

# JANUARY

**JANUARY 2024**

**SUNDAY**

**MONDAY**

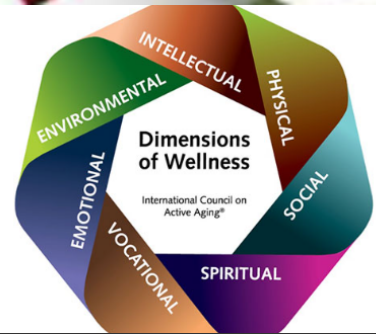
**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



- Dimensions of Wellness
- Physical
  - Emotional
  - Spiritual
  - Environmental
  - Vocational
  - Social
  - Intellectual

- Meeting Places
- ACT** Activity Room
  - VT** Van Trip
  - DOW** Downstairs Foyer
  - DIN** Dining Room
  - UL** Upstairs Lounge
  - Everyone** The Hallways
  - DOW** Downstairs Foyer

Hello January:  
  
Jan 15- wear your favorite hat all day as we celebrate National Hat Day.

Walking Warriors-  
  
- Walk the halls with your neighbors. Become a Walking Warrior by keeping track of your steps.

<p><b>01</b> New Year's Day</p> <p>10:00   What Happened Last? <b>ACT</b></p> <p>1:30   Games With Friends <b>ACT</b></p> <p>6:30   Evening Exercise <b>ACT</b></p>	<p><b>02</b></p> <p>9:30   Shuttle Day <b>VT</b></p> <p>1:30   Bingo <b>DIN</b></p> <p>3:00   Hot Cocoa Bar <b>DOW</b></p> <p>6:00   Evening Revival <b>ACT</b></p>	<p><b>03</b></p> <p>9:30   Trinity Church <b>DIN</b></p> <p>1:00   Communion <b>DIN</b></p> <p>1:30   Funny New Years Resolutions <b>UL</b></p> <p>6:30   Walking Warriors <b>Everyone</b></p>	<p><b>04</b></p> <p>9:30   Bingo <b>DIN</b></p> <p>1:30   Who Are We? <b>UL</b></p> <p>3:00   Hot Cocoa Bar <b>DOW</b></p> <p>6:30   Game Night <b>UL</b></p>	<p><b>05</b></p> <p>9:30   Chair Exercise - Dance <b>UL</b></p> <p>1:30   Let's Tell Some Jokes <b>UL</b></p> <p>6:30   Helping Hands <b>ACT</b></p>	<p><b>06</b></p> <p>10:00   Activity Puzzle Packets <b>FD</b></p> <p>1:30   Games with Friends <b>UL</b></p>
<p><b>07</b></p> <p>9:30   Coffee &amp; News <b>DOW</b></p> <p>1:00   Music with Friends <b>UPF</b></p>	<p><b>08</b></p> <p>10:00   Let's Talk Yums <b>ACT</b></p> <p>1:30   Pass the Pig <b>ACT</b></p> <p>3:00   Elvis' Birthday <b>DOW</b></p> <p>6:30   Evening Exercise <b>ACT</b></p>	<p><b>09</b></p> <p>9:30   Shuttle Day <b>VT</b></p> <p>1:30   Bingo <b>DIN</b></p> <p>3:00   Hot Cocoa Bar <b>DOW</b></p> <p>6:00   Evening Revival <b>ACT</b></p>	<p><b>10</b></p> <p>10:00   Coffee Hour <b>ACT</b></p> <p>1:00   Communion <b>DIN</b></p> <p>1:30   Winter Craft <b>ACT</b></p> <p>6:30   Walking Warriors <b>Everyone</b></p>	<p><b>11</b></p> <p>9:30   Bingo <b>DIN</b></p> <p>1:30   Bowling <b>DOW</b></p> <p>3:00   Hot Cocoa Bar <b>DOW</b></p> <p>6:30   Game Night <b>ACT</b></p>	<p><b>12</b></p> <p>9:30   Chair Exercise- Yoga <b>DOW</b></p> <p>1:30   Do You Remember Saturday Night Fever? <b>UL</b></p> <p>6:30   Helping Hands <b>ACT</b></p>
<p><b>14</b></p> <p>9:30   Coffee &amp; News <b>DOW</b></p> <p>1:00   Music with Friends <b>UPF</b></p>	<p><b>15</b> Birthday of Martin Luther King, Jr.</p> <p>10:00   What Am I <b>UL</b></p> <p>1:30   Putting the Past in Order <b>ACT</b></p> <p>3:00   National Hat Day <b>DOW</b></p> <p>6:30   Evening Exercise <b>ACT</b></p>	<p><b>16</b></p> <p>9:30   Shuttle Day <b>VT</b></p> <p>1:30   Bingo <b>DIN</b></p> <p>3:00   Hot Cocoa Bar <b>DOW</b></p> <p>6:00   Evening Revival <b>ACT</b></p>	<p><b>17</b></p> <p>10:00   Coffee Hour <b>ACT</b></p> <p>1:00   Communion <b>DIN</b></p> <p>1:30   Health Pro Activity <b>ACT</b></p> <p>6:30   Walking Warriors <b>Everyone</b></p>	<p><b>18</b></p> <p>9:30   Bingo <b>DIN</b></p> <p>1:30   Winter Trivia <b>UL</b></p> <p>3:00   Hot Cocoa Bar <b>DOW</b></p> <p>6:30   Game Night <b>UL</b></p>	<p><b>19</b></p> <p>9:30   Chair Exercise- floor Ball <b>DOW</b></p> <p>10:00   Resident Meeting <b>UL</b></p> <p>1:30   Who is Dolly Parton <b>UL</b></p> <p>6:30   Helping Hands <b>ACT</b></p>
<p><b>21</b></p> <p>9:30   Coffee &amp; News <b>DOW</b></p> <p>1:00   Music with Friends <b>UPF</b></p>	<p><b>22</b></p> <p>10:00   Universal Yums <b>ACT</b></p> <p>1:30   Healthy Cooking with Kaleb <b>DIN</b></p> <p>3:00   Grandpa's Day <b>DOW</b></p> <p>6:30   Evening Exercise <b>ACT</b></p>	<p><b>23</b></p> <p>9:30   Shuttle Day <b>VT</b></p> <p>1:30   Bingo <b>DIN</b></p> <p>3:00   Hot Cocoa Bar <b>DOW</b></p> <p>6:00   Evening Revival <b>ACT</b></p>	<p><b>24</b></p> <p>10:00   Coffee Hour <b>ACT</b></p> <p>1:00   Communion <b>DIN</b></p> <p>1:30   Food Meeting <b>UL</b></p> <p>6:30   Walking Warriors <b>Everyone</b></p>	<p><b>25</b></p> <p>9:30   Bingo <b>DIN</b></p> <p>1:30   Bowling <b>DOW</b></p> <p>3:00   Hot Cocoa Bar <b>DOW</b></p> <p>6:30   Game Night <b>ACT</b></p>	<p><b>26</b></p> <p>9:30   Chair Exercise - ti-chi <b>UL</b></p> <p>10:00   Internet Safety <b>ACT</b></p> <p>1:30   Resident Birthday <b>DIN</b></p> <p>6:30   Helping Hands <b>ACT</b></p>
<p><b>28</b></p> <p>9:30   Coffee &amp; News <b>DOW</b></p> <p>1:00   Music with Friends <b>UPF</b></p>	<p><b>29</b></p> <p>10:00   Reminiscing <b>UL</b></p> <p>1:30   Taste of Yums <b>ACT</b></p> <p>3:00   National Puzzle Day <b>ACT</b></p> <p>6:30   Evening Exercise <b>ACT</b></p>	<p><b>30</b></p> <p>9:30   Shuttle Day <b>VT</b></p> <p>1:30   Bingo <b>DIN</b></p> <p>3:00   Hot Cocoa Bar <b>DOW</b></p> <p>6:00   Evening Revival <b>ACT</b></p>	<p><b>31</b></p> <p>10:00   Coffee Hour <b>ACT</b></p> <p>1:00   Communion <b>DIN</b></p> <p>1:30   Baking with Britney <b>ACT</b></p> <p>6:30   Walking Warriors <b>Everyone</b></p>	<p><b>January Birthdays:</b></p> <p>Mary H. - Jan 3</p> <p>Sharon F. - Jan 4</p> <p>Kay N. - Jan 12</p> <p>Jeff M. - Jan 17</p>	<p>Billy W. - Jan 21</p> <p>David J. - Jan 22</p> <p>Michele L. - Jan 26</p> <p>Nancy S. - Jan 29</p>

