



MARTIN LUTHER KING DAY

JANUARY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

**Calendar Times and Events are Subject to Change. If you would like an activity/service not reflected on the calendar please notify your RSC.

1=1st Floor Dining Room

1(PDR)= 1st Floor Dining Room

2=2nd Floor

2(LR)=2nd Floor Living Room

2 (AK)=Activity Kitchen

3=3rd Floor Multi-Purpose Room

*** Monthly Wellness Checks 01/03-01/07

Jan 30	Jan 31						01
06:30a TV Catholic Mass 08:30a City First Church on TV WIFR Channel 5 09:30a Walking Warriors Exercise 10:00a City First Church on TV WIFR Channel 5 02:00p Ted at 2-1	09:30a Exercise with Mabel-3 09:30a Walking Warriors Exercise 10:00a Country Store Open-2 02:00p Bingo-1 03:30p Piano with Paige-1				***No Mobile Library this month, it will resume in February.		09:30a Walking Warriors Exercise 02:00p Bingo with Steve-1 06:30p Saturday Movie -Shall we Dance?-2LR
02 06:30a TV Catholic Mass 08:30a City First Church on TV WIFR Channel 5 09:30a Walking Warriors Exercise 10:00a City First Church on TV WIFR Channel 5 02:00p Ted at 2-1	03 09:30a Exercise with Mabel-3 09:30a Walking Warriors Exercise 10:00a Country Store Open-2 02:00p Bingo-1 03:30p Piano with Paige-1	04 09:30a Walking Warriors Exercise 02:00p Church Service and Bible Study with Pastor Karl-1 03:30p Piano with Paige-1	05 09:30a Exercise with Mabel-3 10:00a Country Store Open-2 02:00p Bus sign up-3 03:30p Piano with Paige-1 06:00p Scrabble-2AK	06 09:30a Walking Warriors Exercise 01:00p Walmart 03:30p Piano with Paige-1 07:00p Bingo with Ron-1	07 09:30a Exercise with Mabel-3 09:30a Walking Warriors Exercise 10:00a Country Store Open-2 02:00p Balloon Volleyball-1 03:30p Piano with Paige-1	08 09:30a Walking Warriors Exercise 02:00p Bingo with Steve-1 06:30p Saturday Movie -Blue Hawaii-2LR	
09 06:30a TV Catholic Mass 08:30a City First Church on TV WIFR Channel 5 09:30a Walking Warriors Exercise 10:00a City First Church on TV WIFR Channel 5 02:00p Ted at 2-1	10 09:30a Exercise with Mabel-3 09:30a Walking Warriors Exercise 10:00a Country Store Open-2 02:00p Bingo-1 03:30p Piano with Paige-1	11 09:30a Walking Warriors Exercise 02:00p Church Service and Bible Study with Pastor Karl-2 03:30p Piano with Paige-1	12 09:00a Wellness Discovery Series -1 09:30a Exercise with Mabel-3 10:00a Country Store Open-2 11:00a Lunch at Linos 03:30p Piano with Paige-1 06:00p Scrabble-2LR	13 09:30a Walking Warriors Exercise 01:00p Dollar Tree 03:30p Piano with Paige-1 07:00p Bingo with Ron-1	14 09:30a Exercise with Mabel-3 09:30a Walking Warriors Exercise 10:00a Country Store Open-2 02:00p Elvis Celebration and trivia-1 03:30p Piano with Paige-1	15 09:30a Walking Warriors Exercise 02:00p Bingo with Steve-1 06:30p Saturday Movie -Life with Elizabeth-2LR	
16 06:30a TV Catholic Mass 08:30a City First Church on TV WIFR Channel 5 09:30a Walking Warriors Exercise 10:00a City First Church on TV WIFR Channel 5 02:00p Ted at 2-1	17 09:30a Exercise with Mabel-3 09:30a Walking Warriors Exercise 10:00a Country Store Open-2 02:00p Bingo-1 03:30p Piano with Paige-1	18 09:30a Walking Warriors Exercise 02:00p Church Service and Bible Study with Pastor Karl-2 03:30p Piano with Paige-1	19 09:30a Exercise with Mabel-3 09:30a Walking Warriors Exercise 10:00a Country Store Open-2 02:00p Food Committee-1 03:30p Piano with Paige-1 06:00p Scrabble-2AK	20 09:30a Walking Warriors Exercise 10:00a Activity Planning Meeting-2AK 01:00p Walmart 03:30p Piano with Paige-1 07:00p Bingo with Ron-1	21 09:30a Exercise with Mabel-3 09:30a Walking Warriors Exercise 10:00a Country Store Open-2 02:00p Crafts with Crystal-3 03:30p Piano with Paige-1	22 09:30a Walking Warriors Exercise 02:00p Bingo with Steve-1 06:30p Saturday Movie -Rain Man-2LR	
23 06:30a TV Catholic Mass 08:30a City First Church on TV WIFR Channel 5 09:30a Walking Warriors Exercise 10:00a City First Church on TV WIFR Channel 5 02:00p Ted at 2-1	24 09:30a Exercise with Mabel-3 09:30a Walking Warriors Exercise 10:00a Country Store Open-2 02:00p Bingo-1 03:30p Piano with Paige-1	25 09:30a Walking Warriors Exercise 02:00p Church Service and Bible Study with Pastor Karl-2 03:30p Piano with Paige-1	26 09:30a Exercise with Mabel-3 09:30a Walking Warriors Exercise 10:00a Country Store Open-2 02:00p Resident Council-1 03:30p Piano with Paige-1 06:00p Scrabble-2AK	27 09:30a Walking Warriors Exercise 01:00p Walgreens 03:30p Piano with Paige-1 07:00p Bingo with Ron-1	28 09:30a Exercise with Mabel-3 09:30a Walking Warriors Exercise 10:00a Country Store Open-2 02:00p Birthday Celebration-1 03:30p Piano with Paige-1	29 09:30a Walking Warriors Exercise 02:00p Bingo with Steve-1 06:30p Saturday Movie - Chicago-2LR	