

happy new year

JANUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places

- Dining Room
- 2nd Floor
- RSC Office/ Country Store
- Exercise Room
- Reception desk
- First Floor Lobby
- Beauty Shop
- Activity Room
- Library
- TV Lounge

If you would like to see an activity/event not reflected on the calendar, please see RSC/Administrator.

Activities are subject to change.

Monthly wellness checks conducted by nursing the 1st - 5th

♥ - Activity must be signed up for prior to event.

\$ - Smart Buck Activity



01 New Year's Day
9:00 Wellness Clinic (9-11, 1-2, 2:30-3, & 6-7)
10:00 \$ Coffee Group!
10:30 Country Store Open (10:30 -11)
1:00 Chair Exercises

02
8:30 Doctor Appointments/Open Transportation
9:00 Wellness Clinic (9-11, 1-2, 2:30-3, & 6-7)
9:00 Walmart trips
2:00 Live Entertainment w/ The Nitpickers

03
9:00 Wellness Clinic (9-11, 1-2, 2:30-3, & 6-7)
10:00 Beautician
10:00 \$ Exercises with Bands
10:30 Country Store Open (10:30 -11)
2:00 Bingo with Michael
3:15 Partners for Pets

04
9:00 Wellness Clinic (9-11, 1-2, 2:30-3, & 6-7)
9:00 Walmart Trips
11:00 Cooking w/ Sandy!
2:00 SMART BUCKS DRAWING!!!!!!

05
9:00 Wellness Clinic (9-11, 1-2, 2:30-3, & 6-7)
10:00 \$ Chair Exercises with Michael
10:30 Country Store Open (10:30 -11)
1:30 Manicures! with Michael

06
10:00 Bible Study
10:30 Weekly Chronicles & Word Games (pick up)

07
9:30 TV Stream - church services
1:00 Sunday Matinee Movie

08
10:30 Country Store Open (10:30 -11)
1:00 \$ Exercise Games with Michael
2:00 Matching Baby Animals!
3:00 iN2L Trivia

09
8:30 Doctor Appointments/Open Transportation
9:00 Walmart trips
1:15 Discovery Series with Therapy

10
10:00 Beautician
10:00 \$ Exercises with Bands
10:30 Country Store Open (10:30 -11)
2:00 Bingo with Michael

11
10:00 Country Store Open (10 - 10:30)
11:00 Luncheon - Spring Garden
1:00 Cookies & Chat with Kara!
2:00 Happy Hour!

12
10:00 \$ Chair Exercises with Michael
10:30 Country Store Open (10:30 -11)
2:00 Bingo w/ Kara!

13
9:00 Card Games - activity room
10:00 Bible Study
10:30 Weekly Chronicles & Word Games (pick up)

14
9:30 TV Stream - church services
1:00 Sunday Matinee Movie

15 Birthday of Martin Luther King, Jr.
9:00 MLK Jr. Activity Handouts!
10:00 \$ Chair Exercises
1:00 Hearts Ceramics

16
8:30 Doctor Appointments/Open Transportation
9:00 Walmart trips
2:00 Resident Council
2:30 Food Council

17
10:00 Beautician
10:00 \$ Exercises with Bands
10:30 Country Store Open (10:30 -11)
2:00 Bingo with Michael
3:15 Partners for Pets

18
9:00 Walmart Trips
11:00 Cooking w/ Sandy!
1:00 iN2L Brain Exercises with Michael
2:00 Monthly Birthdays Party

19
10:00 \$ Chair Exercises with Michael
10:30 Country Store Open (10:30 -11)
1:30 Popcorn and Manicures! with Michael

20
10:00 Bible Study
10:30 Weekly Chronicles & Word Games (pick up)

21
9:30 TV Stream - church services
1:00 Sunday Matinee Movie

22
10:30 Country Store Open (10:30 -11)
1:00 \$ Exercise Games with Michael
1:30 Hearts Crafts with Michael
2:00 Opposite Words with Michael

23
8:30 Doctor Appointments/Open Transportation
9:00 Walmart trips
2:00 Live Entertainment w/ Tommy Tunes

24
9:30 Mother of Perpetual Help Communion
10:00 Beautician
10:00 \$ Exercises with Bands
1:00 Country Store Open (1 - 1:30)
2:00 Bingo with Michael
7:00 Night at the Movies w/ Michael

25
10:00 Country Store Open (10 - 10:30)
11:00 Hearts Luncheon - New China
1:00 Cookies & Chat with Kara!
2:00 Snowball Fight!

26
10:00 \$ Chair Exercises with Michael
10:30 Country Store Open (10:30 -11)
2:00 Cake Walk!

27
9:00 Card Games - activity room
10:00 Bible Study
10:30 Weekly Chronicles & Word Games (pick up)

28
9:30 TV Stream - church services
1:00 Sunday Matinee Movie

29
10:00 \$ Coffee Group!
10:30 Country Store Open (10:30 -11)
1:00 \$ Exercise Games with Michael
1:00 Hearts Ceramics
2:00 Scattergories and Blank Slate

30
8:30 Doctor Appointments/Open Transportation
9:00 Walmart trips
1:00 Hearts Cooking with Dietary

31
10:00 Beautician
10:00 \$ Exercises with Bands
10:30 Country Store Open (10:30 -11)
2:00 Bingo with Michael
3:15 Partners for Pets

