

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p>	<p>2</p> <p>1:00 Bingo (CC)*</p> <p>2:00 Chinese New Year's Social (CC)*</p>	<p>3</p> <p>10:00 Exercise Class (CC)</p> <p>11:00 Harris Teeter (Outing)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>4</p> <p>10:00 Exercise Class (CC)</p> <p>1:00 Crafts (3rd Floor)</p> <p>2:00 Life Story/Memoir Writing Workshop (CC)*</p>	<p>5</p> <p>10:00 Chair Zumba/ Peggy (CC)</p> <p>1:00 Prize Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>6</p> <p>10:00 Exercise Class (CC)</p> <p>2:00 Art w/Emily (CC)*</p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p>	<p>7</p> <p>Independent Activity</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity 8</p> <p>2:00 Church Service (CC)*</p> <p>7:00 Movie of the Day (THR)*</p>	<p>9</p> <p>10:00 Exercise Class (CC)</p> <p>1:00 Bingo (CC)*</p> <p>2:00 Decoupage Tray Crafts by BYOB Connections (CC)*</p>	<p>10</p> <p>10:00 Exercise Class (CC)</p> <p>11:00 Food Lion (Outing)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>11</p> <p>10:00 Exercise Class (CC)</p> <p>1:00 Crafts (3rd Floor)</p> <p>2:00 Monthly Birthday Social w/Music by Roberto (DR)*</p>	<p>12</p> <p>10:00 Chair Zumba/ Peggy (CC)</p> <p>1:00 Prize Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>13</p> <p>10:00 Exercise Class (CC)</p> <p>2:00 Trivia & Hot Tea (CC)*</p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p>	<p>14</p> <p>Independent Activity</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity 15</p> <p>2:00 Church Service (CC)*</p> <p>7:00 Movie of the Day (THR)*</p>	<p>16</p> <p>10:00 Exercise Class (CC)</p> <p>1:00 Bingo (CC)*</p> <p>2:00 Martin Luther King Social w/music by Kenneth Keller (DR) <small>Martin Luther King Jr. Day</small></p>	<p>17</p> <p>10:00 Exercise Class (CC)</p> <p>11:00 Walmart (Outing)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>18</p> <p>10:00 Exercise Class (CC)</p> <p>11:00 Outback Steakhouse Restaurant (Outing)*</p> <p>2:00 Crafts (3rd Floor)</p>	<p>19</p> <p>10:00 Chair Zumba/ Peggy (CC)</p> <p>1:00 Prize Bingo (CC)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>20</p> <p>10:00 Exercise Class (CC)</p> <p>2:00 Art w/Emily (CC)*</p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p>	<p>21</p> <p>Independent Activity</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity 22</p> <p>2:00 Church Service (CC)*</p> <p>7:00 Movie of the Day (THR)* <small>Chinese New Year (Year of the Rabbit)</small></p>	<p>23</p> <p>10:00 Exercise Class (CC)</p> <p>1:00 Bingo (CC)*</p> <p>2:00 Monday Smoothie's (CC)* <small>Activity Professionals Day</small></p>	<p>24</p> <p>10:00 Exercise Class (CC)</p> <p>11:00 Food Lion (Outing)*</p> <p>3:30 Happy Hour (CC)*</p>	<p>25</p> <p>10:00 Exercise Class (CC)</p> <p>1:00 Crafts (3rd Floor)</p> <p>2:00 Life Story/Memoir Writing Workshop (CC)*</p>	<p>26</p> <p>10:00 Chair Zumba/ Peggy (CC)</p> <p>1:00 Prize Bingo (CC)*</p> <p>3:30 Happy Hour (CC)* <small>Australia Day (observed)</small></p>	<p>27</p> <p>10:00 Exercise Class (CC)</p> <p>2:00 Hot Chili Bar Social (CC)*</p> <p>7:00 Friday Night Movie/Popcorn (THR)*</p>	<p>28</p> <p>Independent Activity</p> <p>7:00 Bingo (CC)*</p>
<p>Independent Activity 29</p> <p>2:00 Church Service (CC)*</p> <p>7:00 Movie of the Day (THR)*</p>	<p>30</p> <p>10:00 Exercise Class (CC)</p> <p>1:00 Bingo (CC)*</p> <p>2:00 Hot Chocolate & Cookie Social (CC)*</p>	<p>31</p> <p>10:00 Exercise Class (CC)</p> <p>11:00 Harris Teeter (Outing)*</p> <p>3:30 Happy Hour (CC)*</p>	 <p>JANUARY 2023</p> <p>The Arbors Independent Living</p>			