

# JANUARY

# Assisted Living Life Enrichment Calendar 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>New Year's Day 1</b> 10:00- Coffee and Conversation <b>GR</b> 11:15- Mass-Chapel 1:30 Afternoon Walk	<b>2</b> 10:00- Sit and Be Fit <b>GR</b> 10:30-Summer word puzzle 11:15 Mass-Chapel 2pm – Board Games <b>GR</b> 3-4pm Social Hour- Pub <b>Q</b>	<b>3</b> 10:00-Simple Stretch <b>GR</b> August trivia <b>GR</b> 11:15 Mass-Chapel 2pm - Bingo <b>Q</b> 3pm <b>Terry Stone</b> -Pub <b>Q</b>	<b>4</b> 10am - Tenent Choice outing – sign up with L.E. 11:15 Mass-Chapel <b>2:00 Bible study with Sr Constance</b>	<b>5</b> 10:00- Simple Stretch <b>GR</b> 10:30- Family Feud <b>GR</b> 11:15- Mass-Chapel 2pm – Coffee Klatch <b>FR</b> 3pm Social Hour -Pub <b>Q</b>	<b>6</b> 10:00-Simple Stretch <b>GR</b> 10:30- Wheel of Fortune <b>GR</b> 11:15 -Mass-Chapel 3-4pm Friday Cocktails Pub	<b>7</b> 9:30am -Independent Exercise <b>GR</b> 11:15 Mass Chapel 1:30 Afternoon Matinee <b>FR</b> 3-4pm Social Hour- Pub <b>Q</b>	
<b>8</b> 10:00- Coffee and Conversation <b>GR</b> 11:15- Mass-Chapel 1:30 Afternoon Walk	<b>9</b> 10:00- Sit and Be Fit <b>GR</b> 10:30-In2l games <b>GR</b> 11:15 -Mass-Chapel 2pm Coffee and Chat <b>FR</b> 3pm Social Hour- Pub <b>Q</b>	<b>10</b> 10:00-Simple Stretch <b>GR</b> Trivia <b>GR</b> 11:15 Mass-Chapel 2pm - Bingo <b>Q</b> 3pm - Social Hour -Pub <b>Q</b>	<b>11</b> 10:00- Simple Stretch <b>GR</b> 10:30- Craft <b>CC</b> 11:15- Mass-Chapel 2pm – Board & card games 3pm Social Hour- Pub <b>Q</b>	<b>12</b> 10:00- Simple Stretch <b>GR</b> 10:30- Family Feud <b>GR</b> 11:15 -Mass-Chapel 2pm – Coffee Klatch <b>FR</b> 3pm Social Hour- Pub <b>Q</b>	<b>13</b> 10:00-Simple Stretch <b>GR</b> 10:30- Wheel of Fortune <b>GR</b> 11:15 -Mass-Chapel 3pm Social Hour- Pub	<b>14</b> 9:30am -Independent Exercise <b>GR</b> 11:15 Mass Chapel 1:30 Afternoon Matinee <b>FR</b> 3-4pm Social Hour- Pub <b>Q</b>	
<b>15</b> 10:00- Coffee and Conversation <b>GR</b> 11:15- Mass-Chapel 1:30 Afternoon Walk	<b>Martin Luther King Day 16</b> 10:00- Sit and Be Fit <b>GR</b> 10:30- Word Puzzles <b>GR</b> 11:15 -Mass-Chapel 2pm– Card Club with Wendy 3pm Social Hour- Pub <b>Q</b>	<b>17</b> 10:00-Simple Stretch <b>GR</b> 10:30-Brain Teasers 11:15 Mass-Chapel 2pm- Bingo <b>Q</b> 3pm Social Hour -Pub <b>Q</b>	<b>18</b> 10:00- Simple Stretch <b>GR</b> 10:30- Tenant Outing of choice- sign up with L.E. 11:15 -Mass-Chapel 3pm Social Hour- Pub <b>Q</b>	<b>19</b> 10:00- Simple Stretch <b>GR</b> 10:30- Family Feud <b>GR</b> 11:15- Mass-Chapel 2:30pm- Robert Dahms Entertains -Quad 3pm Social Hour -Pub <b>Q</b>	<b>20</b> 10:00-Simple Stretch <b>GR</b> 10:30- Wheel of Fortune <b>GR</b> 11:15 -Mass-Chapel 2pm- Wine and cheese <b>Q</b> 3-4pm Social Hour- Pub	<b>21</b> 9:30am -Independent Exercise <b>GR</b> 11:15 Mass Chapel 1:30 Afternoon Matinee <b>FR</b> 3-4pm Social Hour- Pub <b>Q</b>	
<b>22</b> 10:00- Coffee and Conversation <b>FR</b> 11:15- Mass-Chapel 1:30 Afternoon Walk	<b>National Pie Day 23</b> 10:00- Sit and Be Fit <b>GR</b> 10:30-In2l games <b>GR</b> 11:15 -Mass-Chapel 2pm – Pie and Coffee <b>Q</b> 3pm Social Hour- Pub <b>Q</b>	<b>24</b> 10:00-Simple Stretch <b>GR</b> 10:30- Family Feud <b>GR</b> 11:15 Mass-Chapel 2pm – Bingo <b>Q</b> 3pm Social Hour -Pub <b>Q</b>	<b>25</b> 10:30- Craft <b>CC</b> 11:15- Mass-Chapel 2pm – Coffee Klatch <b>FR</b> 3pm Social Hour -Pub <b>Q</b>	<b>26</b> 10:00- Simple Stretch <b>GR</b> 10:30- Family Feud <b>GR</b> 11:15 -Mass-Chapel 1:30 - Nail Salon <b>FR</b> 3pm Social Hour- Pub <b>Q</b>	<b>27</b> 10:00-Simple Stretch <b>GR</b> 10:30- Wheel of Fortune <b>GR</b> 11:15 -Mass-Chapel 2pm- Card Games of Choice 3-4pm Social Hour- Pub	<b>28</b> 9:30am -Independent Exercise <b>GR</b> 11:15 Mass Chapel 1:30 Afternoon Matinee <b>FR</b> 3-4pm Social Hour- Pub <b>Q</b>	
<b>29</b> 10:00- Coffee and Conversation <b>GR</b> 11:15- Mass-Chapel 1:30 Afternoon Walk	<b>30</b> 10:00- Sit and Be Fit <b>GR</b> 10:30-Summer word puzzle 11:15 Mass-Chapel 2pm – Board Games <b>GR</b> 3-4pm Social Hour- Pub <b>Q</b>	<b>31</b> 10:00-Simple Stretch <b>GR</b> 10:30- Brain games <b>GR</b> 11:15- Mass-Chapel 2pm - Bingo <b>Q</b> 3pm Social Hour -Pub <b>Q</b>	<b>Key</b> Eatery <b>ET</b> Crafters Corner <b>CC</b> Game Room <b>GR</b> Quad- <b>Q</b> Family Room <b>FR</b> Courtyard- <b>CY</b> Fountain courtyard <b>FCY</b>			<b>IF YOU ARE IN NEED OF ANY ACTIVITY RELATED MATERIAL, PLEASE FEEL FREE TO CONTACT LISA AT 484-3813</b> L.E. – Life Enrichment	