



# January 2023

## 1/1 Sunday

8:30- Coffee & Chat  
10:30- Exercise Time  
11:00- Sunday Worship  
1:45- Watch New Year's Parade  
3:00- Snacks & Hydration  
4:00- Sunday Movie

## 1/2 Monday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Karaoke with LaVetra  
1:45- Noddle Ball with Friends  
3:00- Snacks & Hydration  
3:30- Resident Social

## 1/3 Tuesday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- BINGO Bonanza  
1:45- Trivia Tuesday  
3:00- Snacks & Hydration  
3:30- Music Relaxation

## 1/4 Wednesday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Primping & Pampering  
1:45- Parachute Fun  
3:00- Let's Eat Spaghetti  
3:30- Meditation & Relaxation

## 1/5 Thursday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Travel Video Thursday  
1:45- Popcorn Truck  
3:00- Snacks & Hydration  
3:30- Resident Social

## 1/6 Friday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Fun with Puzzles  
1:45- Karaoke with Ms. V  
3:00- Snacks & Hydration  
3:30- Music Relaxation

## 1/7 Saturday

8:30- Coffee & Chat  
10:30- Exercise Time  
11:30- Fun with Crosswords  
1:30- Games on IN2L  
3:30- Snacks & Hydration  
4:00- Saturday Movie

## 1/8 Sunday

8:30- Coffee & Chat  
10:30- Exercise Time  
11:00- Sunday Worship  
1:45- Videos on IN2L  
3:00- Snacks & Hydration  
4:00- Sunday Movie

## 1/9 Monday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Wheel of Fortune  
1:45- Crafty Hands Club  
3:00- Snacks & Hydration  
3:30- Meditation & Relaxation

## 1/10 Tuesday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Trivia Tuesday  
1:45- BINGO Bonanza  
3:00- Snacks & Hydration  
3:30- Resident Social

## 1/11 Wednesday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Primping & Pampering  
1:45- Let's Golf Together  
3:00- Snacks Hydration  
3:30- Music Relaxation

## 1/12 Thursday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Let's Have Tea  
1:45- Popcorn Truck  
3:00- Snacks & Hydration  
3:30- Meditation & Relaxation

## 1/13 Friday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Noodle Ball  
1:45- Rubber Duckie Game  
3:00- Snacks & Hydration  
3:30- Resident Social

## 1/14 Saturday

8:30- Coffee & Chat  
10:30- Exercise Time  
11:00- Coloring with Friends  
1:30- IN2L Fun  
3:00- Snacks & Hydration  
3:30- Music Relaxation  
4:00- Saturday Movie

## 1/15 Sunday

8:30- Coffee & Chat  
10:30- Exercise Time  
11:00- Sunday Worship  
1:45- Games on IN2L  
3:30- Snacks & Hydration  
4:00- Sunday Movie

## 1/16 Monday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- MLK History  
1:45- Karaoke Fun with Ms. V  
3:00- Snacks & Hydration  
3:30- Resident Social

## 1/17 Tuesday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- BINGO Bonanza  
1:45- Trivia Tuesday  
3:00- Snacks & Hydration  
3:30- Music Relaxation

## 1/18 Wednesday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Primping & Pampering  
1:45- Let's Play Connect 4  
3:00- Snacks & Hydration  
3:30- Meditation & Relaxation

## 1/19 Thursday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Travel Video Thursday  
1:45- Popcorn Truck  
3:00- Snacks & Hydration  
3:30- Resident Social

## 1/20 Friday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Ring Toss with Friends  
1:45- Let's Enjoy Grilled Cheese  
3:00- Snacks & Hydration  
3:30- Music Relaxation

## 1/21 Saturday

8:30- Coffee & Chat  
10:30- Exercise Time  
11:00- Puzzles with Friends  
1:30- Games on IN2L  
3:30- Snacks & Hydration  
4:00- Saturday Movie

## 1/22 Sunday

8:30- Coffee & Chat  
10:30- Exercise Time  
11:00- Sunday Worship  
1:45- Videos on IN2L  
3:00- Snacks & Hydration  
4:00- Sunday Movie

## 1/23 Monday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Singing with Susie  
1:45- Let's enjoy some Pie  
3:00- Snacks & Hydration  
3:30- Meditation & Relaxation

## 1/24 Tuesday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- BINGO Bonanza  
1:45- Trivia Tuesday  
3:00- Snacks & Hydration  
3:30- Resident Social

## 1/25 Wednesday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Primping & Pampering  
1:45- Crafty Hands Club  
3:00- Snacks & Hydration  
3:30- Music Relaxation

## 1/26 Thursday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Travel Video Thursday  
1:45- Popcorn Truck  
3:00- Snacks & Hydration  
3:30- Meditation & Relaxation

## 1/27 Friday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Games on IN2L  
1:45- Let's have chocolate cake  
3:00- Snacks & Hydration  
3:30- Resident Social

## 1/28- Saturday

8:30- Coffee & Chat  
10:30- Exercise Time  
11:00- Puzzle Fun  
1:30- Games on IN2L  
3:30- Snacks & Hydration  
4:00- Saturday Movie

## 1/29 Sunday

8:30- Coffee & Chat  
10:30- Exercise Time  
11:00- Sunday Worship  
1:45- Videos on IN2L  
3:00- Snacks & Hydration  
4:00- Sunday Movie

## 1/30- Monday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- Noodle Ball  
1:45- Domino's Battle  
3:00- Snacks & Hydration  
3:30- Meditation & Relaxation

## 1/31 Tuesday

8:30- Latte's with LaVetra  
10:00- Morning Exercise  
10:30- BINGO Bonanza  
1:45- Travel Video Tuesday  
3:00- Snacks & Hydration  
3:30- Music Relaxation

