

If you would like to request an activity/service not reflected on the calendar, please notify the RSC or Administrator. Activities Subject to Change



HAPPY NEW YEAR



JANUARY 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

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

Meeting Places

- AR** Activity Room
- RR** Residents Room
- CS** Country Store
- OT** Outing

Please practice social distancing & wear your mask when outside your apartments

Monthly wellness check conducted the 1st thru 5th

Please call ext.1009 request an activity/service not reflected on the calendar

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|--|--|--|---|---|--|--|
| New Year's Day 01 09:00 – 11:00a Independent Activities of Your Choice RR 10:00 – 11:00a iN2L Worship Services Broadcast RR 01:00 – 03:00p Mobile Activity Cart AR | 02 10:00 – 11:00a Chair Fitness & Name That Tune AR 01:00 – 02:00p New Year's Resolution Social AR 02:00 – 03:00p Country Store CS | 03 10:00 – 11:00a Crafty Corner: Snow Globe Making AR 01:00 – 02:00p Soup Bar Social AR 03:30 – 04:30p Men Club AR | 04 10:00 – 11:00a Ambulatory Fitness Day AR 01:00 – 03:00p Open House: New Year's Day Vision Board AR 02:00 – 03:00p Country Store CS | 05 10:00 – 12:00p Online Shopping Day OT 01:00 – 02:00p Spa Day AR 03:30 – 04:30p Ladies Club AR | 06 10:00 – 11:00a Let's Get Fit Friday AR 01:00 – 02:00p Winter Bingo AR 02:00 – 03:00p Country Store CS | 07 09:00 – 11:00a Independent Activities of Your Choice RR 01:00 – 02:00p Bingo AR 02:00 – 03:00p iN2L Mobile Activity Cart AR |
| 08 09:00 – 11:00a Independent Activities of Your Choice RR 10:00 – 11:00a iN2L Worship Services Broadcast RR 01:00 – 03:00p Mobile Activity Cart AR | 09 10:00 – 11:00a Chair Fitness & Name That Tune AR 01:00 – 02:00p Martin Luther King Jr. Scrabble AR 02:00 – 03:00p Country Store CS | 10 10:00 – 11:00a Crafty Corner: Martin Luther King Plaque AR 01:00 – 02:00p Tea and Trivia Tuesday AR 03:30 – 04:30p Men Club AR | 11 10:00 – 11:00a Ambulatory Fitness Day AR 01:00 – 03:00p New Release Wednesday AR 02:00 – 03:00p Country Store CS | 12 10:00 – 12:00p Online Shopping Day OT 01:00 – 02:00p Spa Day AR 03:30 – 04:30p Ladies Club AR | 13 10:00 – 11:00a Let's Get Fit Friday AR 01:00 – 02:00p Winter Bingo AR 02:00 – 03:00p Country Store CS | 14 09:00 – 11:00a Independent Activities of Your Choice RR 01:00 – 02:00p Bingo AR 02:00 – 03:00p iN2L Mobile Activity Cart AR |
| 15 09:00 – 11:00a Independent Activities of Your Choice RR 10:00 – 11:00a iN2L Worship Services Broadcast RR 01:00 – 03:00p Mobile Activity Cart AR | Birthday of Martin Luther King, Jr. 16 10:00 – 11:00a Chair Fitness & Name That Tune AR 01:00 – 02:00p Martin Luther King Jr. Timeline Trivia AR 02:00 – 03:00p Country Store CS | 17 10:00 – 11:00a Crafty Corner: Winter Centerpieces AR 01:00 – 02:00p Winter Trivia AR 03:30 – 04:30p Men Club AR | 18 10:00 – 11:00a Ambulatory Fitness Day AR 01:00 – 03:00p New Release Wednesday AR 02:00 – 03:00p Country Store CS | 19 10:00 – 12:00p Online Shopping Day OT 01:00 – 02:00p Open House: National Movie & Popcorn Day AR 03:30 – 04:30p Ladies Club AR | 20 10:00 – 11:00a Let's Get Fit Friday AR 01:00 – 02:00p Winter Bingo AR 02:00 – 03:00p Country Store CS | 21 09:00 – 11:00a Independent Activities of Your Choice RR 01:00 – 02:00p Bingo AR 02:00 – 03:00p iN2L Mobile Activity Cart AR |
| 22 09:00 – 11:00a Independent Activities of Your Choice RR 10:00 – 11:00a iN2L Worship Services Broadcast RR 01:00 – 03:00p Mobile Activity Cart AR | 23 10:00 – 11:00a Chair Fitness & Name That Tune AR 01:00 – 02:00p Health -N- Wellness Presentation AR 02:00 – 03:00p Country Store CS | 24 10:00 – 11:00a Crafty Corner: Winter Calming Bottles AR 01:00 – 02:00p Resident Council/Food Committee Meeting AR 06:00 – 07:00p C.A.P.S AR | 25 10:00 – 11:00a Ambulatory Fitness Day AR 01:00 – 03:00p New Release Wednesday AR 02:00 – 03:00p Country Store CS | 26 10:00 – 12:00p Online Shopping Day OT 01:00 – 02:00p Spa Day AR 03:30 – 04:30p Ladies Club AR | 27 10:00 – 11:00a Let's Get Fit Friday AR 01:00 – 02:00p Winter Bingo AR 02:00 – 03:00p Country Store CS | 28 09:00 – 11:00a Independent Activities of Your Choice RR 01:00 – 02:00p Bingo AR 02:00 – 03:00p iN2L Mobile Activity Cart AR |
| 29 09:00 – 11:00a Independent Activities of Your Choice RR 10:00 – 11:00a iN2L Worship Services Broadcast RR 01:00 – 03:00p Mobile Activity Cart AR | 30 10:00 – 11:00a Chair Fitness & Name That Tune AR 01:00 – 02:00p Gourmet Coffee Day Social AR 02:00 – 03:00p Country Store CS | 31 10:00 – 11:00a Crafty Corner: Love You To Pieces Valentine Wreath AR 01:00 – 02:00p Monthly Birthday Party AR 03:30 – 04:30p Men Club AR | HONORING THE DREAM DR. MARTIN LUTHER KING, JR. 1929-1968 | Happy Birthday 1/10-Sharon B 1/28-Juan R 1/11-James C 1/30-Jan A 1/24-Toni M 1/28-Deada M | HAPPY CHINESE NEW YEAR 2023 UNIVERSITY OF THE PACIFIC | Open House Events: 1/4-1:00pm-New Year's Day Vision Board Party (A/R) 1/19-1:00pm-National Popcorn & Movie Day (A/R) |