

# JANUARY 2023



## Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b> <b>10:00</b> Catholic Virtual Mass w/ Communion / MR <b>1:30</b> Activity w/ Dejah - Decker <b>2:00</b> Prayer Service w/ music <b>3:15</b> Jeopardy-MR	<b>2</b> <b>9:30</b> Sit & Stand - MR <b>10:30</b> Bingo / WA <b>2:30</b> <b>Music w/Ken King / WA- cancelled- crossword completed instead</b>	<b>3</b> <b>10:00</b> <b>Zumba - MR</b> <b>10:30</b> <b>Crossword / WA</b> <b>1:30</b> Bookmobile - Front Door <b>1:56</b> brain and body stretches <b>2:30</b> <b>Happy Hour / 3AR</b>	<b>4</b> <b>9:30</b> Sit & Stand - MR <b>10:15</b> Meditation- 3AR <b>10:30</b> Trivia- WA <b>10:30</b> Brain&Body Stretches - Decker <b>2:00</b> Catholic Comm - MR <b>3:30</b> <b>Music w/ Bob Clark / WA</b>	<b>5</b> <b>9:15</b> Tai Chi - MR <b>9:40</b> Yoga in MR <b>10:30</b> Bingo - WA <b>1:00</b> <b>Watercolors / HL</b> <b>1:00</b> <b>Book Club in 3AR</b> <b>1:30</b> Decker Bowling <b>2:00</b> <b>Cont Issues/ MR</b> <b>3:00</b> Show Day-The Gilded	<b>6</b> <b>9:30</b> Sit & Stand - MR <b>10:30</b> Balloon Badminton on Decker <b>10:30</b> <b>AL Lunch Trip / Stonebridge Grille</b> <b>10:30</b> Writing Group- HL <b>2:30</b> <b>Trivia w/ Peggy - WA</b>	<b>7</b> <b>10:30</b> <b>Bingo - WA</b> <b>2:00</b> Movie Day; The African Queen - 3AR <b>3:00</b> Musical Encounters on Decker	
<b>8</b> <b>10:00</b> Catholic Virtual Mass w/ Communion / MR <b>1:30</b> Activity w/ Dejah - Decker <b>2:00</b> Prayer Service w/ music <b>3:00</b> Documentary Day-3AR	<b>9</b> <b>9:30</b> Sit & Stand - MR <b>10:30</b> <b>Bingo / WA</b> <b>1:30</b> Crossword on Decker <b>2:30</b> <b>Great Inventions w/ Jim Lyall / WA</b>	<b>10</b> <b>9:45</b> Meditation- 3AR <b>10:00</b> <b>Zumba - MR</b> <b>10:30</b> center piece crafts <b>10:30</b> Pets on Wheels w/ Lucy - Decker <b>10:30</b> Crossword / WA <b>1:54</b> Men's pizza lunch <b>2:30</b> <b>Musical Happy Hour</b>	<b>11</b> <b>9:30</b> Sit & Stand - MR <b>10:00</b> <b>Virtual Lecture on Billie Holiday / WA</b> <b>11:51</b> brain and body stretches <b>2:00</b> Catholic Comm - MR <b>2:30</b> <b>Piano w/ Greg / WA</b>	<b>12</b> <b>9:15</b> Tai Chi - MR <b>9:40</b> Yoga in MR <b>10:30</b> <b>Bingo w/ St. Paul's / WA</b> <b>1:00</b> Watercolors / HL <b>1:30</b> Badminton Decker <b>2:00</b> <b>Cont Issues CANCELLED</b>	<b>13</b> <b>9:30</b> Sit & Stand - MR <b>10:15</b> <b>Garden Club- MR</b> <b>10:15</b> Scenic Drive / HL <b>10:30</b> Writing Group / HL <b>2:30</b> <b>Trivia w/ Peggy - WA</b>	<b>14</b> <b>10:30</b> Bingo - WA <b>2:00</b> Movie Day; The Sting - 3AR <b>7:15</b> <b>Bingo - MR</b>	
<b>15</b> <b>10:00</b> Catholic Virtual Mass w/ Communion / MR <b>2:00</b> Prayer Service w/ music <b>3:15</b> Jeopardy -MR	<b>16</b> <b>9:30</b> Sit & Stand - MR <b>10:30</b> Bingo / WA <b>1:15</b> Topics of Life: Equality/3AR <b>1:30</b> Trivia on Decker <b>2:30</b> <b>Guitar w/ Rayon / WA</b>	<b>17</b> <b>9:30</b> Meditation- 3AR <b>10:00</b> <b>Zumba - MR</b> <b>10:30</b> Crossword / WA <b>1:15</b> <b>AL Food Service Meeting - WA</b> <b>2:30</b> <b>Musical Happy Hour / 3AR</b> <b>10:30</b> Cooking Class on	<b>18</b> <b>9:30</b> Sit & Stand - MR <b>10:30</b> Brain and Body Stretches on Decker <b>10:30</b> <b>Badminton / WA</b> <b>2:00</b> <b>Virtual Tour of Beautiful Zapatoca, Columbia / WA</b> <b>2:00</b> Catholic Comm has	<b>19</b> <b>9:15</b> Tai Chi - MR <b>9:40</b> Yoga in MR <b>10:30</b> Bingo w/ Loyola / WA <b>1:00</b> <b>Watercolors / HL</b> <b>2:00</b> <b>Cont Issues/ MR</b> <b>3:00</b> Show Day- Gilded Age / WA <b>3:00</b> Pickersgill Singers	<b>20</b> <b>9:30</b> Sit & Stand - MR <b>10:15</b> Trip to Target / HL <b>10:30</b> <b>Current Events w/ Stefani / WA</b> <b>10:30</b> Writing Group- HL <b>2:30</b> <b>Trivia w/ Peggy - WA</b>	<b>21</b> <b>10:30</b> Bingo - WA <b>2:00</b> <b>Ballet Mobile / WA</b> <b>3:00</b> Musical Encounters on Decker	
<b>22</b> <b>10:00</b> Catholic Virtual Mass w/ Communion / MR <b>1:30</b> Activity w/ Dejah - Decker <b>2:00</b> Prayer Service w/ music <b>2:00</b> Prayer Service w/ music - Chapel <b>3:00</b> Documentary Day-3AR	<b>23</b> <b>9:30</b> Sit & Stand - MR <b>10:30</b> Bingo / WA <b>1:15</b> Movie Day:Fabelmans / WA <b>3:45</b> <b>Resident Council / WA</b>	<b>24</b> <b>9:30</b> Meditation w/ Jeff- 3AR <b>10:00</b> <b>Zumba - MR</b> <b>10:30</b> Pets on Wheels w/ Lucy / Decker <b>10:30</b> Crossword / WA <b>2:30</b> <b>Musical Happy Hour / 3AR</b>	<b>25</b> <b>9:30</b> Sit & Stand - MR <b>10:30</b> <b>Jeopardy / 3AR</b> <b>2:00</b> <b>Catholic Mass w/ Fr. Sutton / WA</b> <b>2:30</b> <b>MaryAnn Jung as Julia Childs / WA</b>	<b>26</b> <b>9:15</b> Tai Chi - MR <b>9:40</b> Yoga in MR <b>10:30</b> <b>Bingo w/ Loyola / WA</b> <b>1:00</b> Watercolors / HL <b>2:00</b> <b>Cont Issues/ MR</b> <b>3:00</b> <b>Tech Help w/ Activities / WA</b>	<b>27</b> <b>9:30</b> Sit & Stand - MR <b>10:30</b> Writing Group- Home Lobby <b>2:30</b> <b>Trivia w/ Peggy - WA</b>	<b>28</b> <b>10:00</b> Balt. African Violet Club / Grille <b>10:30</b> <b>Bingo - WA</b> <b>2:00</b> Movie Day; The African Queen - 3AR	
<b>29</b> <b>10:00</b> Catholic Virtual Mass w/ Communion / MR <b>1:30</b> Activity w/ Dejah - Decker <b>2:00</b> Prayer Service w/ music <b>3:15</b> Jeopardy -MR	<b>30</b> <b>9:30</b> Sit & Stand - MR <b>10:30</b> Bingo / WA <b>3:00</b> <b>Wine Tasting / MR (By Sign Up)</b>	<b>31</b> <b>9:30</b> Meditation- 3AR <b>10:00</b> <b>Zumba - MR</b> <b>10:30</b> Crossword / WA <b>2:30</b> <b>Musical Happy Hour / 3AR</b>	3AR= 3rd Floor Activity Room WA = Willard Auditorium MR = Meeting Room				