

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2022

						
		<p>9:15 Morning Walk <b>1</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Arts n Crafts</p> <p>4:00 Evening Walk</p> <p style="text-align: center;"><small>New Year's Day</small></p>				
<p>9:15 Morning Walk <b>2</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Finger Painting</p> <p>4:00 Evening Walk</p>	<p>9:15 Long Morning Walk <b>3</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social &amp; Mad Libs</p> <p>1:30 Bingo</p> <p>3:00 Bocce Ball</p> <p>4:00 Hangman</p> <p>6:00 Evening Meditation</p>	<p>9:15 morning walk <b>4</b></p> <p><b>10:30 Resident Council</b></p> <p>1:30 Bingo</p> <p>3:00 Movie Matinee &amp; Snacks</p> <p><small>*If movie ends before dinner Cards/Game of Choice will follow</small></p>	<p>9:15 Morning Walk <b>5</b></p> <p>10:00 Exercise</p> <p>10:30 Coffee Social</p> <p>11:30 Luncheon</p> <p><b>1:15 Music Hour!</b></p> <p>3:00 Puzzles</p> <p>4:00 Bible Study</p> <p>6:00 Trivia</p>	<p><b>Happy Birthday Jeanne!</b> <b>6</b></p> <p>9:15 Morning Walk &amp; Optional Trash Pick Up</p> <p>10:00 Morning Exercise</p> <p>10:30 Starbucks</p> <p>1:30 Bingo</p> <p>3:00 Scrabble</p> <p>4:00 Evening Walk</p>	<p>9:15 Morning Walk <b>7</b></p> <p>10:00 Exercise</p> <p>10:30 Coffee Social</p> <p>1:30 Bingo</p> <p><b>3:00 Art with Theresa!</b></p> <p>4:00 What is it?</p> <p>6:00 Evening Meditation</p>	<p>9:15 Morning Walk <b>8</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Bird Food Craft</p> <p>4:00 Evening Walk</p>
<p>9:15 Morning Walk <b>9</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Bocce Ball</p> <p>4:00 Evening Walk</p>	<p><b>Happy Birthday Patrick!</b> <b>10</b></p> <p>9:15 Long Morning Walk</p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social &amp; Mad Libs</p> <p><b>1:30 Piano with Brian!</b></p> <p>3:00 Cheese Tasting</p> <p>4:00 Hummingbird Feeders</p> <p>6:00 Evening Meditation</p>	<p>9:15 Morning Walk <b>11</b></p> <p>10:00 Exercise</p> <p><b>10:30 Music with Jimmy!</b></p> <p>1:30 Bingo</p> <p>3:00 Movie Matinee &amp; Snacks</p> <p><small>*If movie ends before dinner Cards/Game of Choice will follow</small></p>	<p>9:15 Morning Walk <b>12</b></p> <p>10:00 Exercise</p> <p>10:30 Coffee Social</p> <p>11:30 Luncheon</p> <p><b>1:30 Bidwell Park Outing!</b></p> <p>3:00 Dominoes</p> <p>4:00 Bible Study</p> <p>6:00 Crossword</p>	<p>9:15 Morning Walk &amp; <b>13</b></p> <p>Optional Trash Pick Up</p> <p>10:00 Morning Exercise</p> <p>10:30 Starbucks</p> <p>1:30 Bingo</p> <p><b>3:00 Wind Jammers!</b></p> <p>4:15 Evening Walk</p>	<p>9:15 Morning Walk <b>14</b></p> <p>10:00 Exercise</p> <p>10:30 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Dominoes</p> <p>4:00 Rice Race</p> <p>6:00 Evening Meditation</p>	<p>9:15 Morning Walk <b>15</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Arts n Crafts</p> <p>4:00 Evening Walk</p>
<p>9:15 Morning Walk <b>16</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Exotic Fruits!</p> <p>4:00 Evening Walk</p>	<p>9:15 Long Morning Walk <b>17</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social &amp; Mad Libs</p> <p><b>1:30 Sax with Lou!</b></p> <p>3:30 Brews &amp; Tattoos</p> <p>4:30 Activity Room Clean</p> <p>6:00 Evening Meditation</p> <p style="text-align: center;"><small>Martin Luther King Jr. Day</small></p>	<p><b>Happy Birthday Jackie!</b> <b>18</b></p> <p>9:15 Morning Walk</p> <p>10:00 Exercise</p> <p>10:30 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Movie Matinee &amp; Snacks</p> <p><small>*If movie ends before dinner Cards/Game of Choice will follow</small></p>	<p>9:15 Morning Walk <b>19</b></p> <p>10:00 Exercise</p> <p>10:30 Coffee Social</p> <p>11:30 Luncheon</p> <p><b>1:30 Scenic Drive</b></p> <p>3:00 Puzzles</p> <p>4:00 Bible Study</p> <p>6:00 Trivia</p>	<p>9:15 Morning Walk &amp; <b>20</b></p> <p>Optional Trash Pick Up</p> <p>10:00 Morning Exercise</p> <p>11:00 Starbucks</p> <p>1:30 Bingo</p> <p><b>3:00 Art with Theresa!</b></p> <p>4:00 Evening Walk</p>	<p>9:15 Morning Walk <b>21</b></p> <p>10:00 Exercise</p> <p>10:30 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Dominoes</p> <p><b>4:00 Dance Party!</b></p> <p>6:00 Evening Meditation</p>	<p><b>Happy Birthday David!</b> <b>22</b></p> <p>9:15 Morning Walk</p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Arts n Crafts</p> <p>4:00 Evening Walk</p>
<p>9:15 Morning Walk <b>23</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Hangman</p> <p>4:00 Evening Walk</p> <p style="text-align: center;"><small>Activity Professionals Week</small></p>	<p>9:15 Long Morning Walk <b>24</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social &amp; Mad Libs</p> <p><b>1:30 Sax with Lou!</b></p> <p>3:30 Budding Tastes</p> <p>4:00 Coin Sorting Race</p> <p>6:00 Evening Meditation</p>	<p>9:15 Morning Walk <b>25</b></p> <p>10:00 Exercise</p> <p><b>10:30 Music with Jimmy!</b></p> <p>1:30 Bingo</p> <p>3:00 Movie Matinee &amp; Snacks</p> <p><small>*If movie ends before dinner Cards/Game of Choice will follow</small></p>	<p>9:15 Morning Walk <b>26</b></p> <p><b>10:00 Snowgeese outing</b></p> <p>4:00 Bible Study</p> <p>6:00 Crossword</p> <p style="text-align: center;"><small>Australia Day (observed)</small></p>	<p>9:15 Morning Walk &amp; <b>27</b></p> <p>Optional Trash Pick Up</p> <p>10:00 Morning Exercise</p> <p>10:30 Starbucks</p> <p><b>1:30 Mountain Ridge Singers!</b></p> <p>3:00 French Fry Fight!</p>	<p><b>10:00 Bingo Sale</b> <b>28</b></p> <p>1:30 Bingo</p> <p>3:00 Dominoes</p> <p>4:00 Flower Arrangement Class</p> <p>6:00 Evening Meditation</p>	<p>9:15 Morning Walk <b>29</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Arts n Crafts</p> <p>4:00 Evening Walk</p>
<p>9:15 Morning Walk <b>30</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social</p> <p>1:30 Bingo</p> <p>3:00 Charades</p> <p>4:00 Evening Walk</p>	<p>9:15 Long Morning Walk <b>31</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Coffee Social &amp; Mad Libs</p> <p>1:30 Bingo</p> <p>3:00 Set Up for Party</p> <p><b>4:00 January Birthday Party!</b></p>	 <p><i>"January is a month for dreaming" - Jean Hersey</i></p> <p><small>*All Activities are subject to change</small></p>				