# JANUARY 2024

## Dimensions of Wellness

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

## Meeting Places

| | |
|---|---|
| CS | Country Store |
| CR | Community Room |
| DR | Dining Room |
| LIB | Library |
| WCR | Welcome Committee Room |
| OUT | Outdoors |
| PDR | Private Dining Room |
| GR | Game Room |
| THR | Theater |

The Smart Bucks drawing is at Resident Council each month. You can earn Smart Bucks by attending the bolded activities.

To get credit for weekend packets turn them into me on Monday!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| December 31 at 10 Wake up Wednesday Provided by local organizations. Meeting in the Private Dining Room and Dining Room | **01** New Year's Day<br>10:00 General Store CS<br>2:00 Canvas Painting CR<br>3:00 SWAT Team CR<br>6:00 Game Night- Resident Led DR | **02**<br>10:00 Book Club LIB<br>1:00 Welcome Committee Meeting WCR<br>2:00 Bingo CR<br>3:30 Walking Club OUT | **03**<br>10:00 Coffee with the Director PDR<br>2:00 General Store CS<br>3:00 Pretty Nails CR<br>6:00 Crotchet and Craft Night- Resident Led CR | **04**<br>10:00 Bible Study CR<br>2:00 Resident Council Meeting CR<br>3:00 Finding Hope GR | **05**<br>10:00 General Store CS<br>2:00 Snack and Paint CR<br>3:00 Card Club GR<br>6:00 Movie Night THR | **06**<br>All Day Weekend Activity Packets<br>8:30 Coffee Social/Meet & Greet DR<br>6:00 Karaoke Night CR |
| **07**<br>All Day Weekend Activity Packets<br>8:30 Coffee Social/Meet & Greet DR<br>1:30 Resident Lead Church DR | **08**<br>10:00 General Store CS<br>2:00 Jeopardy CR<br>3:00 SWAT Team CR<br>6:00 Game Night- Resident Led DR | **09**<br>10:00 Chair Yoga CR<br>2:00 Bingo CR<br>3:30 Snowman Bowling CR | **10**<br>10:00 Coffee with the Director PDR<br>2:00 General Store CS<br>3:00 Deal or No Deal CR<br>6:00 Crotchet and Craft Night- Resident Led CR | **11**<br>10:00 Bible Study CR<br>2:00 Winter Scene Canvas Painting CR<br>3:00 Finding Hope GR<br>3:30 Card Club GR | **12**<br>10:00 General Store CS<br>2:00 Movie Matinee THR<br>3:00 Friendly Fridays DR<br>6:00 Movie Night THR | **13**<br>All Day Weekend Activity Packets<br>8:30 Coffee Social/Meet & Greet DR<br>6:00 Karaoke Night CR |
| **14**<br>All Day Weekend Activity Packets<br>8:30 Coffee Social/Meet & Greet DR<br>1:30 Resident Lead Church DR | **15** Birthday of Martin Luther King, Jr.<br>10:00 General Store CS<br>2:00 Indoor Snowball Fight CR<br>3:00 SWAT Team CR | **16**<br>10:00 Chair Yoga CR<br>1:00 Welcome Committee Meeting WCR<br>2:00 Bingo CR<br>3:30 Walking Club OUT | **17**<br>10:00 Coffee with the Director PDR<br>2:00 General Store CS<br>3:00 Pretty Nails CR<br>6:00 Crotchet and Craft Night- Resident Led CR | **18**<br>10:00 Bible Study CR<br>2:00 Food Council DR<br>2:00 Wii in the Theater THR<br>3:00 Finding Hope GR | **19**<br>10:00 General Store CS<br>2:00 Snack and Paint CR<br>3:00 Card Club GR<br>6:00 Movie Night THR | **20**<br>All Day Weekend Activity Packets<br>8:30 Coffee Social/Meet & Greet DR<br>6:00 Karaoke Night CR |
| **21**<br>All Day Weekend Activity Packets<br>8:30 Coffee Social/Meet & Greet DR<br>1:30 Resident Lead Church DR | **22**<br>10:00 General Store CS<br>2:00 Open Craft Time CR<br>3:00 SWAT Team CR<br>6:00 Game Night- Resident Led DR | **23**<br>10:00 Chair Yoga CR<br>2:00 Bingo CR<br>3:30 Gratitude Hour: Journaling CR | **24**<br>10:00 Coffee with the Director PDR<br>2:00 General Store CS<br>3:00 Wheel of Fortune CR<br>6:00 Crotchet and Craft Night- Resident Led CR | **25**<br>10:00 Bible Study CR<br>2:00 Wii in the Theater THR<br>3:00 Finding Hope GR<br>3:30 Card Club GR | **26**<br>10:00 General Store CS<br>2:00 Monthly Birthday Party DR<br>3:00 Friendly Fridays DR<br>6:00 Movie Night THR | **27**<br>All Day Weekend Activity Packets<br>8:30 Coffee Social/Meet & Greet DR<br>6:00 Karaoke Night CR |
| **28**<br>All Day Weekend Activity Packets<br>8:30 Coffee Social/Meet & Greet DR<br>1:30 Resident Lead Church DR | **29**<br>10:00 General Store CS<br>2:00 Diamond Painting CR<br>3:00 SWAT Team CR<br>6:00 Game Night- Resident Led DR | **30**<br>10:00 Chair Yoga CR<br>1:00 Welcome Committee Meeting WCR<br>2:00 Bingo CR<br>3:30 Walking Club OUT | **31**<br>10:00 Wake up Wednesday General Store PDR<br>2:00 Healthy Cooking CS<br>3:00 with Ty Crotchet and Craft CR<br>6:00 Night- Resident Led CR | Sweet Galilee® | January Birthdays:<br>Glenda E.- 1/04<br>Donald C.- 1/09<br>Deborah P.- 1/14<br>Carol W.- 1/24<br>Barbara L.- 1/29 | Diana F.- 1/07<br>Roy N. 1/12<br>David T.- 1/22<br>Phillip P.- 1/26 |