

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Westminster Presbyterian Livestream - MCR 1:00 Drop in Rummikub-M 2:00 Popcorn & Movie 2FL 3:30 Hymn Sing – MCR <small>New Year's Day</small>	10:30- Exercise - F 1:00- Relaxation & Reflection w/ Heidi- 1:30-Dance Fitness Club w/ Katie-F 2:00- BINGO and Snacks- B 3:15-Activity Interest Committee-MCR 6:00-Devotion Group-MCR	8:00 Cont. Breakfast- M 9:30 Kroger Outing** 10:30- Exercise w/ Joan- F 1:00-Culinary Committee-MCR 1:00- Seated Volleyball - B 2:00- Cocktails Club w/ RJ 3:15-Travel Club-MCR	10:30- Exercise w/ Ashley- B 1:15 Scenic Drive ** 1:30 Rhymes & Riddles Club -MCR 2:00-(Un)Well Netflix Series-MCR 3:15-Israeli Dance-B 5:00 Fireside Happy Hour-P	10:30- Exercise w/ Joan- F 11:45- Flower Arranging Committee- M 1:00- Wii Bowling Club- 2Fl 1:00-Tai Chi w/ Dr. Cindy- B 2:00- Music Therapy - B 3:15 Jeopardy Club - MCR 4:00- Wine & Cheese- P	10:00- Zoom Exercise w/ Bruce-B 1:00- Ted Talk-MCR 2:00- Beer & BINGO- B 3:15- Current Events -MCR 6:00- Popcorn & Movie: "The Mission" -MCR	10:00 Hot Cocoa Bar & Conversations – M 1:00 Word Puzzles Club-M 3:00 Drop in Rummikub-M 4:00 6:00 Popcorn & Movie "The Mission" MCR
11:00 Westminster Presbyterian Livestream - MCR 1:00 Drop in Rummikub-M 2:00 Popcorn & Movie "The Mission" MCR 3:30 Hymn Sing – MCR	10:30- Exercise w/ Tatiyanna -F 1:30-Dance Fitness Club w/ Katie-F 2:00- BINGO and Snacks- B 3:15-Craft Club-M 6:00-Devotion Group- MCR	8:00 Cont. Breakfast- M 9:30 Kroger Outing** 10:30- Exercise w/ Joan- F 1:00 Pelvic Health Discussion - MCR 2:00-Team Trivia-B 3:15-Travel Club-MCR 4:00-Poetry Club-MCR	10:30- Exercise w/ Ashley- B 1:30 Rhymes & Riddles Club-MCR 2:00-(Un)Well Netflix Series-MCR 3:15-Israeli Dance-B 5:00 Fireside Happy Hour-P	10:30- Exercise w/ Joan- F 11:45- Flower Arranging Committee- M 1:00- Wii Bowling Club- 2Fl 1:00- Tai Chi w/ Dr. Cindy- B 1:00-Culinary Committee-MCR 2:00- Music Therapy - B 3:00 Town Hall - B 4:00-Wine & Cheese-P	10:00- Zoom Exercise w/ Bruce-B 10:30- Communion w/ Episcopal Church- MCR 2:00- Beer & BINGO- B 3:15- Current Events - MCR 6:00- Popcorn & Movie: "News of the World"-MCR 6:30- Shabbat Service- B	10:00-Courtyard Stroll (resident led)-ILC 1:00-Word Puzzles Club-M 3:00-Drop in Rummikub – M 6:00-Popcorn & Movie: "News of the World"–
11:00 Westminster Presbyterian Livestream - MCR 1:00 Drop in Rummikub-M 2:00 Popcorn & Movie: "News of the World" MCR 3:30 Hymn Sing – MCR	10:30- Exercise -F 1:30-Dance Fitness Club with Katie-F 2:00- BINGO and Snacks- B 3:15-Activity Interest Committee - MCR 6:00-Devotion Group- MCR <small>Martin Luther King Jr. Day</small>	8:00 Cont. Breakfast- M 9:30 Kroger Outing** 10:30- Exercise w/ Joan- F 1:00 Pelvic Health Discussion - MCR 1:00- Seated Volleyball - B 2:00- Cocktails Club w/ RJ- M 3:15-Travel Club-MCR	10:30- Exercise w/ Ashley- B 1:15- Scenic Drive** 1:30 Art Appreciation Club-MCR 2:00-Healthy Aging-F 3:15-Israeli Dance-B 5:00 Fireside Happy Hour-	10:30- Exercise w/ Joan- F 11:45- Flower Arranging Committee- M 1:00- Wii Bowling Club- 2Fl 1:00- Tai Chi w/ Dr. Cindy- B 2:15- January Jam Session- P 3:15 Jeopardy Club - MCR 4:00- Wine & Cheese- P	10:00- Zoom Exercise w/ Bruce- B 1:00-Ted Talk-MCR 2:00- Beer & BINGO- B 3:15 – Current Events - MCR 6:00- Popcorn & Movie: "A Man for all Seasons" -MCR	10:30-Drum Aerobics-B 1:15-Drop in Rummikub-M 2:00-Hot Chocolate Bar-M 3:15-Solve Anagrams-MCR 6:00-Popcorn & Movie: "A Man for all Seasons"- MCR
11:00 Westminster Presbyterian Livestream - MCR 1:00 Drop in Rummikub-M 2:00 Popcorn & Movie "A Man for all Seasons" MCR 3:30 Hymn Sing- MCR <small>Chinese New Year (Year of the Rabbit)</small>	10:30- Exercise - F 1:00- Relaxation and Reflection w/ Heidi-MCR 1:30-Dance Fitness Club w/ Katie-F 2:00- BINGO and Snacks- B 3:15- The Mechams Trio - B 6:00-Devotion Group- MCR <small>Activity Professionals Week</small>	8:00 Cont. Breakfast- M 9:30 Kroger Outing** 10:30- Exercise w/ Joan-F 1:00-Culinary Committee-MCR 2:00-Team Trivia-B 3:15-Travel Club-MCR 4:00-Poetry Club-MCR 5:00- Birthday Dinner- B	10:30- Exercise w/ Ashley- B 1:30-Solve Anagrams Club-MCR 2:00-Wine Tasting w/ Courtney- B 3:15-Israeli Dance-M 5:00-Fireside Happy Hour-	10:30- Exercise w/ Joan- F 11:45- Flower Arranging- M 1:00- Wii Bowling Club- 2Fl 1:00- Tai Chi w/ Dr. Cindy- B 2:00- Music Therapy - B 3:15- Po-Ke-No Club -MCR 4:00-Wine & Cheese- P <small>Australia Day (observed)</small>	10:00- Zoom Exercise w/ Bruce-B 10:30- Communion w/ Episcopal Church- MCR 2:00- Beer & BINGO- B 3:15- Current Events - MCR 6:00- Popcorn & Movie: "Unchartered"-MCR	10:00-Courtyard Stroll (resident led)-ILC 1:00-Word Puzzles Club-M 3:00 Drop in Rummikub– M 6:00 Popcorn & Movie: "Unchartered"- MCR
11:00 Westminster Presbyterian Livestream - MCR 1:00 Drop in Rummikub-M 2:00 Popcorn & Movie "Unchartered" MCR 3:30 Hymn Sing - MCR	10:30- Exercise - F 1:00- Virtual Meditation-MCR 1:30-Dance Fitness Club w/ Katie-F 2:00- BINGO and Snacks- B 3:15- Trivia Club-MCR 6:00-Devotion Group- MCR	8:00 Cont. Breakfast- M 9:30 Kroger Outing** 10:30- Exercise w/ Joan- F 1:00- Seated Volleyball - B 2:00- Cocktails Club w/ RJ 3:15-Travel Club-MCR	<h1>January 2023</h1> <p>Independent and Assisted Living Life Engagement Calendar</p>			

Please check daily schedules that are located on each floor for the most up to date schedule. *Activities are Subject to Change* (**Must sign up by Mail Room)