

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Chair Zumba (H) 1 10:00 Devotion (S) 12:30 Faces & Places (A) 1:00 Hot Cocoa Social (E) 2:00 Snack & Trivia (I) 3:00 Paint in the Courtyard (N) 5:00 Movie Night (P) <small>New Year's Day</small>	9:45 Morning Exercise (H) 2 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Fabric Sorting (A) 5:00 Evening Movie (P)	9:45 Morning Exercise (H) 3 10:00 Puzzle Time (I) 12:30 Rest and Relax (P) 1:00 Nature Walk (N) 2:00 Hydration Break (I) 3:00 Ever Sound/ Painting (A) 5:00 Evening Movie (P)	9:45 Chair Zumba (H) 4 10:00 Color Sort (P) 12:30 Rest & Relax (H) 1:30 Nature Walk (N) 2:00 Cookie Decorating (I) 3:00 Fabric Sorting (A) 5:00 Evening Movie (P)	9:45 Morning Exercise (H) 5 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Fabric Sorting (A) 5:00 Evening Movie (P)	9:45 Morning Exercise (H) 6 10:00 Devotion (S) 12:30 Flower Arranging (N) 1:30 Guess the Silhouette (A) 2:00 Snack & Chat (I) 3:00 Happy Hour w/ Rick Michael (SL) 5:00 Movie Night (S)	9:45 Morning Exercise (H) 7 10:00 Color Fun (A) 12:30 Rest & Relax (P) 1:30 Hangman (I) 2:30 Afternoon Snack (P) 3:00 Let's Fidget (A) 5:00 Free Choice Activity (I)
9:45 Chair Zumba (H) 8 10:00 Devotion (S) 12:30 Faces & Places (A) 1:00 Hot Cocoa Social w/ Sharon Abrams (E) 2:00 Snack & Trivia (I) 3:00 Paint in the Courtyard (N) 5:00 Movie Night (P)	9:45 Morning Exercise (H) 9 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Fabric Sorting (A) 5:00 Evening Movie (P)	9:45 Morning Exercise (H) 10 10:00 Puzzle Time (I) 12:30 Rest and Relax (P) 1:00 Nature Walk (N) 2:00 Hydration Break (I) 3:00 Ever Sound/ Painting (A) 5:00 Evening Movie (P)	9:45 Chair Zumba (H) 11 10:00 Color Fun (A, P) 12:30 Spa Day (P) 1:30 Nature Walk (N) 2:00 Rest & Relax (I) 3:00 Fabric Sorting (A, P) 5:00 Evening Movie (P)	9:45 Morning Exercise (H) 12 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Fabric Sorting (A) 5:00 Evening Movie (P)	9:45 Morning Exercise (H) 13 10:00 Devotion (S) 12:30 Flower Arranging (N) 1:30 Guess the Silhouette (A) 2:00 Snack & Chat (I) 3:00 Happy Hour w/ Larry Evans (SL) 5:00 Movie Night (S)	9:45 Morning Exercise (H) 14 10:00 Color Fun (A) 12:30 Rest & Relax (P) 1:30 Hangman (I) 2:30 Afternoon Snack (P) 3:00 Let's Fidget (A) 5:00 Free Choice Activity (I)
9:45 Chair Zumba (H) 15 10:00 Devotion (S) 12:30 Faces & Places (A) 1:00 Hot Cocoa Social (E) 2:00 Snack & Trivia (I) 3:00 Paint in the Courtyard (N) 5:00 Movie Night (P) <small>Chinese New Year (Year of the Rabbit)</small>	9:45 Morning Exercise (H) 16 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Fabric Sorting (A) 5:00 Evening Movie (P) <small>Martin Luther King Jr. Day</small>	9:45 Morning Exercise (H) 17 10:00 Puzzle Time (I) 12:30 Rest and Relax (P) 1:00 Nature Walk (N) 2:00 Hydration Break (I) 3:00 Ever Sound/ Painting (A) 5:00 Evening Movie (P)	9:45 Chair Zumba (H) 18 10:00 Color Sort (P, A) 12:30 Rest & Relax (P) 1:00 Nature Walk (N) 2:00 Pet Therapy (E) 3:00 Fabric Sorting (P, A) 5:00 Evening Movie	9:45 Morning Exercise (H) 19 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Fabric Sorting (A) 5:00 Evening Movie (P)	9:45 Morning Exercise (H) 20 10:00 Devotion (S) 12:30 Flower Arranging (N) 1:30 Guess the Silhouette (A) 2:00 Snack & Chat (I) 3:00 Happy Hour w/ Hugo Pazmino (SL) 5:00 Movie Night (S)	9:45 Morning Exercise (H) 21 10:00 Color Fun (A) 12:30 Rest & Relax (P) 1:30 Hangman (I) 2:30 Afternoon Snack (P) 3:00 Let's Fidget (A) 5:00 Free Choice Activity (I)
9:45 Chair Zumba (H) 22 10:00 Devotion (S) 12:30 Faces & Places (A) 1:00 Hot Cocoa Social (E) 2:00 Snack & Trivia (I) 3:00 Paint in the Courtyard (N) 5:00 Movie Night (P) <small>Chinese New Year (Year of the Rabbit)</small>	9:45 Morning Exercise (H) 23 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Fabric Sorting (A) 5:00 Evening Movie (P) <small>Activity Professionals Week</small>	9:45 Morning Exercise (H) 24 10:00 Puzzle Time (I) 12:30 Rest and Relax (P) 1:00 Nature Walk (N) 2:00 Hydration Break (I) 3:00 Ever Sound/ Painting (A) 5:00 Evening Movie (P)	9:45 Chair Zumba (H) 25 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Feel the Beat (E, A, S) 2:00 Cricut Fun (A, P, S) 3:00 Bracelet Making (P, A) 5:00 Evening Movie (P)	9:45 Morning Exercise (H) 26 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Fabric Sorting (A) 5:00 Evening Movie (P) <small>Australia Day (observed)</small>	9:45 Morning Exercise (H) 27 10:00 Devotion (S) 12:30 Flower Arranging (N) 1:30 Guess the Silhouette (A) 2:00 Snack & Chat (I) 3:00 Happy Hour w/ Dan Olivo (SL) 5:00 Movie Night (S)	9:45 Morning Exercise (H) 28 10:00 Color Fun (A) 12:30 Rest & Relax (P) 1:30 Hangman (I) 2:30 Afternoon Snack (P) 3:00 Let's Fidget (A) 5:00 Free Choice Activity (I)
9:45 Chair Zumba (H) 29 10:00 Devotion (S) 12:30 Faces & Places (A) 1:00 Hot Cocoa Social (E) 2:00 Snack & Trivia (I) 3:00 Paint in the Courtyard (N) 5:00 Movie Night (P)	9:45 Morning Exercise (H) 30 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Fabric Sorting (A) 5:00 Evening Movie (P)	9:45 Morning Exercise (H) 31 10:00 Puzzle Time (I) 12:30 Rest and Relax (P) 1:00 Nature Walk (N) 2:00 Hydration Break (I) 3:00 Ever Sound/ Painting (A) 5:00 Evening Movie (P)	<h1>January 2023</h1> <p>Happy Birthday: Sachi Hamada (1/7) Amelia Perez (1/14) Virginia Welsh (1/18) Judy Stark (1/22)</p>			

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9:45 Chair Zumba (H) 1 10:00 Devotion (S) 12:30 Faces & Places (A) 1:00 Sing along (E) 2:00 Snack & Trivia (I) 3:00 Paint in the Courtyard (N) 5:00 Movie Night (P) <small>New Year's Day</small>	9:45 Morning Exercise(H) 2 10:00 Devotion (S) 12:00 Manicures & Hand Massages (P) 1:00 Mind Fit (P) 2:00 Snack & Chat (I) 3:00 Rolling in the Dough (A) 5:00 Rest & Relax (H, P)	9:45 Morning Exercise (H) 3 10:00 Puzzle Time (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Ever Sound/ Painting (A) 5:00 Evening Movie (P)	9:45 Chair Zumba (H) 4 10:00 Arts & Crafts (A) 12:30 Puzzle Time (P) 1:30 Nature Walk (N) 2:00 Rest & Relax (P) 3:00 Rolling in the Dough (A) 5:00 Evening Movie (P)	9:45 Morning Exercise(H) 5 10:00 Devotion (S) 12:00 Manicures & Hand Massages (P) 1:00 Mind Fit (P) 2:00 Snack & Chat (I) 3:00 Ever Sound/ Painting (A) 5:00 Rest & Relax (H, P)	9:45 Morning Exercise (H) 6 10:00 Devotion (S) 12:30 Flower Arranging (N) 1:30 Bubble Fun (A) 2:00 Snack & Chat (I) 3:00 Happy Hour w/ Rick Michael (SL) 5:00 Movie Night (S)	9:45 Morning Exercise (H) 7 10:00 Baking (P) 12:30 Rest & Relax (P) 1:30 Hangman (A) 2:30 Afternoon Snack (S) 3:00 Painting (A) 5:00 Free Choice Activity (I)
9:45 Chair Zumba (H) 8 10:00 Devotion (S) 12:30 Faces & Places (A) 1:00 Hot Cocoa Social w/ Sharon Abrams (SL) 2:00 Jenga (A) 3:00 Music Therapy (I) 5:00 Movie Night (P)	9:45 Morning Exercise(H) 9 10:00 Devotion (S) 12:00 Manicures & Hand Massages (P) 1:00 Mind Fit (P) 2:00 Snack & Chat (I) 3:00 Rolling in the Dough (A) 5:00 Rest & Relax (H, P)	9:45 Morning Exercise (H) 10 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H, P) 3:00 Ever Sound/ Trivia (A, S, P) 5:00 Evening Movie (P)	9:45 Chair Zumba (H) 11 10:00 Color Fun (A) 11:00 Lunch 12:30 Spa Day (I) 1:30 Nature Walk (N) 3:00 Cookie Decorating (A) 4:00 Dinner 5:00 Evening Movie (P)	9:45 Morning Exercise(H) 12 10:00 Devotion (S) 12:00 Manicures & Hand Massages (P) 1:00 Mind Fit (P) 2:00 Snack & Chat (I) 3:00 Rolling in the Dough (A) 5:00 Rest & Relax (H, P)	9:45 Morning Exercise (H) 13 10:00 Devotion (S) 12:30 Flower Arranging (N) 1:30 Guess the Silhouette (A) 2:00 Snack & Chat (I) 3:00 Happy Hour w/ Larry Evans (SL) 5:00 Movie Night (S)	9:45 Morning Exercise (H) 14 10:00 Puzzle Time (A) 12:30 Spa Day (I) 1:00 Theatre American (SL) 2:00 Rest & Relax (H) 3:00 Ever Sound/ Trivia (P) 5:00 Evening Movie (P)
9:45 Chair Zumba (H) 15 10:00 Devotion (S) 12:30 Faces & Places (A) 1:00 Sing along (E) 2:00 Snack & Trivia (I) 3:00 Paint in the Courtyard (N) 5:00 Movie Night (P)	9:45 Morning Exercise(H) 16 10:00 Devotion (S) 12:00 Manicures & Hand Massages (P) 1:00 Mind Fit (P) 2:00 Snack & Chat (I) 3:00 Rolling in the Dough (A) 5:00 Rest & Relax (H, P) <small>Martin Luther King Jr. Day</small>	9:45 Morning Exercise (H) 17 10:00 Puzzle Time (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Ever Sound/ Painting (A, P) 5:00 Evening Movie (P)	9:45 Chair Zumba (H) 18 10:00 Arts & Crafts (A) 11:00 Birthday Lunch w/ Rick Michael (P) 12:30 Rest & Relax (P) 1:00 Nature Walk (SL) 2:00 Pet Therapy (E) 3:00 Arts & Crafts (A) 5:00 Evening Movie	9:45 Morning Exercise(H) 19 10:00 Devotion (S) 12:30 Faces & Places (A) 1:00 Sing along (E) 2:00 Snack & Trivia (I) 3:00 Paint in the Courtyard (N) 5:00 Movie Night (P)	9:45 Morning Exercise (H) 20 10:00 Devotion (S) 12:30 Flower Arranging (N) 1:30 Bubble Fun(A) 2:00 Snack & Chat (I) 3:00 Happy Hour w/ Hugo Pazmino (SL) 5:00 Movie Night (S)	9:45 Morning Exercise (H) 21 10:00 Baking (P) 12:30 Rest & Relax (P) 1:30 Hangman (A) 2:30 Afternoon Snack (S) 3:00 Painting (A) 5:00 Free Choice Activity (I)
9:45 Chair Zumba (H) 22 10:00 Devotion (S) 12:00 Expressive Art (E) 1:00 Hot Cocoa Social (SL) 2:00 Snack & Trivia (I) 3:00 Paint in the Courtyard (N) 5:00 Movie Night (P) <small>Chinese New Year (Year of the Rabbit)</small>	9:45 Morning Exercise(H) 23 10:00 Devotion (S) 12:00 Manicures & Hand Massages (P) 1:00 Mind Fit (P) 2:00 Snack & Chat (I) 3:00 Rolling in the Dough (A) 5:00 Rest & Relax (H, P) <small>Activity Professionals Week</small>	9:45 Morning Exercise (H) 24 10:00 Color Fun (A) 12:30 Spa Day (P) 1:00 Nature Walk (N) 2:00 Rest & Relax (H, P) 3:00 Ever Sound/ Trivia (A, S, P) 5:00 Evening Movie (P)	9:45 Chair Zumba (H) 25 10:00 Color Fun (A) 12:30 Spa Day (I) 1:00 Feel the Beat (E) 2:00 Hair Styling (I) 3:00 Bracelet Making (A) 5:00 Christmas Movie (P)	9:45 Morning Exercise(H) 26 10:00 Devotion (S) 12:00 Manicures & Hand Massages (P) 1:00 Mind Fit (P) 2:00 Snack & Chat (I) 3:00 Rolling in the Dough (A) 5:00 Rest & Relax (H, P) <small>Australia Day (observed)</small>	9:45 Morning Exercise (H) 27 10:00 Devotion (S) 12:30 Flower Arranging (N) 1:30 Guess the Silhouette (A) 2:00 Snack & Chat (I) 3:00 Happy Hour w/ Dan Olivo (SL) 5:00 Movie Night (S)	9:45 Morning Exercise (H) 28 10:00 Puzzle Time (A) 12:30 Spa Day (I) 1:00 Nature Walk (N) 2:00 Rest & Relax (H) 3:00 Ever Sound/ Trivia (P) 5:00 Evening Movie (P)
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