


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10 am Daily Chronicles (BT2)¹ 11 am- Activity Packet by BT2 1 pm- New year's Social (BT2) 2 pm - Church Service (LH/955) 3 pm - Bingo w/ Friends (BT2)</p> <p>New Year's Day</p>	<p>9am - Meditation - (BT2)² 10:30 am Daily Chronicles (BT2) 11:00 am Music of Choice - BT2 1:00 pm Monday Manicures - BT2 1:00pm Rose Bowl - BT1 3:00 pm Hot Chocolate Social & Music - BT2</p>	<p>10 am- Daily Chronicles (BT2)³ 10:30 am- Stretching (BT2) 11 am- Spousal Support Group- (BT2) 1:30 pm- New Year's Means New Habits (tips for lasting habits) (BT1) 3 pm- Let's Talk Topics (BT2)</p>	<p>9:30 am Daily Chronicles BT2⁴ 10am Bible Study - (BT2) 11 am- Giant Hangman (BT2) 12pm Renewing Your Hope - LH 1 pm Name That Tune (BT2) 1:30 pm Afternoon Stretch (BT2) 2 pm Gentlemens' Group (BT3) 3 pm- Bingo! (BT2)</p>	<p>10 am Daily Chronicles (BT2)⁵ 10:30 am Brain Exercise - (BT2) 11 am- Seated Stretching (BT2) 1pm Origami (BT2) 2 pm Trivia (BT5) 3 pm- Mega Crossword Puzzle (BT2)</p>	<p>10 am Daily Chronicles (BT2)⁶ 10:30 am - Movement Group (BT2) 11 am Jigsaw Puzzle Hour (BT2) 1 pm- Social Visits (RR) 2 pm Let's Play: Headbanz- BT4 3 pm- Bingo! (BT2)</p>	<p>10 am Daily Chronicles (BT2)⁷ 10:30 am Flex Your Brain (BT2) 11 am- Saturday Stretch - BT2 1:30 pm Social visits (RR) 2 pm Saturday Movie (BT1) 3 pm Catholic Mass (Lindsay Hall)</p>
<p>10 am Daily Chronicles (BT2)⁸ 11 am- Activity Packet by BT2 1 pm- Sunday Funday (BT2) 2 pm - Church Service (LH/955) 3 pm - Bingo w/ Friends (BT2)</p>	<p>9am - Meditation - (BT2)⁹ 10 am Fitness w/ Willy (BT2) 10:30 am Daily Chronicles (BT2) 11:00am-Games w/ Friends-BT2 1:00 pm Monday Manicures - BT2 2:30 pm- David Tolan's Music Appreciation - LH & 955 3:00 pm Social Visits -RR</p>	<p>10 am Daily Chronicles (BT2)¹⁰ 10:30 am- Stretching (BT2) 11 am- Spousal Support Group- (BT2) 1:30 pm- Music with Kelsy (BT2) 3 pm- Let's Reminisce (BT2)</p>	<p>9:30 am Daily Chronicles¹¹ (BT2) 10am Bible Study -(BT2) 11 am- Giant Hangman (BT2) 1 pm - Music Appreciation 1:30 pm Afternoon Stretch (BT1) 2:00 pm Yahtzee (BT5) 3 pm- Bingo! (BT2)</p>	<p>10 am Daily Chronicles (BT2)¹² 10:30 am Short Stories- (BT2) 11 am- Move to the Beat - (BT2) 1pm King's Corner's Card Game (BT2) 2 pm Trivia (BT5) 3 pm- Mega Crossword Puzzle (BT2)</p>	<p>10 am Daily Chronicles (BT2)¹³ 10:30 am - Gross Motor Activity -(BT2) 11 am Fill in the Blank Word Game (BT2) 1 pm- Social Visits (RR) 2 pm- Plastic cup suncatcher craft - (BT4) 3 pm- Bingo! (BT2)</p>	<p>10 am Daily Chronicles (BT2)¹⁴ 10:30 am Trivia w/ Friends (BT2) 11 am-Toe Tapping Fun (BT2) 1:30 pm Social visits (RR) 2 pm Saturday Movie (BT1) 3 pm Catholic Mass (Lindsay Hall)</p>
<p>10 am Daily Chronicles (BT2)¹⁵ 11 am- Activity Packet by BT2 1 pm- What did cost? (BT2) 2 pm - Church Service (LH/955) 3 pm - Bingo w/ Friends (BT2)</p>	<p>9am - Meditation - (BT2)¹⁶ 10 am Fitness w/ Willy (BT2) 10:30 am DailyChronicles (BT2) 11:00 am -Virtual Tour - Ancient Ruins - BT2 1:00 pm Monday Manicures - BT2 3:00 pm MLK Jr Celebration - BT2</p> <p>Martin Luther King Jr. Day</p>	<p>10 am- Daily Chronicles (BT2)¹⁷ 10:30 am- Morning Movement (BT2) 10:30 am - Activity with Kids Impact (BT2) 11 am- Learn Relaxation Techniques (BT2) 1:30 pm- Winter Craft (BT2) 3 pm- Let's Talk About Topics (BT2)</p>	<p>9:30 am Daily Chronicles¹⁸ (BT2) 10am Bible Study - (BT2) 11 am- Giant Hangman (BT2) 1 pm Guess the Word (BT2) 1:30 pm Afternoon Stretch - (BT2) 2 pm Armchair Travels - BT4 3 pm- Bingo! (BT2)</p>	<p>10 am Daily Chronicles (BT2)¹⁹ 10:30 am Brain Train (BT2) 11 am- Seated Soccer (BT2) 1 pm Name That Tune (BT2) 2 pm Trivia (BT5) 3 pm- Mocktails & Social (BT2)</p>	<p>10 am Daily Chronicles (BT2)²⁰ 10:30 am Walk with Friends - (BT2) 11 am Beaded Jewelry Making (BT2) 1 pm- Social Visits (RR) 2 pm- Cheese Tasting (BT4) 3 pm- Bingo! (BT2)</p>	<p>10 am Daily Chronicles (BT2)²¹ 10:30 am Brain Teasers - (BT2) 11 am- Sit and be fit (BT2) 1:30 pm Social visits (RR) 2 pm Saturday Movie (BT1) 3 pm Catholic Mass (Lindsay Hall)</p>
<p>10 am Daily Chronicles (BT2)²² 11 am- Activity Packet by BT2 1 pm- Balloon Bop & Music (BT2) 2 pm - Church Service (LH/955) 3 pm - Bingo w/ Friends (BT2)</p> <p>Chinese New Year</p>	<p>9am - Meditation - (BT2)²³ 10 am Fitness w/ Willy (BT2) 10:30 am Daily Chronicles & Coffee (BT 2) 11:00 am -Virtual Tour - Natural Wonders - BT2 1:00 pm Monday Manicures - BT2 3:00 pm Armchair Travels- BT2</p> <p>Activity Professionals Week</p>	<p>10am- Daily Chronicles (BT2)²⁴ 10:30 am- Stretching (BT2) 11 am- Spousal Support Group- (BT2) 11 am Room Visits (RR) 1 pm Puzzle Group (BT2) 2 pm- Music & Sing w/ Lisa - (BT2) 3:30 pm- Let's Reminisce (BT2)</p>	<p>9:30 am Daily Chronicles (BT2)²⁵ 10am Bible Study - (BT2) 11 am- Giant Hangman (BT2) 1 pm Music Fun w/ Friends -BT2 1:30 pm Afternoon Stretch (BT2) 2 pm Card Games (BT5) 3 pm- Bingo! (BT2)</p>	<p>10 am Daily Chronicles (BT2)²⁶ 10:30 am Current Events/News (BT2) 11 am- Bowling w/ Friends - BT2 1:00 pm Fact About Australia (BT2) 2 pm Trivia (BT5) 3 pm- Mega Crossword Puzzle (BT2)</p>	<p>10 am Daily Chronicles (BT2)²⁷ 10:30 am Mozart's Birthday / History (BT2) 11 am Virtual Tour (BT1) 1 pm- Social Visits (RR) 2 pm- Mozart Music (BT4) 3 pm-Bingo! (BT2)</p>	<p>10 am Daily Chronicles(BT2)²⁸ 10:30 am Brain Flexibility BT2 11 am- Saturday Stretch - BT2 1:30 pm Social visits (RR) 2 pm Saturday Movie (BT1) 3 pm Catholic Mass (Lindsay Hall)</p>
<p>10 am Daily Chronicles (BT2)²⁹ 11 am- Activity Packet by BT2 1 pm- Sunday Funday (BT2) 2 pm - Church Service (LH/955) 3 pm - Bingo w/ Friends (BT2)</p>	<p>9am - Meditation - (BT2)³⁰ 10 am Fitness w/ Willy (BT2) 10:30 am Daily Chronicles & Coffee (BT2) 11:00 am - Virtual Tour - Man Made Wonders - BT2 1:00 pm Monday Manicures - BT2 3:00 pm - Croissant Roll Facts & Fun - BT2</p>	<p>10 am- Daily Chronicles³¹ (BT2) 10:30- Morning Movement 11 pm- Jeopardy (BT2) 1:30 pm- Music with Kelsy (BT2) 3 pm- Let's Talk About Topics (BT2)</p>	 <p>January 2023</p>			

Activities are subject to change. Please check the weekly Highlights.