



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
-  Activity Room
-  Front Lobby
-  Hallways
-  Conference Room
-  TV Lounge
-  Apartments
-  TV Lounge

Wellness Checks

1st Floor- December 7th

2nd Floor- December 8th

Resident Birthdays:

Jeanie 1/14

Angie 1/17

Connie 1/18















Deb 1/20

Sarah 1/28









Barbara 1/31

New Year's Day













01

- 8:00  iN2L: Weekly Crossword Puzzle 
- 9:00  Store Drop Off 
- 9:30  iN2L Chair Exercises 
- 10:00  Daily Chronical Sheet 
- 10:00  Self Guided Walking Path 
- 2:00  Bingo 
- 7:00  Pray Group with Jennifer 









02

- 9:00  Walmart 
- 9:00  iN2L: On this Day 
- 10:00  Daily Chronical Sheet 
- 2:00  Indoor Bowling 













03

- 9:30  iN2L Chair Exercises 
- 10:00  Country Store 
- 10:00  Daily Chronical Sheet 
- 10:00  Self Guided Walking Path 
- 1:00  Painting With Jim 
- 2:00  TikTok Club 











04

- 10:00  Country Store 
- 10:00  Daily Chronical Sheet 
- 2:00  Worship 
- 2:30  Hot Chocolate Social with toppings 













05

- 9:30  iN2L Chair Exercises 
- 10:00  Daily Chronical Sheet 
- 10:00  Self Guided Walking Path 
- 10:00  Chair Pilates with Dean 
- 10:30  Manicures 
- 2:00  Bingo 













06

- 10:00  Daily Chronical Sheet 
- 10:00  Independent TV 
- 10:00  Puzzle Packet 
- 1:00  Color your Stress Away 
- 1:30  UNO Card Game 











07

- 9:30  Mass (Channel 9) 
- 10:00  Daily Chronical Sheet 
- 10:00  Independent TV 
- 10:00  Puzzle Packet 
- 10:30  Worship on Channel 15 TBN 
- 1:30  Mexican Train Dominoes 













08

- 8:00  iN2L: Weekly Crossword Puzzle 
- 9:00  Store Drop Off 
- 9:30  iN2L Chair Exercises 
- 10:00  Daily Chronical Sheet 
- 10:00  Self Guided Walking Path 
- 2:00  Bingo 









09

- 9:00  Walmart 
- 9:00  iN2L: On this Day 
- 10:00  Catholic Mass 
- 10:00  Daily Chronical Sheet 
- 2:00  Take down Christmas 













10

- 9:30  iN2L Chair Exercises 
- 10:00  Country Store 
- 10:00  Daily Chronical Sheet 
- 10:00  Self Guided Walking Path 
- 1:00  Painting With Jim 
- 2:00  LIVE Music with Joe Sakowski 











11

- 10:00  Country Store 
- 10:00  Daily Chronical Sheet 
- 2:00  Worship 
- 2:30  Milk Shakes - National Milk Day 













12

- 9:30  iN2L Chair Exercises 
- 10:00  Daily Chronical Sheet 
- 10:00  Self Guided Walking Path 
- 10:00  Chair Pilates with Dean 
- 10:30  Manicures 
- 2:00  Bingo 

13















- 10:00  Daily Chronical Sheet 
- 10:00  Independent TV 
- 10:00  Puzzle Packet 
- 1:00  Color your Stress Away 
- 1:30  UNO Card Game 

14









- 9:30  Mass (Channel 9) 
- 10:00  Daily Chronical Sheet 
- 10:00  Independent TV 
- 10:00  Puzzle Packet 
- 10:30  Worship on Channel 15 TBN 
- 1:30  Mexican Train Dominoes 

Birthday of Martin Luther King, Jr.













15

- 8:00  iN2L: Weekly Crossword Puzzle 
- 9:00  Store Drop Off 
- 9:30  iN2L Chair Exercises 
- 10:00  Daily Chronical Sheet 
- 10:00  Self Guided Walking Path 
- 2:00  Bingo 
- 7:00  Pray Group with Jennifer 













16

- 9:00  Walmart 
- 9:00  iN2L: On this Day 
- 10:00  Daily Chronical Sheet 
- 2:00  Try Spicy Snacks! - Spicy Food Day 













17

- 9:30  iN2L Chair Exercises 
- 10:00  Country Store 
- 10:00  Daily Chronical Sheet 
- 10:00  Self Guided Walking Path 
- 1:00  Painting With Jim 
- 2:00  BUNCO Game 











18

- 10:00  Country Store 
- 10:00  Daily Chronical Sheet 
- 1:00  Food Committee 
- 2:00  Holiday Party with Matt Callahan (rescheduled) 
- 2:00  Worship 
- 3:00  Tails Newspaper Donation Delivery 













19

- 9:30  iN2L Chair Exercises 
- 10:00  Daily Chronical Sheet 
- 10:00  Self Guided Walking Path 
- 10:00  Chair Pilates with Dean 
- 10:30  Manicures 
- 2:00  Bingo 















20

- 10:00  Daily Chronical Sheet 
- 10:00  Independent TV 
- 10:00  Puzzle Packet 
- 1:00  Color your Stress Away 
- 1:30  UNO Card Game 









21

- 9:30  Mass (Channel 9) 
- 10:00  Daily Chronical Sheet 
- 10:00  Independent TV 
- 10:00  Puzzle Packet 
- 10:30  Worship on Channel 15 TBN 
- 1:30  Mexican Train Dominoes 











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- 8:00  iN2L: Weekly Crossword Puzzle 
- 9:00  Store Drop Off 
- 9:30  iN2L Chair Exercises 
- 10:00  Daily Chronical Sheet 
- 10:00  Self Guided Walking Path 
- 2:00  Bingo 
- 7:00  Pray Group with Jennifer 






23

- 9:00  Walmart 
- 9:00  iN2L: On this Day 
- 10:00  Daily Chronical Sheet 
- 2:00  Tropical Getaway - Smoothies 

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- 9:30  iN2L Chair Exercises 
- 10:00  Country Store 
- 10:00  Daily Chronical Sheet 
- 10:00  Self Guided Walking Path 
- 1:00  Painting With Jim 

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- 10:00  Country Store 
- 10:00  Daily Chronical Sheet 
- 2:00  Worship 