

| SUNDAY                                                                                                                                     | MONDAY                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                     | THURSDAY                                                                                                                                                                  | FRIDAY                                                                                                                                                                             | SATURDAY                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:30 Cocoa & Chat-L<br>10:00 LDS Sacrament-D<br>10:30 Flower Arranging-C<br>2:00 Journaling-C<br>3:00 Puzzle Power Hour-C<br><div>1</div>  | 9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Hand Massages-B<br>2:00 New Year Resolutions-D<br>3:00 One Planet-T<br><div>2</div>                                                                        | <b>Transportation for Appts.</b><br>9:30 Cocoa & Chat-L<br>10:15 Stretches-D<br>10:45 Technology<br>Tuesday: Google-D<br>2:00 BINGO-D<br>3:00 Tea & Tunes-D<br><div>3</div>                     | <b>Transportation for Appts.</b><br>9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Brain Breaks-D<br>2:00 Cream Puffs & Trivia-L<br>3:00 Movie-T<br>7:00 LDS Sunday School<br><div>4</div> | <b>9:30 Shop @ Walmart</b><br>9:30 Cocoa & Chat-L<br>10:15 Weights Class-D<br>11:00 Trivia-D<br>2:00 Vision Board Craft-D<br>3:00 Social-D<br><div>5</div>                | 9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Fun Fact Friday-D<br>2:00 Welcome Social-D<br><b>Come meet our new residents!</b><br>6:00 Movie Night-T<br><div>6</div>          | 9:30 Cocoa & Chat-L<br>10:15 Resistance Bands-D<br>10:45 Name That Elvis Tune-D<br>2:00 Elvis Jeopardy-D<br>3:00 Sweet Treat Social-D<br><div>7</div>                                                                        |
| 9:30 Cocoa & Chat-L<br>10:00 LDS Sacrament-D<br>10:30 Flower Arranging-C<br>2:00 Journaling-C<br>3:00 Puzzle Power Hour-C<br><div>8</div>  | 9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Manicures-B<br>2:00 WU: What is Gluten and Gluten Free Cooking Group-D<br><div>9</div>                                                                     | <b>Transportation for Appts.</b><br>9:30 Cocoa & Chat-L<br>10:15 Stretches-D<br>10:45 Technology<br>Tuesday: Emails-D<br>2:00 BINGO-D<br>3:00 Tea & Tunes-D<br><div>10</div>                    | <b>Transportation for Appts.</b><br>9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Brain Breaks-D<br>2:00 Music w/Heart & Soul-D<br>7:00 LDS Sunday School/ Priesthood -D<br><div>11</div> | 9:30 Cocoa & Chat-L<br>10:15 Resistance Bands-D<br>11:00 Trivia-D<br><b>2:00 Shop @ Walmart</b><br>2:00 Karaoke & Happy Hour-D<br><div>12</div>                           | 9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br><b>11:00 Lunch Outing: Black Bear Diner</b><br>2:30 WU: The North Pole Experience with Alysia-T<br>6:00 Movie Night-T<br><div>13</div> | 9:30 Cocoa & Chat-L<br>10:15 Weights Class-D<br>10:45 Brain Breaks-D<br>2:00 BINGO-D<br>3:00 Ice Cream Social-D<br><div>14</div>                                                                                             |
| 9:30 Cocoa & Chat-L<br>10:00 LDS Sacrament-D<br>10:30 Flower Arranging-C<br>2:00 Journaling-C<br>3:00 Puzzle Power Hour-C<br><div>15</div> | 9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Manicures-B<br>2:00 Remembering Martin Luther King Jr.-T<br>3:00 Strawberry Ice Cream Social-D<br><div>16</div>                                            | <b>Transportation for Appts.</b><br>9:30 Cocoa & Chat-L<br>10:15 Stretches-D<br>10:45 Technology<br>Tuesday: Facebook-D<br>2:00 BINGO-D<br>3:00 Tea & Tunes-D<br><div>17</div>                  | <b>Transportation for Appts.</b><br>9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Brain Breaks-D<br>2:00 Bowling-D<br>3:30 Root Beer Floats-D<br>7:00 LDS Sunday School-<br><div>18</div> | <b>9:30 Shop @ Walmart</b><br>9:30 Cocoa & Chat-L<br>10:15 Weights Class-D<br>11:00 Trivia-D<br>2:00 Chinese New Year Craft & Discussion Group-D<br><div>19</div>         | 9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Fun Fact Friday-D<br>2:00 Music with Wayne-D<br>3:00 Cheese Tasting Social-D<br>6:00 Movie Night-T<br><div>20</div>              | 9:30 Cocoa & Chat-L<br>10:15 Resistance Bands-D<br>10:45 Brain Breaks-D<br>2:00 Super Saturday - D<br><b>Bring your craft to work on or make a snowman craft with Alysia</b><br>3:00 Sweet Treat Social - D<br><div>21</div> |
| 9:30 Cocoa & Chat-L<br>10:00 LDS Sacrament-D<br>10:30 Flower Arranging-C<br>2:00 Journaling-C<br>3:00 Puzzle Power Hour-C<br><div>22</div> | 9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Manicures-B<br>2:00 Donuts-D<br>2:30 Resident Council-D<br><div>23</div>                                                                                   | <b>Transportation for Appts.</b><br>9:30 Cocoa & Chat-L<br>10:15 Stretches-D<br>10:45 Technology<br>Tuesday: Subscriptions & Streaming-D<br>2:00 BINGO-D<br>3:00 Tea & Tunes-D<br><div>24</div> | <b>Transportation for Appts.</b><br>9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Brain Breaks-D<br>2:00 Penny Pitching-D<br>7:00 LDS Sunday School/ Priesthood -D<br><div>25</div>       | 9:30 Cocoa & Chat-L<br>10:15 Resistance Bands-D<br>11:00 Trivia-D<br><b>2:00 Shop @ Walmart</b><br>2:00 Karaoke & Happy Hour-D<br><div>26</div>                           | 9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Fun Fact Friday-D<br>2:00 Music with Terry-D<br>3:00 Birthday Social-D<br>6:00 Movie Night-T<br><div>27</div>                    | 9:30 Cocoa & Chat-L<br>10:15 Weights Class-D<br>10:45 Brain Breaks-D<br>2:00 BINGO-D<br>3:00 Ice Cream Social-D<br><div>28</div>                                                                                             |
| 9:30 Cocoa & Chat-L<br>10:00 LDS Sacrament-D<br>10:30 Flower Arranging-C<br>2:00 Journaling-C<br>3:00 Puzzle Power Hour-C<br><div>29</div> | 9:30 Cocoa & Chat-L<br>10:15 Badminton-D<br>11:00 Manicures-B<br>2:00 Music & Art-D<br>3:00 Fresh Fruit Social-D<br><div>30</div>                                                                            | <b>Transportation for Appts.</b><br>9:30 Cocoa & Chat-L<br>10:15 Stretches-D<br>10:45 Technology<br>Tuesday: Smart Phones-D<br>2:00 BINGO-D<br>3:00 Tea & Tunes-D<br><div>31</div>              |                                                                                                                                                                                               | <b>All outings are highlighted in RED. If you would like to go on an outing with us you can sign up at the front desk. You must sign up before the day of the outing.</b> |                                                                                                                                                                                    | <b>Calendar is subject to change. Please see calendar posted by the dining room for all updates.</b>                                                                                                                         |
|                                                                                                                                            | <b>Transportation for doctor appointments is available all day <u>TUESDAY</u> and <u>WEDNESDAY</u>. If you need transportation, please let Efren or Alexis know <u>the week before your appointment</u>.</b> | <div>JANUARY 2023</div> <div>The Inn</div>                                                                                                                                                      |                                                                                                                                                                                               | <div>ACTIVITY LOCATOR KEY</div> <div>B - Beauty Salon<br/>C - Craft Room (2nd floor)<br/>D - Dining Room<br/>FD - Front Desk<br/>L - Library<br/>T - Theater</div>        | <div>HAPPY BIRTHDAY!</div> <div>David P 1/9<br/>Ruth K. 1/9<br/>Barbara L. 1/13<br/>LaRetta N. 1/20<br/>Everett N. 1/26</div>                                                      | <div>HAPPY BIRTHDAY!</div> <div>Gerald T. 1/26<br/>Beverly B. 1/28<br/>Mitch H. 1/28<br/>Jo S. 1/31</div>                                                                                                                    |