

January

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Exercise 10:30 Church Service 1:30 Coffee Club	2 9:30 Exercise 10:30 Balloon Volley 1:30 Craft	3 9:30 Exercise 10:30 Bowling 1:30 Group Activity	4 9:30 Exercise W/Stacey 10:30 Group Activity 1:30 Council Meeting	5 9:30 Exercise 10:30 Walking Club 2:00 Lifeworks	6 9:30 Exercise 10:30 Nails/Spa 1:30 Coffee & Chat	7 9:30 Exercise 10:30 Puzzles 1:30 Music Hour
8 9:30 Exercise 10:30 Church Service 1:30 Board Games	9 9:30 Exercise 10:30 Balloon Volley 1:30 Craft	10 9:30 Exercise 10:30 Group Activity 3:00 Singing Seniors	11 9:30 Exercise 10:30 Bible Study 1:30 Gospel Hour	12 9:30 Exercise 10:30 Balloon Volley 2:00 Lifeworks	13 9:30 Exercise 10:30 Nails/spa 1:30 Rubber Duck Game	14 9:30 Exercise 10:30 Puzzles 1:30 Music Hour
15 9:30 Exercise 10:30 Church Service 1:30 Movie	16 9:30 Exercise 10:30 Balloon Volley 1:30 Craft	17 9:30 Exercise 10:30 Bowling 1:30 Cooking Class	18 9:30 Exercise 10:30 Group Activity 1:30 Coffee W/ Music	19 9:30 Exercise 10:30 Walking Club 2:00 Lifeworks	20 9:30 Exercise 10:30 Nails/Spa 1:30 Board Games	21 9:30 Exercise 10:30 Puzzles 1:30 Movie
22 9:30 Exercise 10:30 Church Service 1:30 Coffee/Chat	23 9:30 Exercise 10:30 Balloon Volley 1:30 National Pie Day	24 9:30 Exercise 10:30 Group Activity 3:00 Singing Seniors	25 9:30 Exercise 10:30 Bible Study 1:30 Gospel Hour	26 9:30 Exercise 10:30 Balloon Volley 2:00 Lifeworks	27 9:30 Exercise 10:30 Nails/Spa 1:30 Birthday Social	28 9:30 Exercise 10:30 Puzzles 1:30 Movie
29 9:30 Exercise 10:30 Church Service 1:30 Board Games	30 9:30 Exercise 10:30 Balloon Volley 1:30 Craft	31 9:30 Exercise 10:30 Bowling 1:30 Walking Club				