



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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|  Lois Sims Birthday! <small>New Year's Day</small> | 1 National Cream Puff Day 10:30 Chair Exercise 11:30 Basketball 2pm Cream Puff Tasting 3pm Light of Hope 3:50 Tender Heart Therapy Dog Mocha Visit! | 2 International Mind-Body Wellness Day 10:30 Kickball Circle 11:30 Star Ornament Craft 2pm Chair Yoga 3pm Bingo | 3 National Spaghetti Day 10:30 Parachute Ball 12pm Library Visit & Lunch 3pm Light of Hope | 4 National Bird Day 10:30 Balloon & Noodle 11:30 Bird Documentary 2pm Anita Z's Birthday! 3pm Light of Hope | 5 National Bean Day 10:30 Walking Club Spa Day 2pm Happy Hour 3:15 Tom Smela Entertainment | 6 10:30am Exercise 2pm Movie |
| 10:30am Exercise 2pm Movie | 8 National Law Enforcement Appreciation Day 10:30 Chair Exercise 11:30 Puzzles 2pm Thank You Cards for Law Enforcement 3pm Light of Hope 3:50 Tender Heart | 9 National Save The Eagles Day 10:30 Kickball Circle 11:30 Premade Craft Kits 2pm Eagle Documentary 3pm Bingo | 10 National Hot Toddy Day 10:30 Parachute Ball 11am Adopt-A-Pet 2pm Hot Toddy's & Memories 3pm Light of Hope | 11 National Youth Day 10:30 Balloon & Noodle 11:30 Favorite Youth Memories 2pm Hangman 3pm Light of Hope | 12 National Sticker Day 10:30 Walking Club Spa Day 2pm Happy Hour 3pm Chicken Noodle Soup for the Soul | 13 10:30am Exercise 2pm Movie |
| 10:30am Exercise 2pm Movie | 15 National Boston Day 10:30 Chair Exercise 11:30 Horse Races 2pm MLK Video 3pm Light of Hope 3:50 Tender Heart Therapy Dog Mocha Visit! <small>Martin Luther King Jr. Day</small> | 16 National Popeye Day 10:30 Kickball Circle 11:30 Finish the Phrase 2pm Popeye Videos 3pm Bingo | 17 National Michigan Day 10:30 Parachute Ball 11:30 Michigan Facts & Videos 2pm Left-Right-Center 3pm Light of Hope | 18 National Popcorn Day 10:30 Balloon & Noodle Emagine Movie & Lunch Day! 3pm Light of Hope | 19 National Penguin Day 10:30 Walking Club Spa Day 2pm Happy Hour 3pm Chicken Noodle Soup for the Soul | 20 10:30am Exercise 2pm Movie |
| 10:30am Exercise 2pm Movie <small>Chinese New Year (Year of the Rabbit)</small> | 22 National Pie Day 10:30 Chair Exercise 11:30 Alphabet Game 2pm Peggy F's Birthday! 3pm Light of Hope 3:50 Tender Heart <small>Activity Professionals Week</small> | 23 National Compliment Day 10:30 Kickball Circle 11:30 Popsicle Craft 2pm Write a Compliment 3pm Bingo | 24 National Florida Day 10:30 Parachute Ball 11am Adopt-A-Pet 2pm Reading Circle 3pm Light of Hope | 25 National Green Juice Day 10:30 Balloon & Noodle 11:30 Basketball 2pm Green Juice & Trivia 3pm Light of Hope <small>Australia Day (observed)</small> | 26 National Fun at Work Day 10:30 Walking Club Spa Day 2pm Happy Hour 3pm Chicken Noodle Soup for the Soul | 27 10:30am Exercise 2pm Movie |
| 10:30am Exercise 2pm Movie | 29 National Bible Day 10:30 Chair Exercise 11:30 Horse Races 2pm Bible Study 3pm Light of Hope 3:50 Tender Heart Therapy Dog Mocha Visit! | 30 National Hot Chocolate Day 10:30 Kickball Circle 11:30 Hot Chocolate Bar 2pm Sharron C's Birthday! 3pm Bingo | <h1>January 2023</h1> <p>Memory Care</p> | | | |

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