

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30am Sunday Chronicles 11:00am Coffee & Conversation 2:00pm Resolutions 3:00pm LCR 4:00pm “Don’t Fence Me In” New Year’s Day	2 10:30am Chair Exercise 11:00am Crossword Puzzles 2:00pm Pamper Hour 3:00pm Hand Massages 4:00pm Room Visits Reliaquest Bowl 12pm ESPN2 Cotton Bowl 1pm ESPN Citrus Bowl 1pm ABC RoseBowl 5pm ESPN	3 Happy Birthday Joanne B 10:30am Chair Exercise 11:00am Word Within a Word 2:00pm Bananagrams 3:00pm Music w/Frank 4:00pm Poker	4 Happy Birthday Damiano B, Jenny O and Phil T 10:30am Catholic Communion 11:15am Exercise w/Cher 2:00pm Bingo 3:00pm Trivial Pursuit 4:00pm	5 10:30am Chair Exercise 11:00am Braille Writing 1:30pm Detroit Historical Museum 4:00pm Bird Watching	6 10:30am Cardio Drumming 11:00am Flower Arranging 1:45 Weigh In 2:00pm Undecorating 3:00pm Happy Hour/Jeopardy	7 Happy Birthday Marie H 10:30am Chair Exercise 11:00am Who am I? 2:00pm Bingo 3:00pm Matinee
8 10:30am Sunday Chronicles 11:00am Coffee & Conversation 2:00pm Uno 3:00pm Music w/Kevin 4:00pm Design a Stamp	9 10:30am Chair Exercise 11:00am Resident Council 2:00pm Pamper Hour 3:00pm Hand Massages 4:00pm Room Visits National Championship Game	10 10:30am Chair Exercise 11:00am Poetry Day 2:00pm Everybody Knows 3:00pm Service Project 4:00pm Golden Globes Golden Globes 8pm NBC	11 Happy Birthday Joan G 10:30am Catholic Communion 11:15am Movin’ & Groovin’ 2:00pm Bingo 3:00pm Tea Tasting 4:00pm Diabetes Awareness	12 10:30am Chair Exercise 11:00am Cooking Group 2:00pm Pictionary 3:00pm Motown Day 4:00pm Name 12	13 10:30am Cardio Drumming 11:00am Recycled Christmas Card Craft 12:00pm “Lunch Bunch” 1:45 Weigh In 2:00pm Friday the 13th 3:00pm Happy Hour/Jeopardy	14 10:30am Chair Exercise 11:00am What am I? 2:00pm Bingo 3:00pm S'More Saturday 4:00pm Spice of Life
15 10:30am Sunday Chronicles 11:00am Coffee & Conversation 2:00pm Alphabet Game 3:00pm Wheel of Fortune 4:00pm 10 Keys to Happier Living Healthv Weight Week	16 10:30am Chair Exercise 11:00am Martin Luther King 2:00pm Pamper Hour 3:00pm Hand Massages 4:00pm Room Visits Martin Luther King Jr. Day	17 10:30am Chair Exercise 11:00am Cranium Crunches 2:00pm Blurt 3:00pm Groovy Fashion 4:00pm Tongue Twisters	18 Happy Birthday Rosemarie 10:30am Catholic Communion 11:15am Exercise w/Cher 2:00pm Bingo 3:00pm Fruit Social 4:00pm Cardiology Day	19 10:30am Chair Exercise 11:00am Painting 2:00pm 1960’s or Not 3:00pm Music w/Jeff 4:00pm UNO	20 10:30am Cardio Drumming 11:00am Flower Arranging 1:45pm Weigh In 2:00pm Cooking Demo 3:00pm Happy Hour/Jeopardy	21 Happy Birthday Ed L 10:30am Chair Exercise 11:00am Travel To... 2:00pm Bingo 3:00pm Matinee
22 10:30am Sunday Chronicles 11:00am Coffee & Conversation 2:00pm Chinese New Year 3:00pm Chinese Checkers 4:00pm Eye Care Awareness Chinese New Year (Year of the Rabbit)	23 10:30am Chair Exercise 11:00am Crossword Puzzles 2:00pm Pamper Hour 3:00pm Hand Massages 4:00pm Room Visits Activity Professionals Week	24 10:30am Chair Exercise 11:00am How to Draw a Penguin 2:00pm Quiddler 3:00pm Music w/Gary 4:00pm Dominoes	25 10:30am Catholic Communion 11:15am Exercise w/Cher 2:00pm Bingo 3:00pm Bingo Store 4:00pm Number Puzzles	26 10:30am Chair Exercise 11:00am Cooking Group 2:00pm Outburst 3:00pm Aboriginal History 4:00pm Australia Day Australia Day (observed)	27 10:30am Cardio Drumming 11:00am Winter Craft 2:00pm Nat Geo 3:00pm Happy Hour/Jeopardy	28 10:30am Chair Exercise 11:00am Star of the Month 2:00pm Bingo 3:00pm Detroit Catholic Singles Music 4:00pm Kazoos
29 10:30am Sunday Chronicles 11:00am Coffee & Conversation 2:00pm Pokeno 3:00pm Men’s Group 4:00pm Curmudgeons	30 10:30am Chair Exercise 11:00am Crossword Puzzles 2:00pm Pamper Hour 3:00pm Hand Massages 4:00pm Room Visits	31 10:30am Chair Exercise 11:00am Chronicle of Coca Cola 2:00pm Word within a Word 3:00pm Coke Float Social 4:00pm Art Viewing	<div>January 2023</div> <div>Pomeroy Living Sterling Assisted Living</div>			