


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|---|
| <p>1 Happy New Year 2023</p> <p>New Year's Day</p> | <p>2 10:00 The Price is Right Show 1:00 Independent exercise 3:00 Golden Oldie's</p> | <p>3 December undecorating</p> | <p>4 January decoration</p> | <p>5 11:00 Coffee and news 1:00 Walmart</p> <p>Happy B-day John D</p> | <p>6 11:00 Exercise club 1:00 BINGO 3:00 Happy Hour</p> <p>Happy B-day George S</p> | <p>7 11:00 Hair Day 1:00 Penny Blackjack 3:00 Hand massages</p> |
| <p>8 11:00 Coffee & news 1:00 Adult coloring 3:00 Sunday Hymn</p> | <p>9 11:00 Independent exercise 1:00 Puzzle time 3:00 Cards game</p> <p>Happy B-day Nellmarie B</p> | <p>10 11:00 Coffee and daily chronicles 1:00 </p> | <p>11 11:00 Exercise club 1:00 BINGO 3:00 Pie social</p> | <p>12 11:00 Hot cocoa & chat 1:00 Dietary Meeting w/Chris 2:00 Cooking club</p> | <p>13 11:00 Exercise club 1:00 BINGO 3:00 Arts and crafts</p> | <p>14 11:00 Hot cocoa & cookies 1:00 Penny Blackjack 3:00 Manicures</p> <p>Happy B-day Annemarie</p> |
| <p>15 11:00 Coffee social 1:00 Residents choice 3:00 60's hits</p> | <p>16 11:00 Independent exercise 1:00 Adult coloring 3:00 Dominoes</p> <p>Martin Luther King Jr. Day</p> | <p>17 11:00 Hot cocoa & daily chronicles 1:00 Thrift store outing</p> | <p>18 11:00 Exercise club 1:00 BINGO 3:00 Yahtzee game</p> | <p>19 11:00 Coffee social 1:00 Meeting w/Michelle 2:00 Movie and popcorn</p> <p>National Popcorn Day</p> | <p>20 11:00 Exercise club 1:00 BINGO 3:00 Trivia and snacks</p> | <p>21 11:00 Hair Day 1:00 Penny Blackjack 3:00 Movie and popcorn</p> |
| <p>22 11:00 Coffee & news 1:00 Cards game 3:00 Sunday Hymn</p> <p>Happy B-day MarieLouise W</p> <p>Chinese New Year (Year of the Rabbit)</p> | <p>23 11:00 Independent exercise 1:00 Word search 3:00 Cards game</p> <p>Activity Professionals Week</p> | <p>24 11:00 Coffee social 1:00 Elmer's Out to lunch</p> | <p>25 11:00 Exercise club 1:00 BINGO 3:00 Ceramic painting</p> | <p>26 11:00 Hot cocoa & cookies 1:00 Council Meeting 2:00 Cooking club</p> <p>Australia Day (observed)</p> | <p>27 11:00 Exercise club 1:00 BINGO 3:00 Chocolate cake and milk</p> <p>National Chocolate Cake Day</p> | <p>28 11:00 Coffee social 1:00 UNO game 3:00 Fancy manicures</p> |
| <p>29 11:00 Coffee social 1:00 Puzzle time 3:00 Golden oldie's</p> <p>National Puzzle Day</p> | <p>30 11:00 Independent exercise 1:00 Adul coloring 3:00 Cards game</p> <p>Happy B-day Pat H</p> | <p>31 11:00 Coffee and news 1:00 Arts and crafts 3:00 Yahtzee</p> | <p style="text-align: center;"><i>January 2023</i></p> <p style="text-align: center;"><i>Spring Ridge Assisted Living</i></p> | | | |