

January 2023

February 2023

The Seasons Assisted Living— Traditional Activity Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
<p>9:15 <i>Virt. Catholic Mass (YT)</i></p> <p>10:15 <i>Communion w/ OLM</i></p> <p>11:15 Exercise Group</p> <p>1:30 High Stakes Bingo</p> <p>3:00 <i>Hymnal Sing Along</i></p> <p>6:00 Mystery Word</p>	<p>10:00 Walking Club</p> <p>11:00 Exercise Group</p> <p>1:45 Quarter Bingo</p> <p>3:15 Nail Care</p> <p>and/ or</p> <p>Exercise Bike Assistance</p> <p>4:00 Happy Hour</p> <p>6:15 Hi-Lo Jack</p>	<p>10:00 Walking Club</p> <p>11:00 Exercise Group</p> <p>1:30 Crafting with Connie: Cards</p> <p>3:00 Fireside Chat</p> <p>6:00 LRC w/ April</p>	<p>10:00 Walking Club</p> <p>11:00 Exercise Group</p> <p>1:45 Quarter Bingo</p> <p>3:00 Bean Bag Toss</p> <p>4:00 Happy Hour</p> <p>6:15 Mid-Week Movie (AP) <i>Lilies of the Field (1963 1:34)</i></p>	<p>10:00 Walking Club</p> <p>11:00 <i>Exercise w/ Jill</i></p> <p>1:30 Exercise Bike (by sign-up) & Nail Care</p> <p>2:45 Darts</p> <p>4:00 Sing Along</p> <p>6:15 Docuseries (NF) <i>Explained (2018-2021) (S1: E1-3 0:55)</i></p>	<p>9:45 <i>Errand Run: Dollar Tree</i></p> <p>10:00 Walking Club</p> <p>11:00 Exercise Group</p> <p>1:30 <i>Shopping Trip: Macy's</i></p> <p>1:45 Quarter Bingo</p> <p>3:00 <i>Shopping Trip: Macy's</i></p> <p>4:00 Pub & Trivia Games</p> <p>6:15 Historical Drama (NF) <i>THE CROWN (S4:E5) "Favourites"</i></p>	<p>10:00 Walking Club</p> <p>11:15 Exercise Group</p> <p>1:30 Classic Series: (AP) <i>"Mary Tyler Moore Show"</i></p> <p>2:15 Floor Target Practice</p> <p>2:00 Bridge Club</p> <p>3:00 Saturday Matinee: (HM) Michael (1996 1:45)</p> <p>6:15 Saturday Cinema: (HM) Chicago (2002 1:53)</p>

Activities are Subject to Change—Please refer to Daily Hand-outs

All Outings are Weather Permitting