



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>9:30-11:00 1 Catholic Holy Communion (delivered in room) 10:30 New Year's Dice Game 1:20 Afternoon Musical 2:00 Chapel AUD</p> <p><small>New Year's Day</small></p>	<p>10:30 Fitness Fun 2 1:20 Afternoon Movie 3:30 Inventions and Science Fiction</p>	<p>10:00 News and Views 3 10:30 Chair One Exercise 2:00 Straw Art Project and Conversation</p>	<p>10:00 Table Talk 4 10:30 Chair Yoga 2:00 High Tea and Women Writers Day: Emily Dickinson 3:00 Cards</p>	<p>10:00 Connections and Conversations (in room visits) 5 10:30 ABC Fitness 2:00 Making Bird Feeders and Bird Trivia</p>	<p>10:30 Friday Fitness 6 1:20 Afternoon Movie 3:30 Shout Out the Answer</p>	<p>1:20 Afternoon Movie 7 3:30 Quicktionary Game</p>
<p>9:30-11:00 8 Catholic Holy Communion (delivered in room) 1:20 Afternoon Musical 2:00 Chapel AUD</p>	<p>10:30 Chair One Fitness 9 1:20 Afternoon Movie 3:30 Wacky Word Day: Vocabulary and Spelling Challenge</p>	<p>10:00 Golden Girls Trivia 10 10:30 Chair Yoga 2:00 Golden Globes Trivia and Discussion 3:30 Music with Roberta Hollywood Movie Favorites</p>	<p>10:30 Big Band Exercise 11 1:20 Afternoon Movie 3:30 Winter Quiz</p>	<p>10:00 News and Views 12 10:30 Thursday Tone Up! 2:00 Name 12 Game 3:00 Name 12 Songs</p>	<p>10:30 Flexibility Fitness 13 1:20 Afternoon Movie 3:30 Brain Games Why is This Unlikely?</p>	<p>10:30 Chair Yoga and Morning Meditation 14 1:20 Afternoon Movie 3:30 Say Anything Game</p>
<p>9:30-11:00 15 Catholic Holy Communion (delivered in room) 10:30 Chinese New Year: Fortunes and History 1:20 Afternoon Musical 2:00 Chapel AUD</p> <p><small>Chinese New Year (Year of the Rabbit)</small></p>	<p>10:30 Chair One Fitness 16 2:00 Music with Gene 3:15 Gather for Games and Puzzles in the Day Room</p> <p><small>Martin Luther King Jr. Day</small></p>	<p>10:00 Celebrity Gossip! 17 10:30 Sit and Stretch 2:00 Snowflake Crafts and Facts and Chat</p>	<p>10:00 Connections and Conversations (in room visits) 18 10:30 Chair One Fitness 2:00 "Heart" Art 3:00 Cary Grant Trivia</p>	<p>10:00 Dolly Parton Music Fitness Program 19 11:00 Roman Catholic Service AUD 2:45 Protestant Communion Service Day Room 3:30 Rummicube Game</p>	<p>10:30 Friday Fitness 20 1:20 Afternoon Movie 3:30 Scattogories Game</p>	<p>2:00 Doo Wop with Jack and Mike AUD 3:30 Spiro Fitness: Fall Prevention Series</p>
<p>9:30-11:00 22 Catholic Holy Communion (delivered in room) 1:20 Afternoon Musical 2:00 Chapel AUD</p> <p><small>Chinese New Year (Year of the Rabbit)</small></p>	<p>10:30 Move and Groove 23 1:20 Afternoon Movie 3:30 1960's Bingo</p> <p><small>Activity Professionals Week</small></p>	<p>10:00 24 10:30 Chair One Fitness 2:00 Kings in the Corner 3:00 Penny Ante Game</p> <p>Game Day!</p>	<p>10:30 Sit and Stretch 25 2:00 Poetry of Robert Burns 3:00 Over the Hump Day Happy Hour!</p>	<p>10:00 News and Views 26 10:30 Chair One Fitness 2:00 National Geographic Categories 3:00 Egypt's Lost Wonders Virtual Videoa</p> <p><small>Australia Day (observed)</small></p>	<p>2:00 Friday Fitness- Noodle Ball 27 3:30 Shake Loose A Memory</p>	<p>10:30 Saturday News and Stretch 28 1:20 Afternoon Movie 3:30 Finish the Similes</p>
<p>9:30-11:00 29 Catholic Holy Communion (delivered in room) 10:30 Devotions 1:20 Afternoon Musical 2:00 Chapel AUD</p>	<p>10:00 Resident Council Meeting 30 10:30 Sit and Stretch 1:20 Afternoon Movie 3:30 Music Bingo</p>	<p>10:30 Chair Yoga 31 2:00 Bubble Wrap Art Project 3:00 Wine Facts and Tasting</p>	<h1>January 2023</h1> <h2>Sherwood Oaks Personal Care</h2>			

Activities are subject to change **Locations: AUD, Auditorium: All Programming is held in the Day Room unless otherwise noted**