

January 2023

The Seasons Assisted Living— Traditional Activity Weekly Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|--|
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 9:15 Virt. Catholic Mass (YT) | 10:00 Walking Club | 10:00 Walking Club | 10:00 Walking Club | 10:00 Walking Club | 9:45 Errand Run: Dollar Tree | 10:00 Walking Club |
| 10:15 Communion w/ OLM | 10:15 Coffee & Current Events | 11:00 Exercise Group | 11:00 Exercise Group | 10:15 Coffee & Current Events | 10:00 Walking Club | 11:15 Exercise Group |
| 11:15 Exercise Group | 11:00 Exercise Group | 1:30 Crafting with Connie | 1:45 Quarter Bingo | 11:00 Exercise w/ Jill | 11:00 Exercise Group | 1:30 Classic Series: (AP) Mary Tyler Moore show |
| 2:15 Balloon Bash | 1:45 Quarter Bingo | 3:00 Tea and Talk | 3:00 Chaplain Chat | 1:30 Nail care | 1:30 Shopping Trip: TJ Maxx | 2:00 Bridge Club |
| 3:00 Sunday Matinee (AP) Wuthering Heights (1939 1:45) | 3:15 ACT/AMB MEETING | 6:15 Ambassador's Movie Night (AP) From Here to Eternity (1953 1:58) | 4:00 Happy Hour | 2:30 Music w/ Don & Dave | 1:45 Quarter Bingo | 2:15 Indoor Putting Practice |
| 6:00 Res. Choice Movie (AP) Downton Abby: A New Era (2022 2:04) | 4:00 Happy Hour | | 6:15 Mid-Week Movie (HM) Armageddon (1998 2:30) | 3:45 Menu Chat w/ Paul | 3:00 Shopping Trip: TJ Maxx | 3:00 Saturday Matinee: (HM) Cleopatra (1st half) |
| | 6:15 Hi-Lo Jack | | | 6:15 Series: Grey's Anatomy (NF) (S1:E2) "The First Cut Is the Deepest" | 4:00 Pub & Trivia Games | 6:15 Saturday Cinema: Cleopatra (2nd half) (1963 4:30) |
| | | | | | 6:15 Historical Drama (NF) THE CROWN (S4:E3) "Fairytale" | |

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

All Outings are Weather Permitting

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The Seasons Assisted Living— Traditional Activity Weekly Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------------------------------|--|---|--|---|---|
| 15 | MLK Jr. DAY 16 | 17 | 18 | 19 | 20 | 21 |
| 9:15 Virt. Catholic Mass (YT) | 10:00 Walking Club | 10:00 Walking Club | 10:00 Walking Club | 10:00 Walking Club | 9:45 Errand Run: CVS | 10:00 Walking Club |
| 10:15 Communion w/ OLM | 11:00 Exercise Group | 11:00 Exercise Group | 11:00 Exercise Group | 10:15 Coffee & Chat | 10:00 Walking Club | 11:15 Exercise Group |
| 11:15 Exercise Group | 1:45 Quarter Bingo | 1:30 Crafting with Connie | 1:45 Quarter Bingo | 11:00 Exercise Group | 11:00 Exercise Group | 1:30 Classic Series: (AP) Mary Tyler Moore show |
| 2:15 Balloon Bash | 3:00 Dominos | 3:00 Fireside Chat | 3:00 TOWN HALL MEETING | 11:45 Lunch Outing: Dragon Palace | 1:30 Shopping Trip: Wal-Mart | 2:00 Bridge Club |
| 3:00 Protestant Service and Communion | 4:00 Happy Hour | 6:00 Special Movie Night (AP) Selma (2014 2:08) | 4:00 Happy Hour | 1:30 Nail care | 1:45 Quarter Bingo | 2:15 Indoor Putting Practice |
| 6:00 Resident Choice Movie (NF) Seabiscuit (2003 2:20) | 6:15 Hi-Lo Jack | | 6:15 Mid-Week Movie (HM) Robin Hood: Prince of Thieves (1991 2:30) | 2:45 UNO-card game | 3:00 Shopping Trip: Wal-Mart | 3:00 Saturday Matinee: (HM) Gone with The wind (1st half) |
| | | | Rev. Cheryl office hours 3-4 Register @ Front Desk | 4:00 Music w/ Joan Sherlock | 4:00 Pub & Trivia Games | 6:15 Saturday Cinema: Gone with The wind (2nd half) (1939 3:40) |
| | | | | 6:15 Series: Grey's Anatomy (NF) (S1:E3) "Winning a Battle, Losing the War" | 6:00 Masquerade Party | |

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