

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

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