



| JANUARY 2024   |  |  |   |  |   |  |  |
|--|--|--|---|--|---|--|--|
| SUNDAY   |  | MONDAY   |   | TUESDAY  |   | WEDNESDAY  |  |
| THURSDAY   |  | FRIDAY   |   | SATURDAY   |   |  |  |
| <div>Dimensions of Wellness</div> <div><div> Physical</div><div> Emotional</div><div> Spiritual</div><div> Environmental</div><div> Vocational</div><div> Social</div><div> Intellectual</div></div> <div>If you would like an activity/service not reflected on the calendar, please see the RSC/Administrator.</div> <div>Activities are subject to change.</div> <div>Monthly wellness checks with nursing: The 1st week of the month.</div> <div>Resident Council: 2nd Wednesday of the month.</div> |  | <div>01 New Year's Day</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Noodles</div> <div>10:00  Magazine Scrap-booking</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Junk Drawer Detective</div> <div>3:00  BINGO!</div> <div>6:00  Open Activities W/CNA's</div>                              | <div>02</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Exercise</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Cream Puff's &amp; Fun Facts</div> <div>3:00  Kickball!</div> <div>4:00  Words in Words</div> <div>6:00  Open Activities W/CNA's</div>  | <div>03</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Noodles</div> <div>10:00  I got it! ( card game)</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Reading Skills Puzzles</div> <div>3:00  The Price is Right!</div> <div>6:00  Open Activities W/CNA's</div>           | <div>04</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Yoga Video's</div> <div>10:00  Volleyball!</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Name the 10</div> <div>3:00  BINGO!</div> <div>6:00  Open Activities W/CNA's</div>              | <div>05</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Exercise</div> <div>10:00  Worship Hymn Sing Along W/Lidia &amp; Isaia</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Manicures!</div> <div>3:00  Kickball!</div> <div>6:00  Open Activities W/CNA's</div>                     | <div>06</div> <div>9:00  Fun Noodles</div> <div>9:30  Chronicles &amp; Horoscope</div> <div>10:00  Coffee Clutch &amp; Chat!</div> <div>1:30  National Geographic program</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:30  Music &amp; Hydration</div> <div>3:30  Word search's &amp; Coloring</div> <div>6:00  Open Activities W/CNA's</div>   |
|  | <div>07</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Stretch &amp; Move</div> <div>10:00  Guess the Tune!</div> <div>11:00  Fun Facts</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Book Club!</div> <div>3:00  Words To Live By...</div> <div>6:00  Open Activities W/CNA's</div>             | <div>08</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Noodles</div> <div>10:00  BINGO!</div> <div>1:15  Afternoon Scenic Drive</div> <div>2:15  Guess the Tune!</div> <div>3:00  Hands on Hickory Knolls</div> <div>6:00  Open Activities W/CNA's</div>   | <div>09</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Exercise</div> <div>10:00  Roll The Dice Break The Ice</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Elvis Presley Trivia</div> <div>3:00  Name the 10</div> <div>3:00  The Price is Right!</div> <div>6:00  Open Activities W/CNA's</div> | <div>10</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Noodles</div> <div>10:00  Volleyball</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  I got it game</div> <div>3:00  Resident Council</div> <div>4:00  Words to Live By</div> <div>6:00  Open Activities W/CNA's</div> | <div>11</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Yoga Video's</div> <div>10:00  Reminiscence Hour!</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Headbandz</div> <div>3:00  BINGO!</div> <div>6:00  Open Activities W/CNA's</div>         | <div>12</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Exercise</div> <div>10:00  Worship Hymn Sing Along W/Lidia &amp; Isaia</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Manicures!</div> <div>2:30  Hot Tea Time!</div> <div>6:00  Open Activities W/CNA's</div>                 | <div>13</div> <div>9:00  Fun Noodles</div> <div>9:30  Chronicles &amp; Horoscope</div> <div>10:00  Coffee Clutch &amp; Chat!</div> <div>1:30  National Geographic program</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:30  Music &amp; Hydration</div> <div>3:30  Word search's &amp; Coloring</div> <div>6:00  Open Activities W/CNA's</div>   |
|  | <div>14</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Stretch &amp; Move</div> <div>10:00  Magazine Scrap-Booking</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Balloon Toss</div> <div>3:00  Who am I?</div> <div>6:00  Open Activities W/CNA's</div>  | <div>15 Birthday of Martin Luther King, Jr.</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Noodles</div> <div>10:00  Morning Scenic Drive</div> <div>1:00  Visit with Chance (Therapy Dog)</div> <div>2:00  Exercise &amp; Walking Club</div> <div>3:00  BINGO!</div> <div>6:00  Open Activities W/CNA's</div> | <div>16</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Exercise</div> <div>10:00  Basketball</div> <div>1:00  Let's Chat!!</div> <div>1:30  Hickory Knolls</div> <div>2:30  Book Club</div> <div>3:30  Kickball</div> <div>6:00  Open Activities W/CNA's</div>  | <div>17</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Noodles</div> <div>10:00  Bake Pizza's Together!</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Bowling!</div> <div>3:00  Briar Teasers &amp; Spelling Bee</div> <div>6:00  Open Activities W/CNA's</div>            | <div>18</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Yoga Video's</div> <div>10:00  Breaking Grounds</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Watercolor Painting</div> <div>3:00  BINGO!</div> <div>6:00  Open Activities W/CNA's</div> | <div>19</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Exercise</div> <div>10:00  Worship Hymn Sing Along W/Lidia &amp; Isaia</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Manicures!</div> <div>2:30  Movie Afternoon with Popcorn!</div> <div>6:00  Open Activities W/CNA's</div> | <div>20</div> <div>9:00  Visit with Julia (Therapy Dog)</div> <div>10:00  Coffee Clutch &amp; Chat!</div> <div>1:30  National Geographic program</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:30  Music &amp; Hydration</div> <div>3:30  Word search's &amp; Coloring</div> <div>6:00  Open Activities W/CNA's</div>  |
|  | <div>21</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Stretch &amp; Move</div> <div>10:00  Painting by Number</div> <div>1:00  Exercise &amp; Walking Club</div> <div>1:30  Let's Chat!!</div> <div>2:00  Puzzles &amp; Pondering</div> <div>3:00  Junk Drawer Detective</div> <div>6:00  Open Activities W/CNA's</div>                       | <div>22</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Noodles</div> <div>10:00  Kickball</div> <div>1:00  Let's Chat!!</div> <div>1:15  Afternoon Scenic Drive</div> <div>1:30  Exercise &amp; Walking Club</div> <div>3:00  BINGO!</div> <div>6:00  Open Activities W/CNA's</div>                            | <div>23</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Exercise</div> <div>10:00  Finish the Phrase &amp; Perfect Pairs</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Guess the Tune</div> <div>3:00  Balloon toss</div> <div>6:00  Open Activities W/CNA's</div>                                 | <div>24</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Noodles</div> <div>10:00  The Price is Right</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Happy Hour!</div> <div>3:00  Word Search &amp; Coloring</div> <div>6:00  Open Activities W/CNA's</div>                   | <div>25</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Yoga Video's</div> <div>10:00  Target Shooting Game</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Words in Words</div> <div>3:00  BINGO!</div> <div>6:00  Open Activities W/CNA's</div>  | <div>26</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Exercise</div> <div>10:00  Worship Hymn Sing Along W/Lidia &amp; Isaia</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Manicures!</div> <div>2:30  Movie Afternoon with Popcorn!</div> <div>6:00  Open Activities W/CNA's</div> | <div>27</div> <div>9:00  Visit with Hairy &amp; Dolan (Therapy Dog's)</div> <div>9:00  Fun Noodles</div> <div>9:30  Chronicles &amp; Horoscope</div> <div>10:00  Coffee Clutch &amp; Chat!</div> <div>1:30  National Geographic program</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:30  Music &amp; Hydration</div> <div>3:30  Word search's &amp; Coloring</div> <div>6:00  Open Activities W/CNA's</div> |
|  | <div>28</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Stretch &amp; Move</div> <div>10:00  Words to Live By</div> <div>11:00  Name the Tune</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Roll the Dice Break the Ice</div> <div>3:00  Headbandz</div> <div>6:00  Open Activities W/CNA's</div> | <div>29</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Noodles</div> <div>10:00  Balloon Toss</div> <div>1:15  Afternoon Scenic Drive</div> <div>2:15  Hangman</div> <div>3:00  BINGO!</div> <div>6:00  Open Activities W/CNA's</div>  | <div>30</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Splash of Color</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Basketball</div> <div>3:00  Opposites</div> <div>6:00  Open Activities W/CNA's</div>   | <div>31</div> <div>9:00  Chronicles &amp; Horoscope</div> <div>9:30  Fun Noodles</div> <div>10:00  Hot Chocolate Social</div> <div>1:00  Let's Chat!!</div> <div>1:30  Exercise &amp; Walking Club</div> <div>2:00  Fun facts</div> <div>3:00  Volleyball</div> <div>6:00  Open Activities W/CNA's</div>                                   |   |  |  |