



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

 New Year's Day	<b>1 National Cream Puff Day</b> 10:30am Chair Exercise 11:30am Manicures & Pedicures <b>1:30pm Tender Heart</b> 3pm Cream Puff Tasting & Facts <b>Therapy Dog Mocha Visit!</b>	<b>2 International Mind-Body Wellness Day</b> 10:30am Kickball 11:30am Would You Rather 2pm Bingo 3pm Trivia	<b>3 National Spaghetti Day</b> 10:30am Balloon & Noodle 11:30am Word Games <b>12pm Library Visit &amp; Lunch</b> 3pm Walking Club	<b>4 National Bird Day</b> 10am Bible Study 11am Parachute Ball 2pm Bird Documentary 3pm Spa Hour	<b>5 National Bean Day</b> 10:30am Chair Yoga 11:30 Left-Right-Center 2pm Happy Hour @ IL 3pm Current Events	<b>6</b> 10:30am Exercise 2pm Movie
10:30am Exercise 2pm Movie	<b>8 National Law Enforcement Appreciation Day</b> 10:30am Chair Exercise 11:30am Manicures & Pedicures <b>1:30pm Tender Heart</b> 3pm Thank You Cards for Law Enforcement	<b>9 National Save The Eagles Day</b> 10:30am Kickball 11:30am Eagle Documentary <b>2pm Don Newville Entertainment</b> 3pm Crafts	<b>10 National Hot Toddy Day</b> 10:30am Balloon & Noodle <b>11am Adopt-A-Pet</b> 2pm Hot Toddy's & Dancing 3pm Walking Club	<b>11 National Youth Day</b> 10am Bible Study 11am Parachute Ball 2pm Favorite Youth Memories <b>2:45 Paisley Saints Entertainment</b>	<b>12 National Sticker Day</b> 10:30am Chair Yoga <b>11:30 Robert N's Birthday!</b> 2pm Happy Hour @ IL 3pm Current Events	<b>13</b> 10:30am Exercise 2pm Movie <b>Come to the Living Room to Watch Football with Your Friends</b>
10:30am Exercise 2pm Movie <b>Come to the Living Room to Watch Football with Your Friends</b>	<b>15 National Boston Day</b> 10:30am Chair Exercise 11:30am Manicures & Pedicures <b>1:30pm Tender Heart</b> 3pm Boston Facts <b>Therapy Dog Mocha Visit!</b> Martin Luther King Jr. Day	<b>16 National Popeye Day</b> 10:30am Kickball 11:30am Painting 2pm Bingo 3pm Popeye Videos	<b>17 National Michigan Day</b> 10:30am Balloon & Noodle 11:30am Hangman 2pm Pure Michigan Video 3pm Walking Club	<b>18 National Popcorn Day</b> 10am Bible Study 11am Parachute Ball <b>Emagine Movie &amp; Lunch</b> 3pm Spa Hour	<b>19 National Penguin Day</b> 10:30am Chair Yoga <b>11:30 Kendell P's Birthday!</b> 2pm happy Hour @ IL 3pm Current Events	<b>20</b> 10:30am Exercise 2pm Movie <b>Come to the Living Room to Watch Football with Your Friends</b>
10:30am Exercise 2pm Movie <b>Come to the Living Room to Watch Football with Your Friends</b> Chinese New Year (Year of the Rabbit)	<b>22 National Pie Day</b> 10:30am Chair Exercise 11:30am Manicures & Pedicures <b>1:30pm Tender Heart</b> 3pm Pies & Facts of pies Activity Professionals Week	<b>23 National Compliment Day</b> 10:30am Kickball 11:30am Write a Compliment 2pm Bingo 3pm Joke & Craft Hour	<b>24 National Florida Day</b> 10:30am Balloon & Noodle <b>11am Adopt-A-Pet</b> 2pm Conversation Toss 3pm Walking Club	<b>25 National Green Juice Day</b> 10am Bible Study 11am Parachute Ball 2pm Green Juice & Trivia 3pm Spa Hour Australia Day (observed)	<b>26 National Fun at Work Day</b> <b>FREE DAY</b> <b>Happy Hour @ IL!</b> <b>Music!</b> <b>Ice Cream Social!</b>	<b>27</b> 10:30am Exercise 2pm Movie
<b>29</b> 10:30am Exercise 2pm Movie	<b>30 National Bible Day</b> 10:30am Chair Exercise 11:30am Manicures & Pedicures <b>1:30pm Tender Heart</b> 3pm Bible Study <b>Therapy Dog Mocha Visit!</b>	<b>31 National Hot Chocolate Day</b> 10:30am Kickball 11:30am Hot Cocoa Bar 2pm Bingo 3pm Cards	<h1>January 2023</h1> <p>Assisted Living</p>			

**\*\*ALL ACTIVITIES & OUTINGS ARE SUBJECT TO CHANGE\*\***