chair Yoga	31 10:00 Trivia 10:30 Bowling 1:30 Beach Ball Toss 3:00 Afternoon Stretch	DAILY ACTIVITIES 9:00 Morning Exercise 9:30 Morning Social & Headlines/News 1:30 to 2:30 In-room Visits/1:1 Bedside Activities 10:00 & 2:00 Snack Time 10:00 to 3:00 Please refer to this calendar.				