






January 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy New Year! 8:30 Activity Cart 11:00 Trivia Game 2:30 Holiday Treat Cart	2 8:30 Activity Cart 11:00 Exercises / Active Games 2:30 Bingo	3 8:30 Activity Cart 11:00 Arts/Crafts 2:30 Trivia/Games 4:00 1:1's	4 8:30 Activity Cart 10:30 Gardening W/ Lexi 2:30 Bingo! 4:00 1:1's	5 National Bird Day 8:30 Activity Cart 11:30 Devotions 2:30 Birds of North America 6:30 Game Night	6 11:00 Exercises / Active Games 2:30 Social Hour & Snack Cart	7 8:30 Activity Cart 11:00 Exercises / Active Games 2:30 Bingo 4:00 1:1's
8 Beauty Shop Appointments are available on Sundays Schedule w/ Mary	9 8:30 Activity Cart 11:00 Exercises / Active Games 2:30 Bingo	10 8:30 Activity Cart 11:00 Arts/Crafts 2:30 Trivia/Games 4:00 1:1's	11 8:30 Activity Cart 10:30 Gardening 2:30 Bingo! 4:00 1:1's	12 8:30 Activity Cart 11:30 Devotions 2:30 Travel Film South America 6:30 Game Night	13 11:00 Exercises / Active Games 2:30 Social Hour & Snack Cart	14 8:30 Activity Cart 11:00 Exercises / Active Games 2:30 Bingo 4:00 1:1's
15 	16 Martin Luther King Day 8:30 Activity Cart 11:00 Exercises / Active Games 2:30 Bingo	17 8:30 Activity Cart 11:00 Arts/Crafts 2:30 Trivia Contest 4:00 1:1's	18 8:30 Activity Cart 10:30 Gardening W/ Lexi 2:30 Bingo! 4:00 1:1's	19 Popcorn Day! 8:30 Activity Cart 11:30 Devotions 2:30 Movie & Popcorn 6:30 Game Night	20 11:00 Exercises / Active Games 2:30 Social Hour & Snack Cart	21 8:30 Activity Cart 11:00 Exercises / Active Games 2:30 Bingo 4:00 1:1's
22 Newspapers & Activity packets are available at the nurses station on Sunday.	23 8:30 Activity Cart 11:00 Exercises / Active Games 2:30 Bingo	24 8:30 Activity Cart 11:00 Arts/Crafts 2:30 Trivia/Games 4:00 1:1's	25 8:30 Activity Cart 10:30 Gardening 2:30 Bingo! 3:30 Resident Council	26 8:30 Activity Cart 11:30 Devotions 2:30 Music Videos Resident Choice 6:30 Game Night	27 11:00 Exercises / Active Games 2:30 Social Hour & Snack Cart	28 8:30 Activity Cart 11:00 Exercises / Active Games 2:30 Bingo 4:00 1:1's
29 	30 8:30 Activity Cart 11:00 Exercises / Active Games 2:30 Bingo	31 8:30 Activity Cart 10:30 Arts/ Crafts 2:30 Trivia Game 4:00 1:1's	Activities will be posted where they will be held daily. Activity groups are subject to change.		Books, movies newspapers, magazines, and art supplies are available 24/7	Call Mary at 425-382- 2709 If you need activity supplies.