

Celebrate, Life Your Way

*All activities/times are subject to change at any time.

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30AM Chair Exercise 10:15AM Church Services 11AM Karaoke 1:30PM Mixer and Music 2PM Sunday Sundaes 3PM New Year Scavenger Hunt 4PM Move and Groove 7PM Bowling	2 9:30AM Chair Yoga 10:15 New Years Resolution Photo Shoot 11AM Walking Challenge 1:30PM Bingo 2PM Fly with Me - Parachute 3PM Arts and Crafts – Button Tree 4PM Feature Show - 3 Stooges 7PM Mixer and Music	3 Chocolate Covered Cherry Day 9:30AM Sit and Stretch 10:15AM Folding Envelopes 11AM Don't Get Caught - Hot Potato 1:30PM Create Floral Arrangements 2PM Chocolate Tasting 3PM Tic-Tac-Toe 4PM Move and Groove 7PM Ring Toss	4 9:30AM 10:15AM Hang Man - Funny Sayings 11AM Walking Challenge 1:30PM 1950's Trivia 2PM Scenic Ride - Lake Las Vegas 4PM Feature Show - Golden Girls 7PM Large Puzzles	5 Whipped Cream Day 9:30AM Chair Yoga 10:15AM Cross Word Puzzles 11AM Kickball 1:30PM Decorate with Jewels 2 PM Cooking Class - Whipped Cream 3PM Guess What's Inside - Mystery Bag 4PM Feature Show - I Love Lucy 7PM Mixer and Music	6 9:30AM Sit and Stretch 10:15AM Dog Therapy 11AM Fly With Me - Parachute 1:30PM Bingo 2PM Scenic Ride - Lake Las Vegas 4PM Move and Groove 7PM Jenga Challenge	7 9:30AM Chair Exercise 10:15AM Tic-Tac-Toe 11AM Mixer and Music 1:30PM Manicures 2PM Balloon Volleyball 3PM Bingo 4PM Puzzles 7PM Hand Massages
8 Bubble Bath Day 9:30AM Sit & Stretch 10:15AM Church Services 11AM Bingo 1:30PM Mixer and Music 2PM Sunday Sundaes 3PM Pop Bubbles 4PM Feature Show - I Love Lucy 7PM Puzzles	9 9:30AM Chair Exercise 10:15AM Fun Facts 11AM Mixer and Music 1:30PM Trivia - Name the City 2PM Walking Challenge 3PM Play Pairs - Matching Cards 4PM Bowling 7PM Evening Art	10 Poetry Day 9:30AM Chair Yoga 10:15AM Poetry – Shel Silverstein 11AM Balloon Volleyball 1:30PM Kickball 2PM Minute to Win it Challenge 3PM Walking Challenge 4PM Feature Show - 3 Stooges 7PM Card Games	11 9:30AM Sit and Stretch 10:15AM Dear Abby 11AM Mixer and Music 1:30PM Ice Breaker Challenge 2PM Scenic Ride - Boulder City 4PM Trivia - Name that Tune 7PM Walking Challenge	12 National Hot Tea 9:30AM Chair Exercise 10:15AM Puppet Theater 11AM Tea Tasting 1:30PM Don't Get Caught - Hot Potato 2 PM Walking Challenge 3PM Arts and Crafts – Watercolors 4PM Feature Show - Golden Girls 7PM Hand Massages	13 9:30AM Chair Yoga 10:15AM Dog Therapy 11AM Fly With Me - Parachute 1:30PM Stuffed Animal Workshop 2PM Scenic Ride - Boulder City 4PM Feature Show - Brady Bunch 7PM Board Games	14 9:30AM Sit & Stretch 10:15AM Hand Massage 11AM Ring toss 1:30PM Move and Groove 2PM EC Adams Performs The Hits 3PM Mixer and Music 4PM Puzzles 7PM Walking Challenge
15 9:30AM Sit and Stretch 10:15AM Church Services 11AM Mixer and Music 1:30PM Board Games 2PM Sunday Sundaes 3PM Manicures 4PM Feature Show - I Love Lucy 7PM Hand Massages	16 Martin Luther King Birthday 9:30AM Chair Exercise 10:15AM MLK Celebration 11AM Guess the texture 1:30PM Move and Groove 2PM Bingo 3PM Walking Challenge 4PM Balloon Whack 7PM Board Games	17 9:30AM Chair Yoga 10:15AM Current Events 11AM Jewelry Making 1:30PM Wheel of Fortune 2PM Cooking Class - Garlic Bread 3PM Scavenger Hunt 4PM Move and Groove 7PM Let's Color	18 9:30AM Sit & Stretch 10:15AM Arts & Crafts - Sponge Paint 11AM Walking Challenge 1:30PM Ring Toss 2PM Scenic Ride - Hemming Way Park 4PM Bingo 7PM Crossword puzzles	19 9:30AM Chair Exercise 10:15AM Dear Abby 11AM Bingo 1:30PM Balloon Volleyball 2PM Feature Film - Shirley Temple 3PM Minute to Win it Challenge 4PM Ring Toss 7PM Mix and Mingle	20 Hat Day 9:30AM Chair Yoga 10:15AM Dog Therapy 11AM Art and Crafts - Hat decoration 1:30PM Puppet Theater 2PM Scenic Ride- Hemming Way Park 4PM Golf 7PM Board Games	21 9:30AM Sit and Stretch 10:15AM Lego Challenge - Flower 11AM Karaoke 1:30PM Folding Envelopes 2PM Move and Groove 3PM Bingo 4PM Feature show - 3 stooges 7PM Puzzles
22 Chinese New Year – Year of the Rabbit 9:30AM Sit & Stretch 10:15AM Church Services 11AM Connect Four 1:30PM Sing along 2PM Fortune Cookies 3PM Move and Groove 4PM Bowling 7PM Let's Color	23 9:30AM Chair Yoga 10:15AM Uplifting Stories 11AM Walking Challenge 1:30PM Scrabble 2PM Move and Groove 3PM Bingo 4PM Feature Show - I Love Lucy 7PM Board Games	24 9:30AM Chair Exercise 10:15AM Stuffed Animal Workshop 11AM Arts and Crafts - Watercolors 1:30PM Balance Egg Relay 2PM Cooking Class - Salami Roses 3PM Karaoke 4PM Feature Show - Brady Bunch 7PM Walking Challenge	25 Library Shelf Day 9:30AM Sit and Stretch 10:15AM Fun Facts 11AM Scavenger Hunt - Book Covers 1:30PM Puppet Theater 2PM Feature Film – Guys and Dolls 3PM Fly with me - Parachute 7PM Mix and Mingle	26 9:30AM Chair Yoga 10:15AM Matching Card Games 11AM Golf 1:30PM Move and Groove 2 PM Bingo 3PM Walking Challenge 4PM Feature Show - Golden Girls 7PM Hand Massages	27 9:30AM Chair Exercise 10:15AM Dog Therapy 11AM Arts and Crafts - Marbles 1:30PM Connect Four 2PM Kickball 3PM Scrabble 4PM Bowling 7PM Puzzles	28 9:30AM Sit and Stretch 10:15AM Cross Word Puzzles 11AM Mixer and Music 1:30PM Manicures 2PM Pop Bubbles 3PM Bingo 4PM Ring Toss 7PM Mix and Mingle
29 9:30AM Sit & Stretch 10:15AM Church Services 11AM Karaoke 1:30PM Puzzles 2PM Sunday Sundaes 3PM Move and Groove 4PM Hand Massages 7PM Board Games	30 9:30AM Chair Yoga 10:15AM Kickball 11AM Move and Groove 1:30PM Balloon Whack 2PM Cooking Class - Fruit Salad 3PM Walking Challenge 4PM Pop Bubbles 7PM Cross Word Puzzles	31 9:30AM Chair Exercise 10:15AM Arts and Crafts - Night Lights 11AM Don't Get Caught - Hot Potato 1:30PM Puppet Theater 2PM Walking Challenge 3PM Making Jewelry 4PM Bullseye Practice 7PM Evening Art				Dining Schedule Breakfast Served 8AM- 9AM Lunch Served 12PM-1PM Dinner Served 4:30PM- 5:30PM