

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9a- Yoga Packing Christmas decorations & bringing in a tidy New Year. (Looking for helpers)	3 9a- Rhythm Sticks 10a- SPA DAY 1p – New Year's Party!!!	4 8a - MAP 10a – Resident Council 1p – Bingo 2p – Balloon Volleyball 6p – Cards	5 8a - MAP 10a – Pastor Jeff 11a- Social Hour 1p – Journaling	6 9a- Kick boxing 10a- Jeopardy 1pm- Movie & Popcorn "The Woman King"	7 Please see activity board 10a – Volunteer Worship Service (In Activity Room)
8 See the weekend activity board. Get together with friends	9 8a – MAP 9a- Open Heart Yoga & "Sound Therapy" 10a – Stained glass 1p – Journaling 2p – Social Committee 6pm- City Church	10 9a- Rhythm Sticks 10a-Signs of Life Workshop 3p- Green Valley Boys	11 9a- Country Karaoke 10a – Bingo 1p – Knitting Club 1p – B. Volleyball	12 8a - MAP 10a- Bethany Church 11a- Social Hour 1p- Journaling 2p- Meijer Shopping (online) 6p- Game Night Happy B-Day Peggy M.	13 9p- Noodle ball 10a – Jeopardy 1p – Movie & Popcorn, "Elvis" 6p – Coloring with Carol	14 Weekend self- guided activities Please see activity board 10a –Volunteer Worship Service
15 See the weekend activity board. Do you have projects to finish?	16 9a- Tai Chi 10a- MLK Project 1p- Journaling Happy MLK Day!	17 9a- Rhythm Sticks 10a- Signs of Life (p2) 10a-2p Spa Day	18 9a Boom Wacker 10a – Bingo 1p – Knitting Club 1p – B. Volleyball	19 10a – Pastor Jeff 11a- Social Hour 1p –Journals 2pm – Show & Tell	20 9p- Noodle ball 10a – Jeopardy 1p – Karen's Movie Birthday Party "Coal Miner's Daughter" 6p – Wordsearch w/Bobby	21 Weekend self- guided activities Please see activity board 10a – Volunteer Worship Service Happy Birthday Karen C.
22 See the weekend activity board.	23 9a – Group Olympics 10a – Tea Tasting 1p – Journaling Happy Birthday Earl W.	24 9a – Rhythm Sticks 10a –Comedy Hour 1p Harold Birthday Party Happy Birthday Harold S.	25 9a Native American Stelling 11a – Bingo 1p –Balloon Volley	26 8a - MAP 10a- Bethany Church (Activity Room) 11a- Social Hour 1p- Journaling 2p - Bowling Happy Birthday Kathleen P.	27 9p- Noodle ball 10a – Jeopardy 1p – Movie & Popcorn "A River Runs Through It" 6p – Wordsearch w/Bobby	28 Weekend self- guided activities Please see activity board 10a –Worship Service
29	30 9a – Group Olympics 10a – finger Painting 1p – Finish our Journals	31 10a – 9a- Rhythm Sticks 10a- Comedy Hour 10a-2p Spa Day				

January 2023 Activity Calendar