

# JANUARY 2023



<b>New Year's Day</b> 1 10:00 TV Mass  1:15 Movie  3:00 Poetry with Jane	2 10:00 Chair Yoga  1:15 Movie	<b>Hairdresser</b> 3 9:00 Book Club 10:00 Dancercise 11:00 Word Game 1:15 Have your nails polished 3:30 Meditation	4 9:00 Book Club 10:00 Chair Yoga 11:00 Trivia 1:15 Adult Coloring 2:00 Name that Tune 3:00 Meditation and Drumming	5 9:00 Book Club 10:00 Dancercise 11:00 Scrabble 1:15 Armchair Traveler 3:00 Meditation	6 9:00 Book Club 10:00 Word Game 11:00 Bible Study with Judy 1:15 Movie 6:00 Movie	7 10:00 Chair Yoga  1:15 Movie
8 10:00 TV Mass  1:15 Movie  3:00 Poetry with Jane	9 9:00 Book Club 10:00 Chair Yoga 11:00 You Be the Judge 1:15 Bingo <b>3:00 Catholic Mass with Father Murray</b>	<b>Hairdresser</b> 10 9:00 Book Club 10:00 Dancercise 11:00 Word Game 1:15 Have your nails polished 3:30 Meditation	11 9:00 Book Club 10:00 Chair Yoga 11:00 Trivia 1:15 Adult Coloring 2:00 Corn Hole 3:00 Meditation and Drumming	12 9:00 Book Club 10:00 Dancercise 11:00 Scrabble 1:15 Armchair Traveler 3:00 Meditation	13 9:00 Book Club 10:00 Reminiscing 11:00 Bible Study with Judy 1:15 Movie 6:00 Movie	14 10:00 Chair Yoga  1:15 Movie
15 10:00 TV Mass  1:15 Movie  3:00 Poetry with Jane	<b>Martin Luther King Jr. Day</b> 16 10:00 Chair Yoga 1:15 Movie	<b>Hairdresser</b> 17 9:00 Book Club 10:00 Dancercise 11:00 Word Game 1:15 Have your nails polished	18 9:00 Book Club 10:00 Chair Yoga 11:00 Trivia 1:15 Adult Coloring 2:00 Name that Tune 3:00 Meditation	19 9:00 Book Club 10:00 Dancercise 11:00 Word Game 1:15 Armchair Traveler 3:00 Meditation	20 9:00 Book Club 10:00 Bingo 11:00 Bible Study with Judy 1:15 Movie 6:00 Movie	21 10:00 Chair Yoga  1:15 Movie
22 10:00 TV Mass  1:15 Movie  3:00 Poetry with Jane	23 9:00 Book Club 10:00 Chair Yoga 11:00 You be the Judge 1:15 Bingo 3:00 Meditation	<b>Hairdresser</b> 24 9:00 Book Club 10:00 Dancercise 11:00 Word Game 1:15 Nails polished 3:30 Meditation	25 9:00 Book Club 10:00 Chair Yoga 11:00 Trivia <b>1:30 Peter Kostopoulos Performs!</b> 3:00 Meditation	26 9:00 Book Club 10:00 Dancercise 11:00 Word Game 1:15 Armchair Traveler 3:00 Meditation	27 9:00 Book Club 10:00 Word Game 11:00 Bible Study with Judy 1:15 Movie 6:00 Movie	28 10:00 Chair Yoga  1:15 Movie
29 10:00 TV Mass  1:15 Movie  3:00 Poetry with Jane	30 9:00 Book Club 10:00 Chair Yoga <b>10:00 Board Meeting</b> 11:00 Trivia <b>12:45 Resident Council Meeting</b> 1:15 Bingo 3:00 Meditation	<b>Hairdresser</b> 31 9:00 Book Club 10:00 Dancercise 11:00 Word Game 1:15 Have your nails polished 3:30 Meditation				