



January 2023

1/1

10:00-First Baptist
12:00-Lunch
3:00- Life Stations
4:00-Rest and Relax
5:00-Dinner

1/2

9:15- Morning Movers
10:30-Fancy Fingers
12:00-Lunch
2:00-Bingo
3:00- Coloring
5:00-Dinner

1/3

9:15-Chair Tai Chi
10:30-Crafty Creations
12:00-Lunch
2:00-Bean Bag Toss
4:00-Card Games
5:00-Dinner

1/4

10:00-Exercise with Amanda
11:00- Singalong
12:00-Lunch
2:00-Life Stations
5:00-Dinner

1/5

9:15- Fitness Fun
10:30- Little House on the
Prairie
12:00-Lunch
2:00-Bingo
3:30-Bean Bag Toss
5:00-Dinner

1/6

9:15-Zumba Zoomers
10:30-Elvis Presley
12:00- Lunch
2:00- Artistic Expressions
3:00-Andy Griffith
5:00-Dinner

1/7

10:30-Bingo
12:00-Lunch
2:00-Saturday Movie Matinee-
ELF
5:00-Dinner

1/8

10:00-First Baptist
12:00-Lunch
3:00- Life Stations
4:00-Rest and Relax
5:00-Dinner

1/9

9:15-Fitness Fun
10:30-Fancy Fingers
12:00-Lunch
2:00-Bingo
3:00- Coloring
5:00-Dinner

1/10

9:15-Chair Tai Chi
10:30-Crafty Creations
12:00-Lunch
2:00-Noodle Ball
4:00-Coloring
5:00-Dinner

1/11

10:00-Exercise with Amanda
11:00- Singalong
12:00-Lunch
2:00-Life Stations
5:00-Dinner

1/12

9:15- Morning Movers
10:30- Little House on the
Prairie
12:00-Lunch
2:00-Bingo
3:30-Bean Bag Toss
5:00-Dinner

1/13

9:15-Zumba Zoomers
10:30-Puns and Poetry
12:00- Lunch
2:00- Artistic Expressions
3:00-Andy Griffith
5:00-Dinner

1/14

10:30-Bingo
12:00-Lunch
2:00-Saturday Movie Matinee
5:00-Dinner

1/15

10:00-First Baptist
12:00-Lunch
3:00- Life Stations
4:00-Rest and Relax
5:00-Dinner

1/16

9:15-Fitness Fun
10:30-Pretty and Polished
12:00-Lunch
2:00-Bingo
3:00- Coloring
5:00-Dinner

1/17

9:15-Chair Tai Chi
10:30-Crafty Creations
12:00-Lunch
2:00-Noodle Ball
4:00-The Jackson 5
5:00-Dinner

1/18

10:00-Exercise with Amanda
11:00- Singalong
12:00-Lunch
2:00-Life Stations
5:00-Dinner

1/19

9:15- Morning Movers
10:30- Little House on the
Prairie
12:00-Lunch
2:00-Bingo
3:30-Coloring
5:00-Dinner

1/20

9:15-Zumba Zoomers
10:30-Puns and Poetry
12:00- Lunch
2:00- Artistic Expressions
3:00-Andy Griffith
5:00-Dinner

1/21

10:30-Bingo
12:00-Lunch
2:00-Saturday Movie Matinee
5:00-Dinner

1/22

10:00-First Baptist
12:00-Lunch
3:00- Life Stations
4:00-Rest and Relax
5:00-Dinner

1/23

9:15-Fitness Fun
10:30-Fancy Fingers
12:00-Lunch
2:00-Bingo
3:00- Coloring
5:00-Dinner

1/24

9:15-Chair Tai Chi
10:30-Coloring
12:00-Lunch
2:00-Noodle Ball
4:00-Dean Martin
5:00-Dinner

1/25

10:00-Exercise with Amanda
11:00- Singalong
12:00-Lunch
2:00-Life Stations
5:00-Dinner

1/26

9:15- Morning Movers
10:30- Little House on the
Prairie
12:00-Lunch
2:00-Bingo
3:30-Bean Bag Toss
5:00-Dinner

1/27

9:15-Zumba Zoomers
10:30-Puns and Poetry
12:00- Lunch/Birthday Party
2:00- Artistic Expressions
3:00-Andy Griffith
5:00-Dinner

1/28

10:30-Bingo
12:00-Lunch
2:00-Saturday Movie Matinee
5:00-Dinner

1/29

10:00-First Baptist
12:00-Lunch
3:00- Life Stations
4:00-Rest and Relax
5:00-Dinner

1/30

9:15-Fitness Fun
10:30-Pretty and Polished
12:00-Lunch
2:00-Bingo
3:00- Coloring
5:00-Dinner

1/31

9:15-Chair Tai Chi
10:30-Crafty Creations
12:00-Lunch
2:00-Noodle Ball
4:00-The Supremes
5:00-Dinner

