

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Coffee & Conversation 1 11:15 Worship Service  New Year's Day	2 <u>New Year Selections</u> Daily Chronical New Year Crossword Remembering 2022 Reading Visits with Family Hallway Conversation	3 9:30 Coffee & Conversation 10:00 Meditation & Music 10:45 Tuesday Teasers & Trivia 2:00 Resident Council 3:00 BINGO	4 9:30 Coffee & Conversation 10:00 Wednesday Workout 10:45 Devotion 2:30 Staff Choice Outing- <i>Sign Up with Activity</i> <i>Department- Space Limited</i> 3:00 Mars Exploration Day Program	5 9:30 Coffee & Conversation 10:00 Meditation & Music 10:45 Thinking Thoughts Thursday 2:00 Healthcare Residents & Staff Wii Bowling Qualifier 3:00 \$5-A-Day Anniversary Activity & Discussion	6 9:00 Nail Spa 9:30 Coffee & Conversation 11:00 Friday Fitness 2:30 Wheel of Fortune Day Virtual Tour 3:00 Let's Play Wheel of Fortune	7 <u>Special Saturday Selections</u> Daily Chronicles Elvis Crossword & Word Scramble Fruit Cake Puzzle
8 10:30 Coffee & Conversation 11:15 Worship Service	9 9:30 Coffee & Conversation 10:00 Monday Movement 10:45 Law Enforcement Appreciation Day Card Creation 2:00 Movie Matinee- ELVIS (2022) (PG-13) (2 HR 39 MIN)	10 9:30 Coffee & Conversation 10:00 Meditation & Music 10:30 Piano Music with Jim Koltuniak 2:00 Watercolor Snowflake Art Project 3:00 BINGO	11 9:30 Coffee & Conversation 10:00 Wednesday Workout 10:45 Devotion 2:00-4:00 <i>Memorial Service for Mitsuko Brown (Resident & Staff encouraged to attend)</i>	12 9:30 Coffee & Conversation 10:00 Meditation & Music 10:45 Thinking Thoughts Thursday 2:00 Healthcare Residents & Staff Wii Bowling Qualifier	13 9:00 Nail Spa 9:30 Coffee & Conversation 11:00 Friday Fitness 12:00 <i>Lunch Outing- Resident Choice- Sign Up with Activity Department- Space Limited</i> 2:30 Friday the 13th Activity & Discussion 	14 <u>Special Saturday Selections</u> Daily Chronicles MLK Info Packet SPICE of Life Word Search
15 10:30 Coffee & Conversation 11:15 Worship Service	16 9:30 Coffee & Conversation 10:00 Monday Movement 10:45 Marshmallow Monday 2:30 Doves of Peace Craft 3:00 Remembering Martin Luther King Jr. Martin Luther King Jr. Day	17 9:30 Coffee & Conversation 10:00 Meditation & Music 10:45 Tuesday Teasers & Trivia 2:00 Ladies' League 3:00 BINGO	18 9:30 Coffee & Conversation 10:00 Wednesday Workout 10:45 Devotion 2:30 Staff Choice Outing- <i>Sign Up with Activity</i> <i>Department- Space Limited</i> 3:00 Thesaurus Day Word Game	19 9:30 Coffee & Conversation 10:00 Meditation & Music 10:45 Thinking Thoughts Thursday 2:00 Healthcare Residents & Staff Wii Bowling Semi Finals 3:00 January Birthday Party 	20 9:00 Nail Spa 9:30 Coffee & Conversation 11:00 Friday Fitness 2:30 Penguin Awareness Day Activity 3:00 Movie Matinee: March of the Penguins (2005) (G) (1HR 20 MINS) 	21 <u>Special Saturday Selections</u> Daily Chronicles Serendipity Day Word Game Oprah Winfrey Fun Facts & Word Search
22 10:30 Coffee & Conversation 11:15 Worship Service Chinese New Year (Year of the Rabbit)	23 9:30 Coffee & Conversation 10:00 Monday Movement 10:45 History of National Pie Day 2:30 Fortune Cookie Fun 3:00 Chinese New Year Celebration Activity Professionals Week	24 9:30 Coffee & Conversation 10:00 Meditation & Music 10:45 Tuesday Teasers & Trivia 2:00 Mens' Muster 3:00 BINGO	25 9:30 Coffee & Conversation 10:00 Wednesday Workout 10:45 Devotion 2:30 <i>Armchair Travel: Trip to Australia</i> 	26 9:30 Coffee & Conversation 10:00 Meditation & Music 10:45 Thinking Thoughts Thursday 2:00 Healthcare Residents & Staff Wii Bowling Finals & Party	27 9:00 Nail Spa 9:30 Coffee & Conversation 11:00 Friday Fitness 12:00 <i>Lunch Outing- Resident Choice- Sign Up with Activity Department- Space Limited</i> 2:30 All About Mozart 3:00 Mozart Creative Art Project	28 <u>Special Saturday Selections</u> Daily Chronicles Serendipity Day Word Game Oprah Winfrey Fun Facts & Word Search
29 10:30 Coffee & Conversation 11:15 Worship Service	30 9:30 Coffee & Conversation 10:00 Monday Movement 10:45 Free Thinkers Activity 2:30 Beatles Trivia 3:00 Movie Matinee: A Hard Day's Night (1964) (G) (1HR 27MIN)	31 9:30 Coffee & Conversation 10:00 Meditation & Music 10:45 Tuesday Teasers & Trivia 2:00 Snowperson Craft 3:00 BINGO	<h1>January 2023</h1> <h2>Life Enrichment Calendar for Skilled Nursing & Rehab</h2>			

Additions, Substitutions and Time Adjustments are Unavoidable to this Calendar. When Activities are not scheduled, independent and one on one opportunities are available.

If you have any suggestions or questions please contact Kimberley Koon at (803) 451-7447 or KKoon@theheritageatlowman.org.