

Sunday

Monday

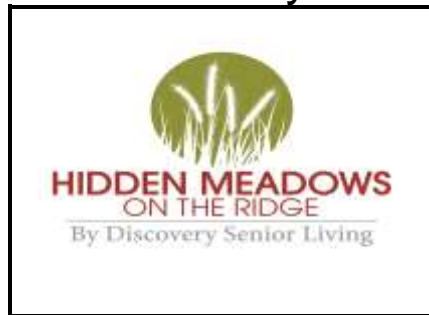
Tuesday

Wednesday

Thursday

Friday

Saturday



10:30 Sit & Be Fit **1**
11 New Year's Lucky Lotto
1 Fiesta Bowl Kickoff (theatre)
 1:30 What's New in 2022 & A Short Story Coming to You
 2:30 First Saturday Afternoon Social (café)
 6 Movie Night (theatre)

10:30 Stretch & Flex **2**
 11 Amen Corner
 11:30 Hymn Sing
 1:30 Famous Geek Pillars & Who Is Roger Miller Coming To You 1st, 2nd & 3rd fls.
 2 Music from The Heart & Color Therapy Art (indep.)
 6 Movie Night (theatre)

10 Easy Cardio Workout **3**
 10:30 Antique Roadshow & Relics Recovered
 11:15 Good News Review
 1:30 Manicures, Music & Hand Massages
 2:30 Bingo
 4 Wii Sports (theatre)

10 Exercise **4**
 10:30 Tea & Trivia Treasury
 11:15 Essence of Aroma Therapy
 1:30 Karaoke Open Mic (theatre)
 2:30 Twister Toss
 4 Mythbusters Game
Trivia Day

10 Chair Yoga **5**
 10:30 The Sentinel
 11:30 Leisure Cart 3rd fl
 1:30 Art Expression: Acrylic Paint Pouring
 2:30 Kubb Bowling
 4 Renew & Repurpose Clothing Project
 6 Game Night (resident led)

10 Bible Study w/ Penny **6**
 (1st fl lounge)
10:30 Activity Planning Mtg.
11 Resident Council Mtg.
1:30 Mystery Shopping Trip (Sign up by 11am on 2nd fl theatre)
 2 Word Search & Western Music
 4 New You, Baggage Busting
 6 Resident Rights Bingo Night

10 Exercise **7**
 10:30 Outburst
 11:15 Music on The Go (3rd fl)
 1:30 You Tube Review (theatre)
2:30 Chef's Demo & Taste Social (café)
 4 Mexican Train Dominoes (resident led)

10:30 Chair Tai Chi **8**
 11 Make & Decorate Mini Donut Delights
 1:30 King of Rock & Roll & Facts to Mull Coming to You
 2:30 Saturday Afternoon Social (café)
 6 Movie Night (theatre)

10:30 Chair Yoga **9**
 11 Picture This
11:30 20 Wonderful Ways to Renew Your Spirituality
 1:30 Words Most Don't Say & Joan Baez Day Coming to You 1st, 2nd & 3rd fls.
2 Bible Baptist Church Service 1st fl lounge
 6 Movie Night (theatre)

10 Exercise **10**
 10:30 Finishing Lyrics
 11:15 That's Debatable: Should Pit Bulls Be Banned?
 1:30 Collector's Corner
 2:30 Bingo
4 Saint Agnes Mass (1st fl lounge)

10 Tune Up Techniques **11**
 10:30 Protein & Ponderings
11 Vision Board Creations: A New You for 2022
 1:30 Spotlight on "The Rock"
2:30 Renew & Recharge Presented by Brandie, DOH
 4 Movin' to The Music
 6 Celebrity Lotto Game
Tone it Up Tuesday

10 Exercise **12**
 10:30 Morning Mindfulness & Devotion
 11:30 Leisure Cart 3rd fl
 1:30 Art Gallery Fun & Faux Paus from Across the World
 2:30 Horseshoes
 4 Obama Llama
 6 Game Night (resident led)

10 Bible Study w/ Penny **13**
 (1st fl lounge)
 10:30 Seek & Find Photo Fun
 11 Chicken or The Egg Game (1st fl. lounge)
1:30 Scenic Drive: Backroads & Biscotti
 2 Puzzles & Ponderings
 4 Winter Scavenger Hunt

10 Exercise **14**
 10:30 Feel Good Stories
 11:15 Interesting Facts About Makar Sankranti
 1:30 Penny Ante Game
2:30 Staff Soup-er Contest & Resident Tasting Social
 4 Mexican Train Dominoes (resident led)

10:30 Sit & Be Fit **15**
 11 Bee in Your Bonnet Bingo
 1:30 Famous Mikes & Hat Trick Highlights Coming to You
 2:30 Saturday Afternoon Social (café)
 6 Movie Night (theatre)
Nat'l. Hat Day

10:30 Stretch & Flex **16**
 11 Fascinating Bible Facts
 11:30 Hymn Sing
 1:30 Happy New You & What Would You Do Coming to You 1st, 2nd & 3rd fls.
 2 Table Game (resident led)
 6 Movie Night (theatre)
Tu B'Shevat begins at sundown

10 Easy Cardio Workout **17**
10:30 Make & Donate: No Sew Fleece Scarves
 11:15 Good News Review
 1:30 Manicures, Music & Hand Massages
 2:30 Bingo
 4 Sudoku Challenge
Martin Luther King Jr Day

10 Exercising w/ Scarves **18**
10:30 Cool Beans! Gourmet Coffee Taste Testing Event
 11 Smooth Jazz Favorites
 1:30 Mindful Meditation & Gentle Movements (Theater)
 2:30 Hole In One
 4 Ask Alexa
Gourmet Coffee Day

10 Exercise **19**
 10:30 All About January
 11:30 Leisure Cart 3rd fl
 1:30 Art Expression: Cezanne Inspired Water Coloring
 2:30 Tin Can Alley (Game)
 4 Poe-try & Prose
 6 Game Night (resident led)

10 Bible Study w/ Penny **20**
 (1st fl lounge)
 10:30 Paper Stained Glass Designs
 11 Out of Order (1st fl. lounge)
1:30 Outing to: Tabora Farm & Orchard (Bakery)
 2 Mandalas & Music
 4 Ping Pong Toss Game
6 Hidden Meadows Chorus

10 Exercise **21**
 10:30 Morning Mindfulness & Devotion
 11:15 Music on The Go (3rd fl)
 1:30 Darts Competition
2:30 Wine & Cheese Social (café)
 4 Mexican Train Dominoes (resident led)

10:30 Chair Yoga **22**
 11 Armchair Travel & Taste to The Exumas (Bahama)
 1:30 Top Products That Rate & Animals That Hibernate Coming to You
 2:30 Saturday Afternoon Social (café)
 6 Movie Night (theatre)

10:30 Chair Tai Chi **23**
 11 People in The Bible
 11:30 Hymn Sing
 1:30 Who Could It Be & Things in Three Coming to You 1st, 2nd & 3rd fls.
 2 Zendoodle Designs (indep.)
 6 Movie Night (theatre)

10 Exercise **24**
 10:30 Name That Tune
 11:15 That's Debatable: Should College Athletes Be Paid?
 1:30 Science Super Powers!
 2:30 Bingo
 4 Crafting w/ Gems & Jewels

10 Exercise **25**
 10:30 Coffee Club & Chronicles
 11 Family Feud Game
 1:30 50's & 60's Sing Along
2 Learn A New Hobby/Trade
 4 Bean Bag Bullseye
6 Mocktails & Mystery Night

10 Exercise **26**
 10:30 Morning Mindfulness & Devotion
 11:30 Leisure Cart 3rd fl
1 Outing to Earl-Bowl
 2 Big Band Musical Melodies
 4 RC Racing
 6 Game Night (resident led)

10 Bible Study w/ Penny **27**
 (1st fl lounge)
 10:30 Inspirational Color Therapy Designs
 11 Name 5 (1st fl. lounge)
1:30 Sock It to Me Fashion Show & Sip
 2:30 Sock in The Mouth Game
 4 Crossword Challenge (indep.)
Strange Socks Day

10 Exercise **28**
 10:30 Would You Rather
 11:15 Star Struck Astronomy
 1:30 The Big Wheel Game
2:30 January Birthday Social (café)
 4 Mexican Train Dominoes (resident led)

10:30 Sit & Be Fit **29**
 11 Jigsaw Puzzle Piece Craft
 1:30 Two Truths & A Lie & Category Puzzles to Try Coming to You
 2:30 Saturday Afternoon Social (café)
 6 Movie Night (theatre)
Nat'l. Puzzle Day

10:30 Stretch & Flex **30**
 11 Bible Bits
 11:30 Hymn Sing
 1:30 Hi-Yo Silver! Away! & Bowling Word Play Coming to You 1st, 2nd & 3rd fls.
 2 Table Game (resident led)
 6 Movie Night (theatre)

10 Easy Cardio Workout **31**
 10:30 Gizmos & Gadgets
 11:15 Good News Review
 1:30 Manicures, Music & Hand Massages
 2:30 Bingo
 4 Wii Fun & Games



A new year, new month, new beginnings...
Embrace the challenge!



.Please note: Outdoor activities are weather permitting and calendar is subject to change