

January 2023

The Seasons Assisted Living— Traditional Activity Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
<p>9:15 Virt. Catholic Mass (YT)</p> <p>10:15 Communion w/ OLM</p> <p>11:15 Exercise Group</p> <p>2:15 Balloon Bash</p> <p>3:00 Sunday Matinee (HM) The Freshman (1990 1:42)</p> <p>6:00 Resident Choice Movie (AP) Space Cowboys (2000 2:10)</p>	<p>10:00 Walking Club</p> <p>10:15 Coffee & Current Events</p> <p>11:00 Exercise Group</p> <p>1:45 Quarter Bingo</p> <p>3:15 Nail Care & Exercise Bike (by sign-up)</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</p> <p>3:00 Fireside Chat</p> <p>6:00 Trivia Night w/ April</p>	<p>10:00 Walking Club</p> <p>11:00 Exercise Group</p> <p>1:45 Quarter Bingo</p> <p>3:00 Chaplain Chat</p> <p>4:00 Happy Hour</p> <p>6:15 Mid-Week Movie (HM) The Book Thief (2013 2:10)</p>	<p>10:00 Walking Club</p> <p>10:15 Coffee & Chat</p> <p>11:00 Exercise Group</p> <p>1:30 Exercise Bike (by sign-up) & Nail Care</p> <p>2:45 Darts</p> <p>3:45 Brain Teasers</p> <p>6:15 Music w/ Luke Jackson</p>	<p>9:45 Errand Run: Banks</p> <p>10:00 Walking Club</p> <p>11:00 Exercise Group</p> <p>1:30 Shopping Trip: Marshalls</p> <p>1:45 Quarter Bingo</p> <p>3:00 Shopping Trip: Marshalls</p> <p>4:00 Pub & Trivia Games</p> <p>6:15 Historical Drama (NF) THE CROWN (S4:E4) “Favourites”</p>	<p>10:00 Walking Club</p> <p>11:15 Exercise Group</p> <p>1:30 Classic Series: (AP) “Mary Tyler Moore Show”</p> <p>1:45 Indoor Putting Practice</p> <p>2:00 Bridge Club</p> <p>2:45 Darts</p> <p>3:45 Word Brain Games</p> <p>6:00 Hight Stakes Bingo</p>

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

All Outings are Weather Permitting