








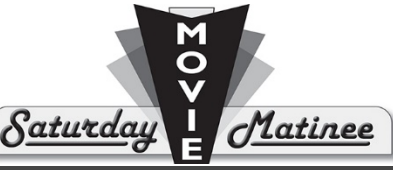












Residential Center- January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
11:00am Chapel, C 	9:00am Rabbit the Barber, RC 11:00am Chair Exercise Video, EL	11:00am Balance & Strength Class, EL	9:00am Kroger, FE 9:00am Mender Drop off, FE 11:00am Range of Motion Exercise, EL 2:00pm Trivia (National Trivia Day), DRL	10:30am Bible Study, RCAR 11:00am Balance & Strength Class, EL 3:30pm First United Methodist Chapel Service, C	11:00am Range of Motion Exercise, EL 1:30pm Bingo, RCAR 3:30pm Catholic Communion Service, C 3:30pm Happy Hour, PDR	2:00pm Afternoon Movie, RCAR 
8	9	10	11	12	13	14
11:00am Chapel, C 	11:00am Chair Exercise Video, EL 2:00pm Chat with Karen, DRL 	10:15am Bookmobile, FE 11:00am Balance & Strength Class, EL 2:00pm Rocky Road Cake in a Mug, RCAR 3:30pm Community Update, C	9:00am Walmart, FE 11:00am Range of Motion Exercise, EL 11:30am Birthday Celebration Lunch, PDR 2:30pm Afternoon Drive, FE	10:30am Bible Study, RCAR 11:00am Balance & Strength Class, EL National Hot Tea Day (pick up a tea bag in the Activity Room)	11:00am Range of Motion Exercise, EL 3:30pm Catholic Communion Service, C 3:30pm Happy Hour, PDR	2:00pm Afternoon Movie, RCAR 
15	16	17	18	19	20	21
11:00am Chapel, C 	10:00am Remembering Dr. Martin Luther King Jr., DRL 11:00am Chair Exercise Video, EL 1:30pm Teaching Kitchen, DRL 2:00pm Book Club, RCAR 	11:00am Balance & Strength Class, EL 11:45am Lunch Outing- Papa's Grill, FE 	9:00am Kroger, FE 11:00am Range of Motion Exercise, EL 2:30pm Art with Anastasia, AR 	10:30am Bible Study, RCAR 11:00am Balance & Strength Class, EL 3:30pm St. Peter's Lutheran Chapel Service, C National Popcorn Day (Pick up a bag of fresh popped popcorn in the Activity Room at 1:30)	11:00am Range of Motion Exercise, EL 1:30pm Bingo, RCAR 3:30pm Catholic Communion Service, C 3:30pm Happy Hour, PDR	2:00pm Afternoon Movie, RCAR 
22	23	24	25	26	27	28
11:00am Chapel, C 	11:00am Chair Exercise Video, EL 2:00pm Bingo Challenge, RCAR 	10:00am Resident Council, RCAR 10:15am Bookmobile, FE 11:00am Balance & Strength Class, EL 2:00pm Stories of Four Seasons Past, DRL	9:00am Walmart, FE 11:00am Range of Motion Exercise, EL 2:00pm New Game Challenge, RCAR 	10:30am Bible Study, RCAR 11:00am Balance & Strength Class, EL 2:00pm	11:00am Range of Motion Exercise, EL 1:30pm Bingo, RCAR 3:30pm Catholic Communion Service, C 3:30pm Happy Hour, PDR	2:00pm Afternoon Movie, RCAR 
29	30	31				MEETING PLACES
11:00am Chapel, C 	11:00am Chair Exercise Video, EL 2:00pm Wheel of Fortune, DRL 	10:30am Balance & Strength Class, EL 2:00pm Show N Tell- Travels, DRL 				RCAR - RC Activity Room EL - Exercise Lounge C - Chapel PDR - Private Dining Room RC - Residential Center FE - Front Entrance DRL - Dining Room Lounge