

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|---|--|--|--|---|---|
| 1<br>8:00<br>Breakfast<br>9:30<br>Exercise<br>10:30<br>Sing Along Hymns<br>11:30<br>Lunch<br>1:30<br>Cheers to 2023!<br>2:00<br>Sunday Sundaes<br>3:00<br>Puzzle Pals<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle                                      | 2<br>8:00<br>Breakfast<br>9:15 (MW C)<br>Raise the Flag<br>10:00<br>Exercise w/ Music<br>11:30<br>Lunch<br>1:00<br>Pairing & Sorting<br>2:30<br>Bowling<br>3:30<br>January Gazette<br>4:00 - 4:30<br><b>Harp Entertainment</b><br>4:30<br>Dinner<br>6:00<br>Daily Chronicle                         | 3<br>8:00<br>Breakfast<br>10:00<br>Chair volleyball<br>10:30<br>Trivia Hour<br>11:30<br>Lunch<br>1:00<br>Pretty Nails<br>2:30<br>Whack the Balloon<br>3:30<br>Snow Ball Toss<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle                  | 4<br>8:00<br>Breakfast<br>9:15<br>Raise The Flag<br>10:00<br>Sunrise Stretch<br>11:30<br>Lunch<br>1:00 - 1:30<br>Favorite Tunes<br>2:00<br>Workout w/ SelectRehab<br>3:00<br>Hand Massages<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle  | 5<br>8:00<br>Breakfast<br>10:00<br>Chair Volleyball<br>10:30 - 11:30<br>Beauty Hour<br>11:30<br>Lunch<br>1:00<br>Parachute Hour<br>2:30<br>Bingo<br>3:30<br>Cornhole<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle  | 6<br>8:00<br>Breakfast<br>9:15<br>Raise The Flag<br>9:30<br>Exercise<br>11:30<br>Lunch<br>1:30<br><b>Zumba w/ Shannon</b><br>3:00<br>Crafty Corner<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle                                 | 7<br>8:00<br>Breakfast<br>9:30<br>Hot Cocoa<br>10:00<br>Exercise<br>11:30<br>Lunch<br>1:00<br>Mocktails & Music<br>2:00<br>Bingo<br>3:00<br>Saturday Cinema<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle  |
| 8<br>8:00<br>Breakfast<br>9:30<br>Exercise<br>10:30<br>Sing Along Hymns<br>11:30<br>Lunch<br>1:00<br>Bowling<br>2:00<br>Sunday Sundaes<br>3:00<br>Card Games<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle   | 9<br>8:00<br>Breakfast<br>9:15 (MW C)<br>Raise the Flag<br>10:00<br>Exercise w/ Music<br>11:30<br>Lunch<br>1:00<br>Pairing & Sorting<br>1:30<br><b>Crumb Cookie Sampling</b><br>2:30<br>Whack the Balloon<br>3:30 - 4:30<br><b>Piano Entertainment</b><br>4:30<br>Dinner<br>6:00<br>Daily Chronicle | 10<br>8:00<br>Breakfast<br>10:00<br>Chair volleyball<br>10:30<br>Trivia Hour<br>11:30<br>Lunch<br>1:00<br>Pretty Nails<br>2:00 - 3:00<br><b>Piano Entertainment</b><br>3:00<br>Snow Ball Toss<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle | 11<br>8:00<br>Breakfast<br>9:15<br>Raise The Flag<br>10:00<br>Sunrise Stretch<br>11:30<br>Lunch<br>1:00 - 1:30<br>Favorite Tunes<br>2:00<br>Workout w/ SelectRehab<br>3:00<br>Hand Massages<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle   | 12<br>8:00<br>Breakfast<br>10:00<br>Chair Volleyball<br>10:30 - 11:30<br>Beauty Hour<br>11:30<br>Lunch<br>1:00<br>Parachute Hour<br>2:30<br>Bingo<br>3:30<br>Cornhole<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle                                       | 13<br>8:00<br>Breakfast<br>9:15<br>Raise The Flag<br>9:30<br>Exercise<br>10:00<br><b>Pet Therapy</b><br>11:30<br>Lunch<br>1:30<br>Crafty Corner<br>3:00<br>Scenic Drive<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle            | 14<br>8:00<br>Breakfast<br>9:30<br>Hot Cocoa<br>10:00<br>Exercise<br>11:30<br>Lunch<br>1:00<br>Mocktails & Music<br>2:00<br>Bingo<br>3:00<br>Saturday Cinema<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle |
| 15<br>8:00<br>Breakfast<br>9:30<br>Exercise<br>10:30<br>Sing Along Hymns<br>11:30<br>Lunch<br>1:00<br>Bowling<br>2:00 - 3:00<br><b>Live Entertainment</b><br>2:00<br>Sunday Sundaes<br>3:00<br>Puzzle Pals<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle | 16<br>8:00<br>Breakfast<br>9:15 (MW C)<br>Raise the Flag<br>10:00<br>Exercise w/ Music<br>11:30<br>Lunch<br>1:00<br>Pairing & Sorting<br>2:30<br>Whack the Balloon<br>3:00<br>WinterReminiscing Hour<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle   | 17<br>8:00<br>Breakfast<br>10:00<br>Chair volleyball<br>10:30<br>Trivia Hour<br>11:30<br>Lunch<br>1:00<br>Pretty Nails<br>2:30<br>Card Games<br>3:30<br>Snow Ball Toss<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle                        | 18<br>8:00<br>Breakfast<br>9:15<br>Raise The Flag<br>10:00<br>Sunrise Stretch<br>11:30<br>Lunch<br>1:00 - 1:30<br>Favorite Tunes<br>2:00 - 3:00 (ALDR)<br><b>Elvis Entertainment</b><br>2:00<br>Workout w/ SelectRehab<br>3:00<br>Hand Massages<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle | 19<br>8:00<br>Breakfast<br>10:00<br>Chair Volleyball<br>10:30 - 11:30<br>Beauty Hour<br>11:30<br>Lunch<br>1:00<br>Parachute Hour<br>2:00 - 3:00<br><b>DJ Dean Hill</b><br>3:00<br>Bingo<br>3:30<br>Cornhole<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle | 20<br>8:00<br>Breakfast<br>9:15<br>Raise The Flag<br>9:30<br>Exercise<br>10:00<br><b>Pet Therapy</b><br>11:30<br>Lunch<br>1:30<br><b>Zumba w/ Shannon</b><br>2:30<br>Crafty Corner<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle | 21<br>8:00<br>Breakfast<br>9:30<br>Hot Cocoa<br>10:00<br>Exercise<br>11:30<br>Lunch<br>1:00<br>Mocktails & Music<br>2:00<br>Bingo<br>3:00<br>Saturday Cinema<br>4:30<br>Dinner<br>6:00<br>Daily Chronicle |

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|--|--|--|---|---|--|--|
| <b>22</b><br><b>8:00</b> Breakfast<br><b>9:30</b> Exercise<br><b>10:30</b> Sing Along Hymns<br><b>11:30</b> Lunch<br><b>1:00</b> Bowling<br><b>2:00</b> Sunday Sundaes<br><b>3:00</b> Card Games<br><b>4:30</b> Dinner<br><b>6:00</b> Daily Chronicle  | <b>23</b><br><b>8:00</b> Breakfast<br><b>9:15 (MW C)</b> Raise the Flag<br><b>10:00</b> Exercise w/ Music<br><b>11:30</b> Lunch<br><b>1:00</b> Pairing & Sorting<br><b>2:30</b> Tea Time<br><b>3:30 - 4:30</b> Piano Entertainment<br><b>4:30</b> Dinner<br><b>6:00</b> Daily Chronicle      | <b>24</b><br><b>8:00</b> Breakfast<br><b>10:00</b> Chair volleyball<br><b>10:30</b> Trivia Hour<br><b>11:30</b> Lunch<br><b>1:00</b> Pretty Nails<br><b>2:00 - 3:00</b> Piano Entertainment<br><b>3:30</b> Snow Ball Toss<br><b>4:30</b> Dinner<br><b>6:00</b> Daily Chronicle                             | <b>25</b><br><b>8:00</b> Breakfast<br><b>9:15</b> Raise The Flag<br><b>10:00</b> Sunrise Stretch<br><b>11:30</b> Lunch<br><b>1:00 - 1:30</b> Favorite Tunes<br><b>2:00</b> Workout w/ SelectRehab<br><b>3:00</b> Hand Massages<br><b>4:30</b> Dinner<br><b>6:00</b> Daily Chronicle | <b>26</b><br><b>8:00</b> Breakfast<br><b>10:00</b> Chair Volleyball<br><b>10:30 - 11:30</b> Beauty Hour<br><b>11:30</b> Lunch<br><b>1:00</b> Parachute Hour<br><b>2:30</b> Bingo<br><b>3:30</b> Cornhole<br><b>4:30</b> Dinner<br><b>6:00</b> Daily Chronicle | <b>27</b><br><b>8:00</b> Breakfast<br><b>9:15</b> Raise The Flag<br><b>9:30</b> Exercise<br><b>11:30</b> Lunch<br><b>1:30</b> Crafty Corner<br><b>3:00</b> Scenic Drive<br><b>4:30</b> Dinner<br><b>6:00</b> Daily Chronicle | <b>28</b><br><b>8:00</b> Breakfast<br><b>9:30</b> Hot Cocoa<br><b>10:00</b> Exercise<br><b>11:30</b> Lunch<br><b>1:00</b> Mocktails & Music<br><b>2:00</b> Bingo<br><b>3:00</b> Saturday Cinema<br><b>4:30</b> Dinner<br><b>6:00</b> Daily Chronicle |
| <b>29</b><br><b>8:00</b> Breakfast<br><b>9:30</b> Exercise<br><b>10:30</b> Sing Along Hymns<br><b>11:30</b> Lunch<br><b>1:00</b> Bowling<br><b>2:00</b> Sunday Sundaes<br><b>3:00</b> Puzzle Pals<br><b>4:30</b> Dinner<br><b>6:00</b> Daily Chronicle | <b>30</b><br><b>8:00</b> Breakfast<br><b>9:15 (MW C)</b> Raise the Flag<br><b>10:00</b> Exercise w/ Music<br><b>11:30</b> Lunch<br><b>1:00</b> Pairing & Sorting<br><b>2:00</b> Wine & Cheese Tasting<br><b>3:00</b> Winter Reminiscing<br><b>4:30</b> Dinner<br><b>6:00</b> Daily Chronicle | <b>31</b><br><b>8:00</b> Breakfast<br><b>9:00</b> Donut Delivery<br><b>10:00</b> Chair volleyball<br><b>10:30</b> Trivia Hour<br><b>11:30</b> Lunch<br><b>1:00</b> Pretty Nails<br><b>2:00 - 3:00</b> Whack the Balloon<br><b>3:00</b> Snow Ball Toss<br><b>4:30</b> Dinner<br><b>6:00</b> Daily Chronicle |   |   |  |  |

### MONTHLY HIGHLIGHT

- 2 Harp Entertainment
- 6 Zumba w/ Shannon
- 9 Crumbl Cookie Sampling
- 9 Piano Entertainment
- 10 Piano Entertainment
- 13 Pet Therapy
- 15 Live Entertainment
- 18 Elvis Entertainment
- 19 DJ Dean Hill
- 20 Pet Therapy
- 20 Zumba w/ Shannon
- 23 Tea Time
- 23 Piano Entertainment
- 24 Piano Entertainment
- 31 Donut Delivery

### HAPPY BIRTHDAY!

- 1/10 Mary Lou M.
- 1/13 Sharon H.
- 1/18 Emma Lou H.
- 1/23 Mag H.



### ACTIVITY KEY

- 50D** 50's Diner
- ACT** Activities Room
- ALDR** AL Dining Room
- All Day Event
- BAR** Bar
- B** Bistro
- CK** Country Kitchen
- DR** Dining Room
- D2D** Door to Door
- LV1** First Floor Living Room
- SUN1** First Floor Sunroom
- FL** Front Lobby
- LIB** Library
- LR** Living Room
- MW** Memory Way
- MW C** MW Courtyard
- O** Outing
- PDR** Private Dining Room
- 2FLB** Second Floor Balcony
- LV2** Second Floor Living Room
- SUN2** Second Floor Sunroom
- S2B** Second Floor Sunroom B
- SUN** Sunroom
- TR** Theater Room
- V** Veranda
- WC** Wellness Center

