

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy New Year AM: IN2L Group Exercise Refreshments Virtual Church Services PM: IN2L Stretching IN2L Sing Along Bingo	AM: IN2L Group Exercise Refreshments Dominoes PM: IN2L Group Exercise Puzzles Adult Coloring Evening Movie	AM: IN2L Group Exercise Refreshments IN2L You Be the Judge PM: Group Reading:Game Day w/Katie IN2L Stretching Afternoon Movie Relaxing Music	AM: IN2L Music IN2L Exercise w/Christianne Refreshments PM: IN2L Trivia Bingo IN2L Group Exercise Nail Painting	AM: IN2L Group Exercise w/Christianne Refreshments National Bird Day-Bird Discussion PM: IN2L Travel w/Christianne Happy Hour in assisted living Household Chores IN2L Breathing Exercise	AM: IN2L Group Exercise Refreshments Bingo PM: Culinary Club-Banana Bread w/Katie Sing Along IN2L Group Exercise	AM: IN2L Group Exercise Refreshments Cards PM: Water painting IN2L Group Exercise Household Chores Evening Movie
AM: IN2L Group Exercise Refreshments Virtual Church Services PM: IN2L Stretching IN2L Sing Along Bingo	AM: IN2L Group Exercise Refreshments Water painting PM: Afternoon Meeting w/Katie Afternoon Music w/Doc Gibbs IN2L Stretching Evening Movie	AM: IN2L Group Exercise Refreshments Puzzles PM: IN2L Breathing Exercises Bingo Household Chores Relaxing Music	AM: IN2L Music IN2L Exercise w/Christianne Refreshments PM: Adult Coloring IN2L Trivia Cards Hand Massages & Nail Painting	AM: IN2L You Be The Judge IN2L Group Exercise w/Chrstianne Refreshments PM: National Hot Tea Day-Hot Tea and Conversation w/Katie Happy Hour w/music in AL IN2L Stretching	AM: IN2L Group Exercise Refreshments IN2L Travel PM: Afternoon Movie IN2L Balloon Toss Household Chores Relaxing Music	AM: IN2L Group Exercise Refreshments Junk Drawer Detective PM: Bingo IN2L Stretching IN2L Sing Along Conversations with Friends
AM: IN2L Group Exercise Refreshments Virtual Church Services PM: Hymn Sing Along Puzzles IN2L Breathing Exercises Relaxing Music	AM: IN2L Group Exercise Refreshments Morning Drive w/Katie PM: Adult Coloring Bingo IN2L Group Exercise Hand Massages & Nail Painting	AM: IN2L Group Exercise Refreshments IN2L Travel PM: Junk Drawer Detective w/Katie Matching Suites w/Katie IN2L Group Exercise Evening Movie	AM: IN2L Group Exercise Refreshments Adult Coloring PM: Dominoes Bingo IN2L Group Exercise Relaxing Music	AM: IN2L Music IN2L Group Exercise w/Christianne Refreshments PM: Snowman Craft w/Chrsitianne & Katie Happy Hour in AL IN2L Stretching	AM: IN2L Group Exercise Refreshments You Be the Judge PM: Calendar Planning w/Residents & Katie cookies & lemonade Cards Dominoes	AM: IN2L Group Exercise Refreshments IN2L Sing Along PM: Bingo In2L Group Exercise Adult Coloring Sock Matching/Puzzles
AM: IN2L Group Exercise Refreshments Virtual Church Services PM Cards Gospel Sing Along in AL IN2L Group Exercise Evening Movie	AM: IN2L Group Exercise Refreshments Water Painting PM: Afternoon Bus Ride w/Katie IN2L Music IN2L Afternoon Exercise Dominoes	AM: IN2L Group Exercise Refreshments Puzzles PM: Can You Picture It w/Katie Garden Club w/Katie Bingo IN2L Group Exercise-Relaxing	AM: IN2L Music IN2L Group Exercise w/Christianne Refreshments PM: Household Chores Adult Coloring IN2L Group Exercise Relaxing Music	AM: IN2L Humor IN2L Group Exercise w/Christianne Refreshments PM: IN2L You Be the Judge IN2L Travel w/Christianne Happy Hour in AL IN2L Group Exercise-Relaxing	AM: IN2L Group Exercise Refreshments Discussion Group-Living in Texas and fun facts about Texas PM: Bingo IN2L Group Exercise Household Chores-Polish Silver	AM: IN2L Group Exercise Refreshments Nail Painting & Hand Massages PM: Afternoon Movie IN2L Group Exercise Dominoes Relaxing Music
AM: IN2L Group Exercise Refreshments Virtual Church Services PM: Hymn Sing Along Cards IN2L Group Exercise Evening Movie	AM: IN2L Group Exercise Refreshments Culinary Club-Blueberry Muffins w/Katie PM: IN2L Travel IN2L Group Stretching Hand Massages & Nail Painting	AM: IN2L Group Exercise Refreshments Adult Coloring PM: Picture Discussion-Winter Bingo IN2L Group Exercise Relaxing Music	We are: happily accepting: Donations of nail polish, nail polish remover, large print coloring books, colored pencil, 35 piece adult jigsaw puzzles, water color paints and brushes and other non-toxic craft supplies.	Please make sure we have a current email on file. In February you will begin getting monthly calendars sent out via email.	Holidays and special days this month: January 12th National Hot Tea Day January 16th MLK Day	Just a reminder that all activities and programs scheduled can change due to needs of the residents.
Families: We are currently looking for volunteers to come play music for us. If you know of anyone interested please let us know thank you	As always we are always open to suggestions regarding programming and activities. Please email Katie at kesearl@watermarkcommunitieis.com with all your ideas.	<div> <div>JANUARY 2023</div> <div>Town Center</div> </div>		ACTIVITY LOCATOR KEY	All events take place in the living room, library, dining room or assisted living.	