

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Morning Exercise 2023 highlights trivia Find the nut Afternoon Yahtzee New years resolutions New Year's Day	Morning: Religious Music Sit and be fit Communion Scriptures with Dick Afternoon Bingo Movie and snacks	Morning: Music Chair exercise Higher or lower Afternoon: Tennis ball darts Domino's	Morning: Exercise Dyenseo Hangman Afternoon: Animal Lotto Arm Chair Travel	Morning: Exercise Bells Animal Metaphors Afternoon: Balloon Volleyball Vacation spots	Morning: Morning Stretch Pictionary Afternoon: Bowling Opposites
Morning: Church Fireplace TV Exercise Sing along 12:00 Packers Vs Chic Afternoon: Twister Toss	Morning: Exercise Hang Man Afternoon: Trivia UNO	Morning: Religious Music Sit and be fit Communion Scriptures with Dick Afternoon Bingo Movie and snacks	Morning: Music John Denver Chair Exercise Pictionary Winter What am I? Afternoon: Gretel dog visit Famous Animals	Morning: Exercise Dyenseo The walker Afternoon: Crafts Movie	Morning: Exercise Once Upon a Time Afternoon: Bowling Sing a long	Morning: Morning Stretch Hangman Afternoon: What's it for Kickball
Morning: Church Fireplace TV Exercise Sing along Afternoon: Basketball toss	Morning: Exercise Words from words Trivia Martin Luther King Afternoon: Color and word Search Balloon Volleyball Martin Luther King	Morning: Religious Music Sit and be fit Communion Scriptures with Dick Afternoon Bingo Movie and snacks	Morning: Music Elvis Chair Exercise Sing along Afternoon: Domino's Famous Artists	Morning: Exercise Dyenseo Pairs Afternoon: Twister Toss Banana Gram	Morning: Exercise Slogans Afternoon: Yatzee Games we played	Morning: Morning Stretch Sing Along Afternoon: Opposites Inflation
Morning: Church Fireplace TV Exercise Sing along Afternoon: 2:00Family Gospel/ Bluegrass	Morning: Exercise Alphabet Soup Afternoon: Kickball UNO	Morning: Religious Music Sit and be fit Communion Scriptures with Dick Afternoon Bingo Movie and snacks	Morning: Chair Exercise You Be the Judge Afternoon: Parachute Slogans	Morning: Exercise Dyenseo Afternoon: Crafts Movie	Morning: Exercise New meaning for old words Afternoon: Tennis ball darts Let's Talk	Morning: Morning Stretch Afternoon: Bean Bag Twister
Morning: Church Fireplace TV Exercise Sing along Afternoon: Occupations Travel	Morning: Exercise Higher or lower Afternoon: Fads Snowball Fight	Morning: Religious Music Sit and be fit Communion Scriptures with Dick Afternoon Bingo Movie and snacks	Morning: Chair Exercise They Came in Two's Afternoon: Snowball fight Cover all			

MC Calendar

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