Activity Calendar **Garden House** **January 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day 	**2** 10:15 Loosen up, Lighten up Fun w/Jen 11:00 Friend to Friend 1:30 Pokeno w/pals 2:30 Apples to Apples 3:00 Sunshine Visits **No Book Mobile**	**3** 9:30 Resident Council 10:30 Spill & Spell 11:00 Stretch it Out 1:30 Spiritual Time w/Chaplain Keegan 2:30 Card Draw 3:30 Sunshine Visits 	**4 Beauty Shop** 9:30 Trivia w/Cherita 10:15 Zumba w/Jen 11:00 Balloon/Ball Toss **1:30 Wellness Clinic** 1:30 Tabletop Fun	**5** 9:30 Good Morning & Greetings 10:30 Sit & Be Fit 1:30 Card Draw 2:30 Snack Break 3:30 What's Trending 	**6** 9:30 Happy Friday & Greetings 10:30 Move & Groove 2:00 Friday Bingo 3:00 Snack Attack 3:00 One on One w/Julie	**7** 10:00 Soothing Tunes on CD 11:00 Tabletop Fun 2:30 Chit Chat Fun w/friends
8 **Happy Birthday Russ "Melvin" Snyder!!** **2:00 Worship Service in Chapel**	**9** 10:15 Loosen up, Lighten Up Fun w/Jen 1:30 Friend to Friend 2:00 Music Therapy 	**10** 9:30 Hallway Hikes **10:30 Catholic Communion Service in Chapel** 1:30 Spiritual Time w/Chaplain Keegan **2:00 Dr. Lori Barr – Audiologist (Manor House Library)** 	**11 Beauty Shop** 9:30 News & Views w/Cherita 10:15 Zumba w/Jen 11:00 Sing-Along 1:30 Games Galore 	**12** 9:30 Balloon Toss 10:30 Finish the Phrase 11:00 Stories to Warm the Heart 1:30 Friend to Friend	**13** 9:30 Balloon Toss 10:00 Fun Facts 10:30 Friday Bingo 1:30 Tabletop Fun 2:30 Puzzle Time 	**14** 9:30 Happy Saturday Morning & Greeting w/Marie 10:30 "Frosty" Word Games 1:30 Snowball Social w/treats 2:30 All About Winter Birds 3:00 Chicken Soup Stories
15 **2:00 Worship Service in Chapel** 	**16 Martin Luther King Jr Day** 10:15 Loosen up, Lighten up Fun w/Jen 1:30 Puzzle Fun 2:30 Seek N Find Words **No Book Mobile**	**17** 9:30 Stretch it Out 1:30 Spiritual Time w/Chaplain Keegan 	**18 Beauty Shop** 9:30 Finish the Phrase w/Cherita 10:15 Zumba w/Jen 11:00 What Year Was It 1:30 Classic TV Watching **1:30 Wellness Clinic**	**19** 9:30 Move & Groove 10:30 Color Me This 11:00 Kitchen Band 1:30 Time w/Friends 	**20** 9:30 Stretch it Out 10:00 Current Events and Happenings in the World 10:30 Current Events and Happenings in the World 1:30 Chit Chat w/Pals 2:30 Puzzle Mania	**21** 10:00 Good Saturday Morning 11:00 Music on CD in sunroom 2:00 Watch Your Favorites

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 **2:00 Worship Service in Chapel**	**23** 10:15 Loosen up, Lighten up w/Jen 1:30 Crossword Challenge 2:30 Fun w/Friends 	**24** 10:00 Tabletop Fun 1:30 Spiritual Time w/Chaplain Keegan 2:30 Puzzle Time	**25 Beauty Shop** 9:30 Music Therapy 10:15 Zumba w/Jen 11:00 How Many Words **1:30 Wellness Clinic** Board Games Galore 	**26** 9:30 Parachute Fun 10:00 Muffin Treats 10:30 This or That 11:00 News & Views 1:30 Stretch it Out	**27** 9:30 Exercise Time 10:00 Spill & Spell 10:30 Friday Bingo 1:30 Seek N Find Words 2:30 Let's Watch our Favorite	**28** 9:30 Hallway Hikes 11:00 Winter Bird Watching 2:00 Checkers Anyone
29 **2:00 Worship Service in Chapel** 	**30** 10:15 Exercise w/Jen **1:00 Book Mobile** 1:30 Chit Chat w/Friends 2:30 Classic TV Watching 	**31** **Happy Birthday Bleighne Jordan!!** 10:00 Games Galore 1:30 Spiritual Time w/Chaplain Keegan 3:00 Friend to Friend 				

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