

January 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Wellness Week ■ Daily Perk (1) ■ January IQ (1)	2 ■ Daily Perk (1) ■ Brain Fitness (1) ■ 11:00 Mr. Doud on Piano* (1)	3 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm ■ 10:00 '22 Year Slideshow*(1) ■ 11:00 Therapy Dogs Intl' (1) ■ 2:00 Polar Walk-A-Thon* (1)	4 Salon Open ■ 10:30 Hymn Sing (1) ■ 11:00 Mr. Hamilton (1) ■ 11:15 Glow Fitness (1) ■ Exercise w/ Kim ■ 2:00 Art Therapy w/ Emily* (2)	5 ■ 11:00 Women's Bible Study* (2) ■ 11:00 Mr. Hamilton (1) □ 1:00 Trip: Dollar General* (1) ■ 3:30 The Gathering Place*(1) -Smoothies	6 ■ 10:00 Heart Healthy* Facts & Snacks (1) ■ 11:00 Mr. Hamilton (1) ■ 2:00 Candy Bar Bingo*(2) ■ 3:00 Ice Cream Social (2) ■ 3:30 Dominoes* (2)	7 ■ Daily Perk (1) ■ January Word Search (1) ■ 6:00 The Gaithers Cox Channel 20 (A)
8 ■ Daily Perk (1) ■ 3:30 Klem Ministry By Elder Lucas* (1)	9 ■ 11:15 Therapeutic Exercise w/ Kim (1) ■ 2:00 3rd Floor Cinema Top Gun: Maverick & Popcorn Bar* (3)	10 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm ■ 11:00 Therapy Dogs Intl' (1) ■ 2:15 Matthew on Piano (2)	11 Salon Open Alexander Hamilton's Birthday ■ 10:30 Family Feud & Coffee Bar (1) ■ 11:00 Mr. Hamilton (1) ■ 11:15 Therapeutic Exercise w/ Kim (1) ■ 2:00 Hamilton FEST* (1) +A visit from Eliza Hamilton	12 ■ 11:00 Women's Bible Study* (2) ■ 11:00 Mr. Hamilton (1) ■ 12:00 Trip: Lunch at Olive Garden* (1) ■ 3:30 The Gathering Place*(1) -Karaoke	13 National Rubber Duck Day ■ 10:00 Manicures* (2) ■ 11:00 Mr. Hamilton (1) ■ 2:00 Quarter Bingo* (2) ■ 3:00 Ice Cream Social (2) ■ 3:30 Duck Hunt* (2)	14 ■ Daily Perk (1) ■ Strike or Spare (1) ■ 2:00 Games w/ Olga* (2) ■ 6:00 The Gaithers Cox Channel 20 (A)
15 MLK, Jr. Birthday ■ Daily Perk (1) ■ Mash it up: Fill in the Blank (1)	16 ■ 10:30 MLK, Jr. Tribute (1) ■ 11:00 Mr. Hamilton (1) ■ 11:15 Therapeutic Exercise w/ Kim (1) ■ 2:00 Wild Birds Ultd': Winter Tips* (3)	17 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm ■ 11:00 Therapy Dogs Intl' (1) ■ 2:00 Quilting w/ Gala* (2)	18 Salon Open ■ 10:30 Hymn Sing (1) ■ 11:00 Mr. Hamilton (1) ■ 11:15 Therapeutic Exercise w/ Kim (1) ■ 2:00 Winter Wonderland Tea Party* (2)	19 Library Drop ■ 11:00 Women's Bible Study* (2) ■ 11:00 Mr. Hamilton (1) □ 1:00 Trip: Kroger* (1) ■ 3:30 The Gathering Place*(1) -National Popcorn Day	20 ■ 10:00 Facts & Snacks* (1) ■ 11:00 Mr. Hamilton (1) ■ 2:00 Quarter Bingo* (2) ■ 3:00 Ice Cream Social (2) ■ 3:30 Uno* (2)	21 ■ Daily Perk (1) ■ A-Mazing maze (1) ■ 6:00 The Gaithers Cox Channel 20 (A)
22 Chinese New Year Year of the Rabbit ■ Daily Perk (1) ■ 3:30 Klem Ministry By Elder Lucas* (1)	23 Activity Professionals Week: Adventure Awaits □ 10:00 Resident Forum* (2) ■ 11:00 Mr. Hamilton (1) ■ 11:00 Therapeutic Exercise w/ Kim (1) ■ 2:00 National Parks: Trivia and Smores* (2)	24 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm ■ 11:00 Therapy Dogs Intl' (1) ■ 2:00 Surprise Program Try Something New! (1)	25 Salon Open ■ 10:30 Snow Day Pictionary (1) ■ 11:00 Mr. Hamilton (1) ■ 11:15 Therapeutic Exercise w/ Kim (1) ■ 2:15 Matthew on Violin*	26 ■ 11:00 Women's Bible Study* (2) ■ 2:00 Captains Feast w/ Joel ■ 3:30 The Gathering Place*(1) -Chinese New Year	27 ■ 8:00 Fried Egg Friday (1) ■ 10:00 Manicures* (2) ■ 11:00 Mr. Hamilton (1) ■ 2:00 Bingo Bash* (2) ■ 3:00 Ice Cream Social (2) ■ 3:30 Charades* (2)	28 ■ Daily Perk (1) ■ Word Unscramble (1) ■ 2:00 Crafts w/ Olga* (2) ■ 6:00 The Gaithers Cox Channel 20 (A)
29 ■ Daily Perk (1) ■ Jigsaw puzzle table In Library (1)	30 ■ 10:00 Craft Class: Tic Tac Toe Board (1) ■ 11:00 Mr. Hamilton (1) ■ 11:15 Therapeutic Exercise w/ Kim (1) ■ 2:00 Birthday Celebration w/ Billy Mitchell* (1)	31 Scheduled Transport Available, must see Kirstie to Sign up! 9 am-12 pm ■ 11:00 Therapy Dogs Intl' (1) ■ 2:00 Wine and Cheese Tasting* (2)	Updated 1/20/23	*All programs are subject to change according to the resident's needs. *Programs with an (*) are 1-2 hours, all others are 30 min.	Cognitive ■ Physical ■ Reflective ■ Social ■ Sensory ■ Nature ■ Outdoor ■ Creative ■ Productive □	

