

January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:35 Moves w/ Hymns Songs 10:00 New Year's Trivia 1:15 Faith Trivia 2:00 Snack Time 3:00 Winter Sceneries	2 9:35 Chair Yoga 10:00 Short Story Club 1:15 Volley Balloon 2:00 Snack Time 3:00 Movie Monday	3 9:35 Sit & Wiggle Dance 10:00 Uno Cards Match 1:15 Poetry Reading Club 2:00 Snack Time 3:00 Winter Sceneries	4 9:35 Wake Up Moves 10:00 Parachute Fun 1:15 National Trivia Day 2:00 Snack Time 3:00 Winter Sceneries	5 9:35 Sit Fit Aerobics 10:00 Mandala Coloring 1:15 National Bird Day 2:00 Snack Time 3:00 Winter Sceneries	6 9:35 Volley Ball 10:30 Classic Literature w/ Gail C 1:15 Volley Balloon 2:00 Snack Time 3:00 Fun Friday Film	7 9:35 Morning Moves 10:00 Bingo 1:15 Jenga Blocks 2:00 Snack Time 3:00 Winter Sceneries
8 9:35 Moves w/ Hymns Songs 10:00 Drawing Class 1:15 Faith Trivia 2:00 Snack Time 3:00 Sing w/ Lyrics	9 9:35 Chair Yoga 10:00 Relax Hand Messages 1:15 Skee-Ball Target 2:00 Snack Time 3:00 Movie Monday	10 9:35 Sit & Wiggle Dance 10:00 Loteria 1:15 Poetry Reading Club 2:00 Snack Time 3:00 Sing w/ Lyrics	11 9:35 Wake Up Moves 10:00 Word Search Board 1:15 Food Trivia 2:00 Snack time 3:00 Sing w/ Lyrics	12 9:35 Sit Fit Aerobics 10:15 Cozy Winter Wonderland w/ Rod Robles 1:15 Jenga Blocks 2:00 Snack Time 3:00 Sing w/ Lyrics	13 9:35 Volley Ball 10:30 Classic Literature w/ Gail C 1:15 Skee-Ball Target 2:00 Snack Time 3:00 Fun Friday Film	14 9:35 Morning Moves 10:00 Match Card Games 1:15 Bowling 2:00 Snack Time 3:00 Sing w/ Lyrics
15 9:35 Move w/ Hymns Songs 10:00 Scrabble Words 1:15 Faith Trivia 2:00 Snack Time 3:00 Travelodge Film	16 9:35 Chair Yoga 10:00 Word Search Board 1:15 M L King Trivia 2:00 Snack Time 3:00 Movie Monday	17 9:35 Sit & Wiggle Dance 10:00 Bingo 1:15 Poetry Reading Club 2:00 Snack Time 3:00 Travelodge Film	18 9:35 Wake Up Moves 10:00 Puzzle Connect 1:15 Ball Catch & Throw 2:00 Snack Time 3:00 Travelodge Film	19 9:35 Sit Fit Aerobics 10:00 Sock Match & Fold 1:15 Bubble Pop Fun 2:00 National Popcorn Day 3:00 Travelodge Film	20 9:35 Volley Ball 10:30 Classic Literature w/ Gail C 1:15 Parachute Fun 2:00 Snack Time 3:00 Fun Friday Film	21 9:35 Morning Moves 10:00 Loteria 1:15 National Hug Day 2:00 Snack Time 3:00 Travelodge Film
22 9:35 Moves w/Hymns Songs 10:00 Jenga Blocks 1:15 Faith Trivia 2:00 Snack Time 3:00 Oldies SingAlong	23 9:35 Chair Yoga 10:00 Puzzle Connect 1:15 Bubble Pop Fun 2:00 Snack Time 3:00 Movie Monday	24 9:35 Sit & Wiggle Dance 10:00 Giant Loteria 1:15 Poetry Reading Club 2:00 Snack Time 3:00 Oldies SingAlong	25 9:35 Wake Up Moves 10:30 Travel w/Arden 1:15 Volley Balloon 2:00 Snack Time 3:00 Oldies SingAlong	26 9:35 Sit Fit Aerobics 10:00 Uno Cards Match 1:00 Art w/ Tonya From CCHH&H 2:00 Snack Time 2:30 Arden's Fun Social 	27 9:35 Volley Ball 10:30 Classic Literature w/ Gail C 1:15 Bubble Pop-Fun 2:00 Snack 3:00 Fun Friday Film	28 9:35 Morning Moves 10:00 Puzzle Connect 1:15 Short Story Club 2:00 Snack Time 3:00 Oldies Sing-Along
29 9:35 Moves w/ Hymns Songs 10:00 Parachute Fun 1:15 Faith Trivia 2:00 Snack Time 3:00 Memorable Songs	30 9:35 Chair Yoga 10:00 Relax Hand Messages 1:15 Uno Cards Match 2:00 Snack Time 3:00 Movie Monday	31 9:35 Sit & Wiggle Dance 10:00 Puzzle Connect 1:15 Poetry Reading Club 2:00 National Hot Chocolate Day 3:00 Memorable Songs 				