

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am Daily Chronicles 11:15am Cardio Exercise 12:00pm Lunch Hour 1:45pm New Year's Year Tradition 3:30pm UNO Card Game New Year's Day	10:30am Animal Assisted Therapy with Marjorie 11:15am Cardio 2:00pm Name That Instrument Interactive PowerPoint Presentation 3:30pm Monopoly	10:00am Music Therapy with Pat 11:15am Exercise Class 2:00pm Passports to Paradise Greece Edition & Apps. 3:15pm Sensory Class	10:30am News Report 11:15am Qi Gong Meditation Hour 1:30pm Stories of Inspiration with Pastor G 2:00pm Card Making Class	11:00am Interactive Music Therapy with Dan Poulos 2:00pm The Price is Right 3:00pm Trail Mix Making & Health Benefits 4:00pm Bingo & Prizes	11:15am Exercise Class 2:00pm Jeopardy 3:00pm Riddle Me This 4:00pm Treasure Sharing "Show & Tell"	10:30am Current Events 11:15am Qi Gong Meditation 12:00pm Lunch Hour 1:45pm Words of Affirmation 3:30pm Jewelry Making
10:30am Daily Chronicles 11:15am Cardio Exercise 12:00pm Lunch Hour 1:45pm Family Feud 3:30pm Boggle & Board Games	10:30am Current Events 11:15am Cardio Workout 2:00pm Ecumenical Worship Service with Pastor G. 3:30pm Winter Categories	11:15am Exercise Class 2:30pm Sip & Paint Event "Winter Wonderland" 2:00pm Manicures Spa Rm 3:15pm Sensory Class 4:00pm Knit & Crochet Club	10:30am News Report 11:15am Qi Gong Meditation Hour 1:30pm Stories of Inspiration with Pastor G 2:00pm Life & Legacy Elvis Presley	11:00am Interactive Music Therapy with Dan Poulos 2:00pm Live Musical Entertainment by Jerry T. 4:00pm Bingo & Prizes	11:15am Exercise Class 2:00pm Current Events Club 2:30 Sensory Class 3:30pm Movie Matinee Residents Choice-MT	10:30am Current Events 11:15am Qi Gong Meditation 12:00pm Lunch Hour 1:45pm Jigsaw Puzzles 3:30pm Monopoly Board Game
10:30am Daily Chronicles 11:15am Cardio Exercise 12:00pm Lunch Hour 1:45pm Cocktail Hour 3:30pm Poem Read & Write	10:30am Current Events 11:15am Cardio Workout 2:00pm Ecumenical Worship Service with Pastor G 3:30 MLK Word Games and Discussion Martin Luther King Jr. Day	10:00am Music Therapy with Pat 11:15am Exercise Class 2:00pm Card Club 3:15pm Sensory Class 6:30pm History Lecture by Mike Jesberger: Valley Forge Encampment	11:15am Qi Gong Meditation Hour 1:30pm Stories of Inspiration with Pastor G 2:00pm Birds & More Education Class 3:00pm Yiddish Folk Songs with Cantor Freedman	11:00am Interactive Music Therapy with Dan Poulos 2:00pm Lecture Series presented by Ranjan featuring China 4:00pm Bingo & Prizes	11:15am Exercise Class 2:00pm Coffee & Conversation Pastry Social 3:15pm Jeopardy 4:00pm Creative Art Class	10:30am Current Events 11:15am Qi Gong Meditation 12:00pm Lunch Hour 1:45pm Mad Libs 3:30pm Aromatherapy Session
10:30am Daily Chronicles 11:15am Cardio Exercise 12:00pm Lunch Hour 1:45pm Chinese New Year Discussion & Craft 3:30pm Crossword Challenge Chinese New Year (Year of the Rabbit)	10:30am Current Events 11:15am Cardio Workout 2:00pm Ecumenical Worship Service with Pastor G 3:00pm Travelogue San Fran	11:15am Exercise Class 2:00pm 1950's Sock Hop Social 2:30pm Manicures Spa Rm 3:30pm Who/What Am I? Trivia 4:00pm Knit & Crochet Club	10:30am News Report 11:15am Qi Gong Meditation Hour 1:30pm Stories of Inspiration with Pastor G 2:00pm Food Committee 3:30pm Classical Music Trivia	11:00am Interactive Music Therapy with Dan Poulos 2:00pm Fresh Flower Arrangements 4:00pm Bingo & Prizes Australia Day (observed)	11:15am Exercise Class 2:00pm Current Events Club 3:30pm Fact or Fiction Fashion Edition 4:00pm Wordel Brain Games	10:30am Current Events 11:15am Qi Gong Meditation 12:00pm Lunch Hour 1:45pm History of Motown Music 3:30pm Life & Legacy Discussion
10:30am Daily Chronicles 11:15am Cardio Exercise 12:00pm Lunch Hour 1:45pm Word Games 3:30pm Card Club	10:30am Current Events 11:15am Cardio Workout 2:00pm Ecumenical Worship Service with Pastor G 3:00pm Vision Board Making	10:00am Music Therapy with Pat 11:15am Exercise Class 2:00pm Book Club 3:15pm Sensory Class 4:00pm Crossword Puzzles	<div> <div>January</div> <div>2023</div> <div>Assisted Living Community Life</div> <div>Activity Calendar</div> </div>			