

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Worship Service (Woodside) 1  HAPPY NEW YEAR New Year's Day	2 New Year Selections Daily Chronical New Year Crossword Remembering 2022 Reading Visits with Family	8:45 Hamricks Shopping- 3 Please call Mary to Join this trip 803-451-7420 9:30 Tuesday Trivia 3:00 Bingo & Board Games	9:30 Wednesday Workout 4 10:00 Devotion 2:30 Activity with Mary	9:30 Thoughtful Thursdays 5 3:00 Watercolor Snowflake Art Project	9:30 Friday Fitness 6 2:00 Staff Choice Outing- <i>Sign Up with Activity Department- Space Limited</i>	7 <u>Special Saturday Selections</u> Daily Chronicles Elvis Crossword & Word Scramble Fruit Cake Puzzle
1:00 Worship Service (Woodside) 8	9 9:30 Monday Movement- Wii Bowling 3:00 Elvis Presley Trivia & Concert	10 9:30 Tuesday Teaser 3:00 Bingo & Board Games	11 9:30 Wednesday Workout 10:00 Devotion 2:30 Activity with Mary	12 9:30 Thoughtful Thursdays 3:00 Snow Person Jar Craft	13 9:30 Friday Fitness 3:00 Friday the 13th Activity & Discussion 	14 <u>Special Saturday Selections</u> Daily Chronicles MLK Info Packet SPICE of Life Word Search
1:00 Worship Service (Woodside) 15	16 9:30 Monday Movement- Wii Bowling 3:00 Remembering Martin Luther King & Peace Dove Craft Martin Luther King Jr. Day	17 9:30 Tuesday Trivia 2:30 Mystery Ride with Mary	18 9:30 Wednesday Workout 10:00 Devotion 12:30 January Birthday Celebration 	19 9:30 Thoughtful Thursdays 3:00 Movie Matinee: March of the Penguins (2005) (G) (1HR 20 MINS)	20 9:30 Friday Fitness 12:00 Lunch Outing- Resident Choice- <i>Sign Up with Activity Department- Space Limited</i> 3:00 Penguin Doodling Project 	21 <u>Special Saturday Selections</u> Daily Chronicles Amazing Facts About Squirrel Chinese New Year Year of the Rabbit
1:00 Worship Service (Woodside) 22  Chinese New Year	23 9:30 Monday Movement- Wii Bowling 3:00 Chinese New Year Activity Professionals Week	24 9:30 Tuesday Teaser 3:00 Bingo & Board Games	25 9:30 Wednesday Workout 10:00 Devotion 2:30 Activity with Mary	26 9:30 Thoughtful Thursdays 3:00 Armchair Travel: Trip to Australia  Australia Day (observed)	27 9:30 Friday Fitness 1:00 Wal-Mart Shopping with Mary 3:00 Mozart Trivia & Creative Art	28 <u>Special Saturday Selections</u> Daily Chronicles Serendipity Day Word Game Oprah Winfrey Fun Facts & Word Search
1:00 Worship Service (Woodside) 29	30 9:30 Monday Movement- Wii Bowling 3:00 Beatles Trivia and Showing of A Hard Day's Night (1964) (G) (1HR 27MIN)	31 9:30 Tuesday Trivia 3:00 Bingo & Board Games	<h1>January 2023</h1> <h2>Life Enrichment Calendar for Lakeside Assisted Living</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.