



JANUARY 2023



SUNDAY

MONDAY















TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2	3	4	5	6	7
	10:30 AM: COFFEE & CHRIST WITH JIM CONLEY - D 2:30 PM: MOVIE/POPCORN 	10:30 AM: PACKING UP CHRISTMAS 2:00: BINGO 	NATIONAL TRIVIA DAY 10:30 AM MORNING TRIVIA 2:30 PM: BOARD GAMES -D	10:30 AM: BASKETBALL - D 2:00: BINGO 	10:30 AM: JEWELRY MAKING 2:30 PM: TGIF - HAPPY HOUR SOCIAL 	INDEPENDENT ACTIVITIES LETS GET ACTIVE!
INDEPENDENT ACTIVITIES LETS GET ACTIVE	10:30 AM: COFFEE & CHRIST WITH JIM CONLEY - D 2:30 PM: MOVIE/POPCORN 	10:30 AM: BALLOON VOLLEYBALL 2:00 PM: BINGO 	10:30 AM: MANICURES - D 2:30 PM: PARACHUTE EXERCISE W/ BEACH BALL	10:30 AM: SIT & STRETCH CLASS 2:00 PM: BINGO 	10:30 AM: BOWLING 2:30 PM: TGIF - ICE CREAM SOCIAL 	INDEPENDENT ACTIVITIES LETS GET ACTIVE! 
INDEPENDENT ACTIVITIES LETS GET ACTIVE	MARTIN LUTHER KING JR DAY 10:30 AM: COFFEE & CHRIST WITH JIM CONLEY - D 2:30 PM: MOVIE/POPCORN 	10:30 AM: CHESAPEAKE SHOPPING 2:00:PM BINGO 	10:30 AM: MOVE & GROOVE 2:30 PM: ROCK PAINTING	NATIONAL POPCORN DAY 10:30 AM: RAPPAHANNOCK SHOPPING 2:00PM: BINGO & POPCORN 	CHEESE LOVERS DAY 10:30 AM: FRISBIE TOSS 2:30 PM: TGIF - CHEESE TRAY, DRINKS & SOCIALIZE 	INDEPENDENT ACTIVITIES LETS GET ACTIVE!
INDEPENDENT ACTIVITIES LETS GET ACTIVE 	ACTIVITY DIRECTORS WEEK 10:30 AM: COFFEE & CHRIST WITH JIM CONLEY - D 2:30 PM: MOVIE/POPCORN 	10:30 AM: BOWLING 2:00 PM: BINGO 	10:30 AM: PUZZLES - D 2:30 PM: JANUARY BIRTHDAYS 	10:30 AM: MANICURES- D 2:00PM: BINGO 	CHOCOLATE CAKE DAY 10:30 PM: COLORING 2:30 PM: TGIF - CHOCOLATE LOVERS SOCIAL 	INDEPENDENT ACTIVITIES LETS GET ACTIVE!
INDEPENDENT ACTIVITIES LETS GET ACTIVE	10:30 AM: COFFEE & CHRIST WITH JIM CONLEY - D 2:30 PM: MOVIE/OPCORN 	NATIONAL HOT COCO DAY 10:30 AM: HOT COCO - D 2:00 PM: BINGO 	 <p>Lancashire NURSING & REHABILITATION CENTER VHS <i>Your best life is our mission.</i></p>			CALENDAR CODES: D= DINING ROOM C= CHESAPEAKE R= RAPPAHANNOCK C= COURTYARD

