


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Coffee Chat (KCC)	2 10:30—Sittercise w/ Katelyn 10 Minutes of Balance to Follow (ER) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 6:30—Resident Run Scrabble (LIB)	3 10:30—Walking Group (LA) 11:30—Lunch Outing The Ambassador (LIB) 2:00—Activity Meeting w/ Katelyn (LIB) 4:00—Exercise w/ Ann (ER)	4 10:30—Cardio Drumming (B) 2:00—Catholic Mass (B) 3:00—Baking: Double Chocolate Scones (B) 6:30—Pinochle (LIB)	5 10:30—Walking Group (LA) 1:30—Prayer Service w/ Pastor Micah (CA) 3:00—Nintendo Wii Bowling (B) 6:30—Evening Cinema (GR) “The Crown” TV Series Bluffs T-shirt Day	6 10:30—Sittercise w/ Katelyn (ER) No Balance today 11:00—Steps Challenge Check-In (LA) 12:00—Birthday Lunch (DR) 2:00—Winter Painting w/ Katelyn (LIB) No Happy Hour Tonight!	New Years Day 7 10:30—Crafty Ladies (GR) 10:30—Resident Led Walking Group (LA) 1:30—Kings In The Corner & Pinochle (LIB) 6:30—Evening Cinema (GR)
8 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Coffee Chat (KCC)	9 10:00—Walker & Scooter Maintenance w/ Doug (LA) 10:30—Sittercise w/ Katelyn 10 Minutes of Balance to Follow (ER) 1:30—Townhall Meeting w/ Jes (B) 3:00—Nintendo Wii Bowling (B)	10 10:30—Walking Group (LA) 11:30—Lunch Outing: Joey’s Seafood (LIB) 2:00—Dolly Parton: Here I Am Documentary (GR) 4:00—Exercise w/ Ann (ER)	11 10:30—Cardio Drumming (B) 1:00—Catholic Outreach w/ Sister Linda (PDR) 2:00—Snowflake Craft (LIB) 3:00—Chapel Service & Hymn Singalong w/ Pastor Eric (B) 6:30—Pinochle (LIB)	12 10:30—Walking Group (LA) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 6:30—Evening Cinema (GR) “The Crown” TV Series Bluffs T-shirt Day	13 10:30—Sittercise w/ Katelyn 10 Minutes of Balance to Follow (ER) 11:00—Steps Challenge Check-In (LA) 2:00—Walmart Shopping Outing 4:30—Happy Hour w/ Live Music by Bill White (B)	14 10:30—Crafty Ladies (GR) 10:30—Resident Led Walking Group (LA) 1:30—Kings In The Corner & Pinochle (LIB) 6:30—Evening Cinema (GR)
15 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Coffee Chat (KCC)	16 10:30—Sittercise w/ Katelyn 10 Minutes of Balance to Follow (ER) 1:30—Culinary Meeting w/ Shelly (LIB) 3:00—Nintendo Wii Bowling (B) 6:30—Resident Run Left, Right, Center (LIB) Martin Luther King Day—No Mail	17 10:30—Walking Group (LA) 11:30—Lunch Outing: La Cantina Mexican (LD) 3:00—Coffee Chat w/ Brownies & Hot Buttered Rum (KCC) 4:00—Exercise w/ Ann (ER) 6:15—“Hairspray” Musical Comedy @ The Rozsa (LD)	18 10:30—Cardio Drumming (B) 1:00—Catholic Outreach w/ Sister Linda (PDR) 2:00—National Michigan Day Documentary : Creation of The Great Lakes (GR) 6:30—Pinochle (LIB)	19 10:30—Walking Group (LA) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 4:00—Exercise w/ Ann (ER) 6:30—Evening Cinema (GR) “The Crown” TV Series	20 10:30—Sittercise w/ Katelyn 10 Minutes of Balance to Follow (ER) 11:00—Steps Challenge Check-In (LA) 1:30—Happy Hands (LIB) 3:00—Walker Cleaning (LIB) 4:00—Happy Hour w/ Live Music by Euel Cappel (DR)	21 10:30—Crafty Ladies (GR) 10:30—Resident Led Walking Group (LA) 1:30—Kings In The Corner & Pinochle (LIB) 6:30—Evening Cinema (GR)
22 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Coffee Chat (KCC)	23 10:30—Sittercise w/ Katelyn 10 Minutes of Balance to Follow (ER) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 6:30—Resident Run Cards (LIB) National Polka Dot Day—Wear Your Dots!	24 10:30—Walking Group (LA) 11:30—Lunch Outing: Armando’s Restaurant (LD) 2:00—Afternoon Cinema: Golden Girls (GR) 4:00—Exercise w/ Ann (ER)	25 10:30—Cardio Drumming (B) 11:00—Catholic Outreach w/ Sister Linda (PDR) 2:00—Baking: Cranberry Orange Upside Down Cake (B) 3:00—Chapel Service & Hymn Singalong w/ Pastor Eric (B) 6:30—Pinochle (LIB)	26 10:30—Walking Group (LA) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 4:00—Exercise w/ Ann (ER) 6:30—Evening Cinema (GR) “The Crown” TV Series Bluffs T-shirt Day	27 10:30—Sittercise w/ Katelyn 10 Minutes of Balance to Follow (ER) 11:00—Steps Challenge Check-In (LA) 2:00—Econo Shopping Outing (LD) 4:30—Happy Hour (B)	28 10:30—Crafty Ladies (GR) 10:30—Resident Led Walking Group (LA) 1:30—Kings In The Corner & Pinochle (LIB) 6:30—Evening Cinema (GR)
29 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:00—Kivajat Finnish Youth Dancers (B)	30 10:30—Sittercise w/ Katelyn 10 Minutes of Balance to Follow (ER) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 6:30—Resident Run Cards (LIB)	31 10:30—Stability & Balance (ER) 11:30—Lunch Outing: Gino’s (LD) 2:00—Lawrence Welk Show (GR) 3:00—Coffee Chat w/ Blonde Brownies & Hot Chocolate 4:00—Exercise w/ Ann (ER)	 <h1>JANUARY 2023</h1>			
Activities are subject to change	LOCATION KEY	ER - Exercise Room GR - Gathering Room	B- Ballroom DR- Dining Room	LIB - 2nd Floor Library KCC- Kolka’s Coffee Corner	LA - Lobby Area CA- Couch Area BL- Back Lawn	LD - Lobby Departure PDR - Private Dining Room