



# HAPPY NEW YEAR



If you would like an activity/service not reflected on the calendar, please see RSC/Administrator.  
 Monthly wellness checks conducted by nursing the 1st thru the 10th.  
 Activities are subject to change.

## JANUARY 2022

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

#### Dimensions of Wellness

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

#### Meeting Places

- A** Your Apartment
- DR** Dining Room
- AR** Activity Room
- ML** Main Lobby
- B** Bistro
- GS** General Store
- PL** Parking Lot

Please sign up at the front desk for all outings on the bus, as there is limited space!!

Beauty Shop is open on Thursdays from 9-4. Schedule your appointment with the Reception Desk.  
 Beauty Shop is located on the 4th floor.

	Jan 30	Jan 31						New Year's Day 01
	09:00 Religious Service Listing <b>A</b> 01:00 Relaxation at Home <b>A</b>	10:30 Lunch at Azul Tequila <b>ML</b> 02:00 Card Lotto Game <b>DR</b> 03:30 Ladies Tea <b>B</b>			Open to the Public 1 Year Anniversary Celebration January 19th 5-7pm			10:00 Independent Exercise <b>A</b> 02:00 BINGO <b>DR</b> 03:30 General Store Open <b>AR</b>
	<b>02</b> 09:00 Religious Service Listing <b>A</b> 01:00 Relaxation at Home <b>A</b> 03:00 Church Service with Pastor Gary and Jill Cave <b>DR</b>	<b>03</b> 10:15 Lunch at Cheddars and Shopping at Meijer <b>ML</b> 02:00 Card Lotto Game <b>DR</b> 03:30 Ladies Tea <b>B</b>	<b>04</b> 10:00 Cardio Drumming <b>AR</b> 02:00 Shopping Trip: Walmart <b>ML</b> 04:00 Zip Tie Vases <b>AR</b>	<b>05</b> 08:30 Dr Appointment Day <b>ML</b> 01:00 Card Games <b>AR</b> 03:00 General Store Open <b>GS</b>	<b>06</b> 10:00 Balloon Toss Exercise <b>AR</b> 01:00 Resident Council <b>DR</b> 02:00 Bingo Game <b>DR</b> 03:30 Gentleman's Coffee <b>B</b>	<b>07</b> 10:00 General Store Open <b>GS</b> 01:00 Ice Cream Shop <b>B</b> 03:00 Karaoke Hour <b>B</b>	<b>08</b> 10:00 Independent Exercise <b>A</b> 02:00 BINGO <b>DR</b> 03:30 General Store Open <b>AR</b>	
	<b>09</b> 09:00 Religious Service Listing <b>A</b> 10:00 Church Service with Miss Toni <b>DR</b> 01:00 Relaxation at Home <b>A</b>	<b>10</b> 10:45 Lunch at Taku <b>ML</b> 02:00 Card Lotto Game <b>DR</b> 03:30 Ladies Tea <b>B</b>	<b>11</b> 10:00 Cardio Drumming <b>AR</b> 02:00 Shopping Trip: Walmart <b>ML</b> 04:00 Healthy Choice Cooking <b>AR</b>	<b>12</b> 08:30 Dr Appointment Day <b>ML</b> 01:00 Card Games <b>AR</b> 03:00 General Store Open <b>GS</b>	<b>13</b> 10:00 Balloon Toss Exercise <b>AR</b> 10:15 Bookmobile <b>PL</b> 02:00 Bingo Game <b>DR</b> 03:30 Gentleman's Coffee <b>B</b>	<b>14</b> 10:00 General Store Open <b>GS</b> 01:00 Ice Cream Shop <b>B</b> 03:00 Price is Right <b>AR</b> 05:30 Happy Hour <b>B</b>	<b>15</b> 10:00 Independent Exercise <b>A</b> 02:00 BINGO <b>DR</b> 03:30 General Store Open <b>AR</b>	
	<b>16</b> Night of Tu B'Shevat 09:00 Religious Service Listing <b>A</b> 01:00 Relaxation at Home <b>A</b> 03:00 Church Service with Sister Jan Wray <b>DR</b>	<b>17</b> Tu B'Shevat 10:30 Lunch at Pizza Palace <b>ML</b> 02:00 Card Lotto Game <b>DR</b> 03:30 Ladies Tea <b>B</b>	<b>18</b> 10:00 Cardio Drumming <b>AR</b> 02:00 Shopping Trip: Walmart <b>ML</b> 04:00 Friendship Pins <b>AR</b>	<b>19</b> 08:30 Dr Appointment Day <b>ML</b> 01:00 Card Games <b>AR</b> 03:00 General Store Open <b>GS</b>	<b>20</b> 10:00 Balloon Toss Exercise <b>AR</b> 02:00 Bingo Game <b>DR</b> 03:30 Gentleman's Coffee <b>B</b>	<b>21</b> 10:00 General Store Open <b>GS</b> 01:00 Ice Cream Shop <b>B</b> 03:00 Karaoke Hour <b>B</b>	<b>22</b> 10:00 Independent Exercise <b>A</b> 02:00 BINGO <b>DR</b> 03:30 General Store Open <b>AR</b>	
	<b>23</b> 09:00 Religious Service Listing <b>A</b> 10:00 Church Service with Miss Toni <b>DR</b> 01:00 Relaxation at Home <b>A</b> 03:00 Church Service with Pastor Gary and Jill Cave <b>DR</b>	<b>24</b> 10:30 Lunch at Rails Craft Brew & Eatery <b>ML</b> 02:00 Card Lotto Game <b>DR</b> 03:30 Ladies Tea <b>B</b>	<b>25</b> 10:00 Cardio Drumming <b>AR</b> 02:00 Shopping Trip: Walmart <b>ML</b> 04:00 Brain Workout <b>AR</b>	<b>26</b> 08:30 Dr Appointment Day <b>ML</b> 01:00 Card Games <b>AR</b> 03:00 General Store Open <b>GS</b>	<b>27</b> 10:00 Balloon Toss Exercise <b>AR</b> 02:00 Bingo Game <b>DR</b> 03:30 Gentleman's Coffee <b>B</b>	<b>28</b> 10:00 General Store Open <b>GS</b> 01:00 Ice Cream Shop <b>B</b> 03:00 Hit It to Win It <b>AR</b> 05:30 Happy Hour <b>B</b>	<b>29</b> 10:00 Independent Exercise <b>A</b> 02:00 BINGO <b>DR</b> 03:30 General Store Open <b>AR</b>	