


















# JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>2</b> 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Devotional Rdg (HI) 1:30 Crossword (AR) 1:30 Strength & Bal (HWC) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR) 	<b>3</b> 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 2:30 Scripture Study (CH) 3:00 Building & Grnds (RT) 6:00 Euchre/Pinochle (HI) 	<b>4</b> <b>National Trivia Day</b> 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 1:30 Trivial Pursuit (AR) 1:30 Tai Chi (HWC) 3:00 Culinary Comm (RT) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR) 	<b>5</b> <b>National Bird Day</b> 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:30 Paint a Bird (HI) 1:30 Cardio&Coord (HWC) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	<b>6</b> 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Happy Hour Karaoke (AR) 	<b>7</b> 9:30 Bingo (AR) 1:30 Movie & Popcorn (AR)
<b>8</b> 11:00 Chapel Service (CH)	<b>9</b> 8:30 Lunch w/Chaplain(LB) 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Devotional Rdg (HI) 1:30 Show & Tell (AR) 1:30 Strength & Bal (HWC) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR) 	<b>10</b> 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:45 Catholic Service(CH) 11:30 Strength Circuit (FC) 1:30 Resident Assoc. (RT) 3:00 Scripture Study (CH) 6:00 Euchre/Pinochle (HI)	<b>11</b> <b>Houseplant Appreciation</b> 9:00 Stretch & Relax (HWC) 9:30 Plant Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR) 	<b>12</b> 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 11:30 Women's Lunch (LB) 1:30 Paint a Bird (AR) 1:30 Cardio&Coord (HWC) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 6:00 Parkinson's Support Group (HI)	<b>13</b> 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Red Carpet Commercial Premiere (CH) 	<b>14</b> 9:30 Bingo (AR) 1:30 Movie & Popcorn (AR)
<b>15</b> 11:00 Chapel Service (CH)	<b>16</b>  2:30 Memoir Writing (AR) 6:00 Cards (AR)	<b>17</b> <b>Ben Franklin Day</b> 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:45 Catholic Mass (CH) 11:30 Men's Lunch (LB) 11:30 Strength Circuit (FC) 1:30 B Franklin (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (HI) 	<b>18</b> 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 3:00 Book Group (RT) Guest Speaker (RT) 6:00 Bridge/Cards (AR)	<b>19</b> 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 12:00 Birthday Dinner (RT) 1:30 Entertainment (CH) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	<b>20</b> <b>National Popcorn Day</b> 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 11:30 Burger Restaurant (LB) 1:30 Happy Hour & Popcorn (AR) 	<b>21</b> 9:30 Bingo (AR) 1:30 Movie & Popcorn (AR)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b> 11:00 Chapel Service (CH)	<b>23</b> 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Devotional Rdg (HI) 1:30 CrosswordPuzzle(AR) 1:30 Strength & Bal (HWC) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR)	<b>24</b> 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring (AR) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 1:00 Winterfest (RT) 6:00 Euchre/Pinochle (HI) 	<b>25</b> 9:00 Stretch & Relax (HWC) 9:30 Cookie Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 3:30 Alzheimer's Support(HI) 6:00 Bridge/Cards (AR)	<b>26</b> 9:00 Exercise on Own 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:30 V-Day door hanger(HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	<b>27</b> 9:00 Exercise on Own 9:30 Women's Coffee Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Happy Hour (AR) 2:15 Bobby G (AR) 6:00 Game Night (HI)	<b>28</b> 9:30 Bingo (AR) 1:30 Movie & Popcorn (AR) 6:30 Game Night(HI) 
<b>29</b> 11:00 Chapel Service (CH)	<b>30</b> <b>National Croissant Day</b> 9:00 Exercise on Own 9:30 Croissant Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Devotional Rdg (HI) 1:30 CrosswordPuzzle(AR) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR)	<b>31</b> 9:00 Meijer (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (HI) 				
					<p style="text-align: center;"><b>KEY</b></p> AR-Activity Room CH-Chapel FC-Fitness Center HI-Harbor Inn Midrise Community Room HWC-Health & Wellness Center LB-Lobby RT-Restaurant	
						<b>ALL ACTIVITIES ARE SUBJECT TO CHANGE</b>