



January 2023

Activity Calendar



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 10:30 Protestant Service	2 No Activities Happy New Year to Everyone !	3 8:00 - Coffee Group 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio 10:00 - 11:00 - BP checks 10:00 - Yoga DVD 1:00 - Happy Stitchers 1:30 - Wii Bowling 2:30 - Wii Bowling 4:00 - Water Walking	4 8:00 - Coffee Group 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Virtual Tour : Scandinavia 1:00 - Movie Matinee: All Together Now	5 10:00 - Coffee with Lisa 1:00 - Hope Carr Watercolor Paint Class 2:30 - 3:30 - Book Mobile 4:00 - Water Walking * Coffee Group will not meet *Low Impact Cardio Cancelled	6 8:00 - Coffee Group 9:00 - Water Aerobics 10:00 - Water Aerobics 11:00 - Lunch Bunch: Jutamas Thai Restaurant 2:00 - Ping Pong 4:00 - Happy Hour 6:30 - Bingo	7 4:00 Water Walking
8 10:30 Protestant Service	9 8:00 - Coffee Group 9:00 - Water Aerobics 9:15 - Resident Council Meeting 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Activity Committee Meeting 1:00 - Movie Matinee: Holiday in the Wild	10 8:00 - Coffee Group 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio 10:00 - 11:00 - BP checks 10:00 - Tai Chi Exercise DVD 1:00 - Happy Stitchers 1:30 - Wii Bowling 2:30 - Wii Bowling 4:00 - Water Walking 5:00 - Dinner Out: Sal and Mookies	11 8:00 - Coffee Group 9:00 - Water Aerobics 9:30 - Morning Stretch 9:30 - Origin Bank 10:00 - Water Aerobics 10:30 - Virtual Tour: Scandinavia 11:00 - 1:00 - Honey for Sale 2:00 - Piano Performance by Sam Westover	12 8:00 - Coffee Group 9:30 - Low Impact Cardio 10:30 - Resident Show & Tell: Sara Dunning 1:00 - History Club (George Kirkpatrick) 2:30 - Ladder Ball	13 8:00 - Coffee Group 9:00 - PJs and Pancakes Breakfast 10:00 - Water Aerobics 1:00 - Movie Day at Malco Theatre: A Man Called Otto 4:00 - Happy Hour 6:30 - Bingo	14 4:00 Water Walking 7:30 Symphony Departs 6:00
15 10:30 Protestant Service	16 8:00 - Coffee Group 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 11:00 - 11:30 - Martin Luther King Speech 1:00 - Movie Matinee: The Volcano Rescue from Whakaari MLK Day	17 8:00 - Coffee Group 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio 10:00 - Yoga DVD 10:00 - 11:00 - BP checks 1:00 - Happy Stitchers 1:30 - Wii Bowling 2:30 - Wii Bowling 4:00 - Water Walking	18 8:00 - Coffee Group 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Virtual Tour: Scandinavia 1:00 - Hope Carr Watercolor Paint Class	19 8:00 - Coffee Group 9:00 - 12:00 - Antique Show & Tell Exhibit 2:00 - Popcorn Treat 2:30 - 3:30 - Book Mobile *National Popcorn Day	20 8:00 - Coffee Group 9:00 - Water Aerobics 10:00 - Trip to the Mosaic Shop (Depart at 9:30) 10:00 - Water Aerobics 1:00 - \$1 Bridge Game 4:00 - Happy Hour 6:30 - Bingo	21 4:00 Water Walking
22 10:30 Protestant Service	23 8:00 - Coffee Group 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: Where the Crawdads Sing	24 8:00 - Coffee Group 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio 10:00 - 11:00 - BP checks 10:00 - Tai Chi Exercise DVD 1:00 - Happy Stitchers 11:30 - Wii Bowling 2:30 - Wii Bowling 4:00 - Water Walking	25 8:00 - Coffee Group 9:00 - Water Aerobics 9:30 - Morning Stretch 10:30 - Arts & Crafts 9:30 - Origin Bank 10:00 - Water Aerobics 10:30 - Virtual Tour: Scandinavia 2:00 - Getting to Know You: Gladly Broussard	26 8:00 - Coffee Group 9:30 - Low Impact Cardio 2:00 - Fashion Show	27 8:00 - Coffee Group 9:00 - Water Aerobics 10:00 - Water Aerobics 2:00 - Scrabble Game 4:00 - Happy Hour 6:30 - Bingo	28 4:00 Water Walking 7:30 Symphony Departs 6:00
29 10:30 Protestant Service	30 8:00 - Coffee Group 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Opera: The Opera House	31 8:00 - Coffee Group 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio 10:00 - 11:00 - BP checks 10:00 - Yoga DVD 1:00 - Happy Stitchers 1:30 - Wii Bowling Tournament 4:00 - Water Walking 7:30 - Shen Yun Departs 6:00	<u>Church Services</u> Catholic Service: Monday - Friday 8:30am/Sunday 9:00am (Chapel) United Methodist Service: Every Tuesday 4:00pm (Chapel) Episcopal Service: Every Wednesday 4:00pm (Chapel) Protestant Service: Every Sunday 10:30am (Activity Room)			