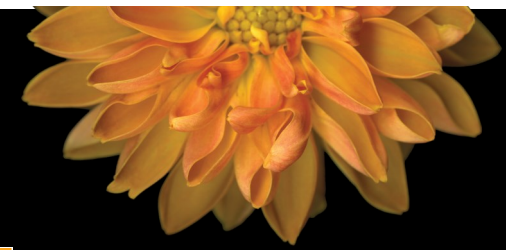


JANUARY 2023 SPECIALTY CARE CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 HAPPY NEW YEAR!</p> <p>Morning Programs TV Church Service (P) & (M)</p> <p>Afternoon Programs</p>	<p>2</p> <p>Morning Programs 10:00 Coffee & Conversation: "Whats New in 2023" (P) 10:45 Chair Yoga (M)</p> <p>Afternoon Programs 2:00 Sing Along (P) 3:20 Coffee & Conversation: What's New in 2023" (M)</p>	<p>3</p> <p>Morning Programs 10:00 Name that 60's Tune! (P) 10:45 Let's play Volleyball (M)</p> <p>Afternoon Programs 2:00 Happy Hour, "Dairy Month" (P) 3:20 Happy Hour "Dairy Month" (M)</p>	<p>4 Happy Birthday Margot!</p> <p>Morning Programs 10:00 Dog Therapy / Nail Spa Time (P) 10:00 Rise & Thrive / Dog Therapy (M)</p> <p>Afternoon Programs 2:15 Birthday Celebration for Margot's 101st birthday! / Bingo / Sing Along with Cate (P) 2:00 Fun With Cate / History of Alcatraz (M)</p>	<p>5</p> <p>Morning Programs 10:00 Games (P) 10:45 Rise & Thrive / Word Games (M)</p> <p>Afternoon Programs 2:00 Bean Bag Toss & Trivia (P) 3:30 Guest Presenter on President Abraham Lincoln (Community Rm)</p>	<p>6</p> <p>Morning Programs 10:00 Rise & Thrive (P) 10:45 Bean Bag Toss / Sit & Stretch (M)</p> <p>Afternoon Programs 2:00 Rosary (M) 3:00 Raven's Fire Concert (Sunset Dining Rm)</p>	<p>7</p> <p>Morning Programs</p> <p>Afternoon Programs</p>
<p>8</p> <p>Morning Programs TV Church Service (P) & (M)</p> <p>Afternoon Programs</p>	<p>9 Happy B-day Howard!</p> <p>Morning Programs 10:00 Culinary Creations: Oat Cookies, & Oatmeal fun facts (P) 10:00 Guess Who: Roger Miller / Documentary (M)</p> <p>Afternoon Programs 2:00 Coffee & Conversation: Guess Who: Roger Miller / Documentary (P) 2:00 Happy Birthday Howard! / Wheel of Fortune! (M)</p>	<p>10 Happy Birthday Karen!</p> <p>Morning Programs 10:00 Rise & Thrive (P) 10:45 Rise & Thrive (M)</p> <p>Afternoon Programs 2:00 Happy Hour & Travel Club to Alaska! (P) 3:20 Happy Hour & Travel Club to Alaska! (M)</p>	<p>11</p> <p>Morning Programs 10:00 Dog Therapy / Word games (P) 10:00 Rise & Thrive / Dog Therapy (M)</p> <p>Afternoon Programs 2:00 Bingo / Seasonal Art & Painting Snow Flake Creations / Sing Along with Cate (P) 2:00 Hand massage / Sing Along (M)</p>	<p>12</p> <p>Morning Programs 10:00 Games (P) 10:45 Rise & Thrive (M)</p> <p>Afternoon Programs 2:00 Coffee & Conversation / Nature Connections: Winter reminiscing (P) 3:00 Seasonal Art & Painting Snow Flake Creations (M)</p>	<p>13 Happy Birthday Steve!</p> <p>Morning Programs 10:00 Drumming/ Aromatherapy (P) 10:45 Rise & Thrive/ Aromatherapy (M) 12:00 Birthday Celebration (P)</p> <p>Afternoon Programs 2:00 Culinary Creations: Root Beer Floats / Bean Bag Toss (P) 3:20 Culinary Creations: Root Beer Floats / Bingo (M)</p>	<p>14</p> <p>Morning Programs 10:00 Dice Game (P) 10:45 Rise & Thrive (M)</p> <p>Afternoon Programs <i>Mid-afternoon social with the RAs (P) & (M)</i></p>

STAFF

Mary McCabe,
Active Life Manager

Mary Beth Hanson
Active Life Coordinator (Part Time)

Resident assistants (RA)

LOCATIONS

Ponds (P), Marsh (M)

Thrive-in-Place Days, Locations and Times vary

GAMES

Dice games, Cards, Bingo, Name that Tune, Banagrams, Balloon Fun, Crossword puzzles, Word search and more

CREATIVE CORNER

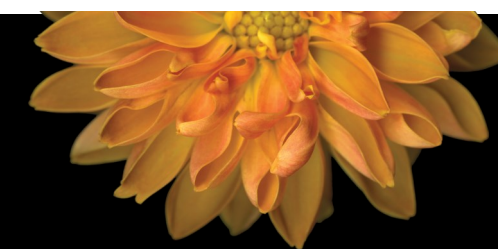
Fill Your Vase-Flowers, Crafts, Drawing, Adult Coloring, Painting and more

THRIVE ACTIVITIES WITH RESIDENT ASSISTANTS (RA)

Puzzles, Conversations, Bean bag toss, Pool, Adult Coloring, TV time, Exercise, Games and more

The Calendar is subject to change and all residents have a choice in programs and participation.

JANUARY 2023 SPECIALTY CARE CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>15</p> <p>Morning Programs TV Church Service (P) & (M)</p> <p>Afternoon Programs</p>	<p>16 Happy Birthday Art!</p> <p>Morning Programs 10:00 Intergenerational Mom and Baby time! (P) 10:45 Intergenerational Mom and Baby time! (M) 12:00 Birthday celebration (P)</p> <p>Afternoon Programs 2:00 Worship with Josh / Hymn Sing (P) 3:00 Worship with Josh / Hymn Sing (M)</p>	<p>17</p> <p>Morning Programs 10:00 Chair Yoga / Sit & Stretch (P) 10:45 Rise & Thrive (M)</p> <p>Afternoon Programs 2:00 Happy Hour: Let's Celebrate Elvis' birthday! (P) 3:20 Happy Hour: Let's Celebrate Elvis' birthday! (M)</p>	<p>18</p> <p>Morning Programs 10:00 small group walk (P) 10:45 small group walk (M)</p> <p>Afternoon Programs 2:00 Movie time in the Ponds (P) 2:15 Movie time in the Marsh (M)</p>	<p>19</p> <p>Morning Programs 10:00 Rise & Thrive (M) 11:00 Worship with Zumbro (P)</p> <p>Afternoon Programs 2:00 Guest Musician: Jim Wiessgerber (M) 3:45 Word Play (P)</p>	<p>20</p> <p>Morning Programs 10:00 Chair Dancing / Trivia (P) 10:45 Chair Dancing / Trivia (M)</p> <p>Afternoon Programs 2:00 Culinary Creations: Root beer floats / Bingo (P) 3:20 Culinary Creations: Root beer floats / Bingo (M)</p>	<p>21</p> <p>Morning Programs</p> <p>Afternoon Programs</p>
<p>22</p> <p>Morning Programs TV Church Service (P) & (M)</p> <p>Afternoon Programs</p>	<p>23 Happy Birthday Shirley!</p> <p>Dress up day: Sweatshirt & Hat Day</p> <p>Morning Programs 10:00 Coffee and Conversation "Cereals of 60's" / Chair Yoga (P) 10:00 Drumming /Nature Connections: Winter Reminiscing (M) 12:00 Birthday Celebration (M)</p> <p>Afternoon Programs 2:00 Culinary Creations: Let's make banana bread muffins / Hand Massage (P) 2:00 Culinary Creations: Brrrr!! Let's make homemade ice cream and winter games! (M)</p>	<p>24</p> <p>Morning Programs 10:00 Geography (P) 10:45 Geography (M)</p> <p>Afternoon Programs 2:00 Happy Hour: Honoring Martin Luther King Jr. (P) 3:20 Happy Hour: Honoring Martin Luther King Jr. (M)</p>	<p>25</p> <p>Morning Programs 10:00 Dog therapy / Word Games (P) 10:00 Rise & Thrive / Dog Therapy (M)</p> <p>Afternoon Programs 2:00 Small walking group & Random Act of Kindness / Name that Tune (P) 3:20 Small walking group & Random Act of Kindness / Name that Tune (M)</p>	<p>26 Dress up day: Pajama Day</p> <p>Morning Programs 10:00 Hymn Sing / Sit & Stretch (P) 10:45 Hymn Sing / Rise & Thrive (M)</p> <p>Afternoon Programs 2:00 Out & About Excursion to Dr. Charlie's Dining room / Sensory walk (P) 3:20 Out & About Excursion to Dr. Charlie's Dining room / Sensory walk (M)</p>	<p>27</p> <p>Morning Programs 10:00 Rise & Thrive / meditation (P) 10:45 Rise & Thrive / meditation (M)</p> <p>Afternoon Programs 2:00 Bingo / Movie time (P) 3:20 Bingo / Movie time (M)</p>	<p>28</p> <p>Morning Programs 10:00 Coffee & Conversation (P) 10:45 Drumming (M)</p> <p>Afternoon Programs 2:00 Fast Food in America (P) 3:20 Fast Food in America (M)</p>
<p>29</p> <p>Morning Programs TV Church Service (P) & (M)</p> <p>Afternoon Programs</p>	<p>30 Happy Birthday Carley!</p> <p>Morning Programs 10:00 Culinary Creations: Jello and its history (P) 10:45 Culinary Creations: Jello and its history (M) 12:00 Birthday Celebration (M)</p> <p>Afternoon Programs 2:00 Educational program: History of Ellis Island (P) 3:20 Educational program: History of Ellis Island (M)</p>	<p>31</p> <p>Morning Programs 10:00 Chair Yoga (P) 10:45 Rise & Thrive (M)</p> <p>Afternoon Programs 2:00 Happy Hour: Seasonal Celebration - The Winter Circus! (P) 3:20 Happy Hour: Seasonal Celebration - The Winter Circus! (M)</p>				<p>12-30-22</p>

STAFF

Mary McCabe,
Active Life Manager

Mary Beth Hanson,
Active Life Coordinator (Part Time)

Resident assistants (RA)

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(Ponds (P), Marsh (M))

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3-30