



JANUARY 2024	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dimensions of Wellness  Physical Emotional Spiritual Environmental Vocational Social	Happy: New year: 2024	New Year's Day  10:00  Exercise \$\$ 11:00  Explore the IN2L system! AR \$\$ 2:00  Bingo \$\$  DR	9:30 Dr appointments ML 10:00 Exercise \$\$ AR 11:00 Explore the IN2L system! AR \$\$ 1:00 Dr. Appointments ML	10:00 Exercise \$\$ 10:00 Public library will be here 11:00 Explore the IN2L system! AR \$\$ 1:30 Make sun catchers 6:00 Bible Study with Curt  AR	10:00 Exercise \$\$ AR 11:00 Explore the IN2L system! AR \$\$ 1:30 Walmart trip ML	10:00 Exercise \$\$ AR 11:00 Explore the IN2L system! AR \$\$ 2:00 Happy Hour 3:00 Country Store	12:00 Independent Games and AR puzzles 7:00 Independent TV of Choice EB
Meeting Places  AR Activity Room DR Dining Room ML Main Lobby CS Country Store EB Entire Building  If you would like to	7:00 I Independent Games and puzzles 12:00 I Independent TV of Choice EB	10:00   Exercise \$\$ AR 11:00   Explore the IN2L system! AR \$\$ 2:00   Bingo \$\$ DR 3:00   Country Store	9:30 Dr appointments 10:00 Exercise \$\$ AR 11:00 Explore the IN2L system! AR \$\$ 1:00 Dr. Appointments 2:00 Communion with AR Presbyterian chuch	10:00   Exercise \$\$ AR 10:00   Public library will be here 11:00   Explore the IN2L system! AR \$\$ 1:30   Cardio Drumming \$\$ AR 6:00   Bible Study with Curt 6:30   Name That Tune DR	10:00   Exercise \$\$ AR 11:00   Explore the IN2L system! AR \$\$ 1:30   Dollar Tree ML 6:30   Movie Night DR	10:00	12:00 Independent Games and puzzles 7:00 Independent TV of Choice EB
see an activity/ service not reflected, please see RSC or Administrator. Activities are subject to change!	7:00 I Independent Games and puzzles 12:00 I Independent TV of Choice EB	11:00 Explore the IN2L system! AR \$\$ 2:00 Bingo \$\$ DR	9:30 Dr appointments 10:00 Exercise \$\$ 11:00 Explore the IN2L system! \$\$ 1:00 Dr. Appointments 6:30 Movie Night  ML DR	10:00 Exercise \$\$ 10:00 Public library will be here 11:00 Explore the IN2L system!  \$\$ 2:00 Happy Hour 6:00 Bible Study with Curt	10:00 Exercise \$\$ AR 11:00 Explore the IN2L system! AR \$\$ 1:00 Greenfield Country Store ML	10:00 Exercise \$\$ AR 11:00 Explore the IN2L system! AR \$\$ 1:30 Rummy Tournament 3:00 Country Store CS	12:00 Independent Games and AR puzzles 7:00 Independent TV of Choice EB
Wellness checks will be conducted the 1st thru the 10th of every month Open to public-	7:00 Independent Games and puzzles 12:00 Independent TV of Choice EB	11:00 Explore the IN2L system! AR \$\$ 2:00 Bingo \$\$ DR	9:30 Dr appointments ML 10:00 Exercise \$\$ AR 11:00 Explore the IN2L system! AR \$\$ 1:00 Dr. Appointments ML		10:00 Exercise \$\$ AR 10:30 Dollar General ML 11:00 Explore the IN2L system! AR \$\$ 1:30 Cooking with Tammy \$\$	10:00 Exercise \$\$ AR 11:00 Explore the IN2L system! AR \$\$ 2:00 Bingo \$\$ DR 3:00 Country Store 6:30 Bingo with the Presbyterian church	12:00 Independent Games and AR puzzles 7:00 Independent TV of Choice EB
Happy Hours-5th and 17th @2om Name that tume- 10th @ 6:30pm	7:00 I Independent Games and puzzles 12:00 I Independent TV of Choice EB	11:00	9:30 Dr appointments ML 10:00 Exercise \$\$ AR 11:00 Explore the IN2L system! AR \$\$ 1:00 Dr. Appointments ML 2:00 Resident Council Meeting AR	10:00 Exercise \$\$ AR 10:00 Public library will be here 11:00 Explore the IN2L system! AR \$\$ 2:00 Birthday party and Raffle Drawing! 6:00 Bible Study with Curt  AR	ENVIRONMENTAL DIMENSIONS OF Wellness International Council on Active Aging*  SPIRITUAL	LIVES HERE  Ask us about our IN2L technology!	