

# JANUARY

Independent Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:30 Exercise- EC 10:15 Trivia-Pub 1:30 Movie & Popcorn 3:00 Happy Hour-Pub <b>New Year's Day</b>	<b>2</b> 9:00 Outing-Festival Foods 9:30 Exercise- EC 10:00 manicures-EC 3:15 Cooking Club -EC 6:00 Sheep's Head**	<b>3</b> 9:00 Water Exercise 10:00 Lutheran Service-EC 1:30-Catholic Mass-Pub 1:30 Dominos-IL** 3:00 Crochet/Knit Club -EC	<b>4</b> 9:30 Exercise-EC 10:00 Skip Bo-EC 3:15 Music by Fernando-Pub 6:00 Sheep Head**	<b>5</b> 9:30 Exercise-EC 10:00 Pong Cup-EC 1:30 Movie and popcorn 3:00 Happy Hour-Pub	<b>6</b> 9:30 Chair Yoga-EC 2:00 Bingo-Pub 3:15 Coffee by the fireplace-EC 6:00 Sheep Heads**
<b>7</b> 10:00 Sunday Funnies-EC 1:30 Scrabble-EC 3:00 Men's Mingle-Pub	<b>8</b> 9:30 Exercise- EC 10:30 Aegis Therapy Presentation-Pub 1:30 Movie & Popcorn 3:00 Happy Hour- Pub 6:00 Sheep head**	<b>9</b> 9:00 Outing-Walmart 9:30 Exercise- EC 10:00 manicures-EC 1:30 Resident Council-Pub 3:15 Crafts -EC 6:00 Sheep's Head**	<b>10</b> 9:00 Water Exercise 10:00 Lutheran Service-EC 1:30 Dominos-IL** 3:00 Music By Bob Welsch-Pub	<b>11</b> 10:00 Shepherds Care-EC 2:00 Cover all Dice-EC 3:00 Ladies Club-Ec 6:00 Sheep Head**	<b>12</b> 9:30 Exercise-EC 10:00 Pong Cup-EC 1:30 Movie and popcorn 3:00 Happy Hour-Pub	<b>13</b> 9:30 Exercise-EC 2:00 Bingo-Pub 3:15 Walking Club 6:00 Sheep Heads**
<b>14</b> 10:00 Sunday Funnies-EC 1:30 Bunco-Ec 3:00 Men's Mingle-Pub	<b>15</b> 9:30 Exercise- EC 10:15 Trivia-Pub 1:30 Movie & Popcorn 3:00 Happy Hour- Pub 6:00 Sheep head** <b>Martin Luther King</b>	<b>16</b> 9:00 Outing-Pick N Save 9:30 Exercise- EC 10:00 manicures-EC 3:15 Cooking Club -EC 6:00 Sheep's Head**	<b>17</b> 9:00 Water Exercise 10:00 Lutheran Service-EC 1:30 Dominos-IL** 3:00 Crochet/Knit Club -EC 4:30 Outing-Van Abels's	<b>18</b> 9:30 Exercise-EC 10:00 Left, Right, Center-EC 3:00 Ladies Club-EC 5:45 Paint N Sip with Hannah- Pub 6:00 Sheep Head**	<b>19</b> 9:30 Exercise-EC 10:30 Pianist Francis Rank-1 <sup>st</sup> floor 1:30 Catholic Mass-Pub 3:00 Happy Hour-Pub	<b>20</b> 9:30 Chair Yoga-EC 2:00 Bingo-Pub 3:15 Coffee by the fireplace-EC 6:00 Sheep Heads**
<b>21</b> 10:00 Sunday Funnies-Ec 11:00 Shut the Box-Ec	<b>22</b> 1:30 Movie & Popcorn	<b>23</b> 9:30 Exercise- EC 10:00 manicures-EC 3:15 Crafts -EC 6:00 Sheep's Head**	<b>24</b> 9:00 Water Exercise 10:00 Outing- Casino 10:00 Lutheran Service-EC 1:30 Dominos-IL** 3:00 Crochet/Knit Club -EC	<b>25</b> 10:00 Shepherds Care-EC 2:00 whack a balloon-EC 3:00 Ladies Club-EC 6:00 Sheep Head**	<b>26</b> 9:30 Exercise-EC 10:00 Pong Cup-EC 1:30 Movie and popcorn 3:00 Happy Birthday Happy Hour-Pub	<b>27</b> 9:30 Chair Yoga-EC 2:00 Bingo-Pub 3:15 Walking Club 6:00 Sheep Heads**
<b>28</b> 10:00 Sunday Funnies-EC 1:30 What did it Cost-EC 3:00 Men's Mingle-Pub	<b>29</b> 9:30 Exercise- EC 10:15 Trivia-Pub 1:30 Movie & Popcorn 3:00 Happy Hour- Pub	<b>30</b> 9:00 Outing-Festival Foods 9:30 Exercise- EC 10:00 manicures-EC 3:15 Cooking Club -EC 6:00 Sheep's Head**	<b>31</b> 9:00 Water Exercise 10:00 Lutheran Service-EC 11:00 Outing -Roxy Supper Club 1:30 Dominos-IL** 3:00 Crochet/Knit Club -EC		<b>Activity Location Key</b> ECD- Enhanced Care Dining Lobby- 1st floor Theater-3rd floor Pub- 1st floor **-Resident Lead	<b>Activity Location Key</b> IL- Independent Activity Room EC- Enhanced Care Activity Room 2 <sup>nd</sup> Floor Library- 2 <sup>nd</sup> Floor

## SPECIAL EVENTS

Dinner Outing 1-17-23 Van Abels of Hollandtown

*\*All activities are subject to change when necessary. Residents' families are invited to participate in community events.*