

January 2023

1/1 Sunday

Happy New Year
10:00 Watch Church On
TV Channel 240
11:00 Coffee And
Conversation
1:00 Table Talk With
Friends
2:00 Table Card Game

1/2 Monday

10:00 Morning Walk/ Exercise 11:00 Coffee & Conversation 3:00 Bingo

1/3 Tuesday

10:00 Morning Exercise 11:00 Coffee & Conversation 2:00 Pretty Nail Coloring 3:00 Yoga With Barbara

1/4 Wednesday

10:00 Pet Therapy/Finn 11:00 Coffee & Conversation 3:00 Bingo On In 2l

1/5 Thursday

10:00 Morning Exercise 11:00 Coffee & Conversation 2:00 Movie

1/6 Friday

10:00 Morning Exercise 11:00 Coffee & Conversation 11:30 Lunch Outing 3:00 Bingo On In 2l

1/7 Saturday

10:00 Morning Exercise 11:00 Coffee & Conversation 1:00 Conversation Friends At The Table 2:00 Uno

1/8 Sunday

10:00 Watch Church On TV Channel 240 11:00 Coffee & Conversation 1:00 Conversation With Friends At The Table 2:00 Movie

1/9 Monday

9:00 Kevin/ Hair Dresser 10:00 Morning Exercise 11:00 Coffee & Conversation 2:00 Sign Along

1/10 Tuesday

10:00 Morning Exercise 11:00 Coffee & Conversation 3:00 Jenga

1/11 Wednesday

10:00 Pet Therapy/Finn 11:00 Coffee & Conversation 3:00 Bingo On In 2l

1/12 Thursday

10:00 Morning Exercise 11:00 Coffee & Conversation 2:00 Movie

1/13 Friday

10:00 Morning Exercise11:00 Residents Shopping2:00 Jim The MusicPerformerComing Here To Sing

1/14 Saturday

10:00 Morning Exercise11:00 Coffee & Conversation1:00 Table ConversationWith Friends2:00 Card Came Of Your Choice

1/15 Sunday

10:00 Watch Church On TV Channel 240 11:00 Coffee & Relaxation Table Talk With Friends 2:00 Movie

1/16 Monday

10:00 Morning Stretch 11:00 Coffee & Relaxation 3:00 Bingo On In2l

1/17 Tuesday

10:00 Morning Exercise 11:00 Coffee & Relaxation 3:00 Yoga With Barbara

1/18 Wednesday

10:00 Pet Therapy/Finn 11:00 Coffee & Relaxation 3:00 Bingo On In 2l

1/19 Thursday

10:00 Morning Exercise 11:00 Coffee & Relaxation 3:00 Craft

1/20 Friday

10:00 Morning Exercise 11:00 Coffee & Relaxation 3:00 Happy Hour

1/21 Saturday

10:00 Morning Exercise11:00 Coffee & Relaxation1:00 Table ConversationWith Friends2:00 Adults Coloring

1/22 Sunday

10:00 Watch Church On TV Channel 240 11:00 Coffee & Relaxation 1:00 Table Talk With Friends 2:00 Movie

1/23 Monday

9:00 Kevin/Hair Dresser 10:00 Morning Exercise 11:00 Coffee & Relaxation 3:00 Bingo On In 2l

1/24 Tuesday

10:00 Morning Exercise 11:00 Coffee & Relaxation 2:00 Corn Toss

1/25 Wednesday

10:00 Pet Therapy/Finn
11:00 Coffee & Relaxation
1:00 Town Hall Meeting In Mulberry
2:00 Town Hall Meeting In Regency
3:00 Auction In Regency

1/26 Thursday

10:00 Morning Exercise 11:00 Coffee & Relaxation 3:00 Bingo On In 2l

1/27 Friday

10:00 Morning Exercise 11:15 Residents Shopping 2:00 Movie

1/28 Saturday

10:00 Morning Exercise 11:00 Coffee & Relaxation 1:00 Table Talk With Friends 2:00 Uno

1/29 Sunday

10:00 Watch Church On TV Channel 240 11:00 Coffee & Relaxation 2:00 Movie

1/30 Monday

10:00 Morning Exercise 11:00 Coffee & Relaxation 3:00 Bingo On In 2l

1/31 Tuesday

10:00 Morning Exercise 11:00 Coffee & Relaxation 3:00 Yoga With Barbara

Some Activities Are Subject To Change



Sunabella Senior Living
Independent & Assisted Living