

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>1</p> <p>9:30 Sit n Fit 10:00 Sip N Social 10:00 Catholic Communion 1:30 YouTube Church Service 3:30 Juice Cart</p>	<p>2</p> <p>ORGANIZE YOUR SPACE WEEK</p> <p>9:30 Diaphragmatic Breathing & Stretches 10:00 Sip N Social 1:30 Movie Monday: "Tidying Up w/Marie Condo: Ep1 S1 2:30 Popcorn Cart</p>	<p>3</p> <p>9:30 Weight Lifting 10:00 Sip N Social 10:30 Dietician's Program on Wellness 2:00 DIY Practical Organization Crafts & Tips 2:30 Juice Cart Happy Birthday Pat Q.</p>	<p>4</p> <p>SHOPPER</p> <p>9:30 Balance Exercise 10:00 Sip N Social 2:00 Wellness Program with Arukah Institute of Healing 2:30 Juice Cart 3:15 Hope & Happiness</p>	<p>5</p> <p>9:30 Resistance Bands 10:00 Sip N Social 11:15 Walker Wash 2:00 Meditations with Pastor Scott Schmidt from St. Matthew's Lutheran Church 2:30 Juice Cart 3:00 BYOC</p>	<p>6</p> <p>9:30 Guided Imagery & Movement 10:00 Sip N Social 12:00 Activity Packets 2:00 BINGO 2:45 Special Treat & Juice Cart Happy Birthday Mychaela</p>	<p>7</p> <p>9:30 Active Body 10:00 Sip N Social 2:00 Spa Day 2:30 Juice Cart</p>		
<p>8</p> <p>9:30 Sit n Fit 10:00 Sip N Social 10:00 Catholic Communion 1:30 YouTube Church Service 3:30 Juice Cart</p>	<p>9</p> <p>MENTAL WELLNESS WEEK</p> <p>9:30 Tai Chi in a Chair 10:00 Sip N Social 11:00 Wii Bowling 2:00 Monday Movie: "Airplane!" 2:30 Popcorn Cart</p>	<p>10</p> <p>9:30 Brain Fitness & Busy Body Moves 10:00 Sip N Social 2:00 Brain Games, Food and Fun 2:30 Juice Cart Happy Birthday Lauren</p>	<p>11</p> <p>9:30 Exercise Balls 10:00 Sip N Social 2:00 Jack Ness on the Keyboard 2:30 Juice Cart 3:15 Hope & Happiness</p>	<p>12</p> <p>9:30 Random Moves 10:00 Sip N Social 2:00 Meditation with Pastor Bill Shields from 1st Lutheran Church 2:30 Juice Cart</p>	<p>13</p> <p>9:30 Guided Imagery & Movement 10:00 Sip N Social 12:00 Activity Packets 2:00 BINGO 2:45 Special Treat & Juice Cart</p>	<p>14</p> <p>9:30 Active Body 10:00 Sip N Social 2:00 Wordscape 2:30 Juice Cart Happy Birthday Mary J.</p>		
<p>15</p> <p>9:30 Sit n Fit 10:00 Sip N Social 10:00 Catholic Communion 1:30 YouTube Church Service 3:30 Juice Cart</p>	<p>16</p> <p>SPIRITUALITY WEEK</p> <p>9:30 Breathing Techniques & Stretches 10:00 Sip N Social 11:00 Wii Bowling 1:30: Movie Monday: "Turner & Hooch" 2:30 Popcorn Cart</p>	<p>17</p> <p>Podiatrist</p> <p>9:00 Catholic Mass 10:00 Sip N Social 11:00 Weight Lifting 2:00 Mindfulness Arts and Crafts - Mandalas 2:30 Juice Cart Happy Birthday Shelly</p>	<p>18</p> <p>SHOPPER</p> <p>9:30 Balance Exercises 10:00 Sip N Social 2:00 Meditation with Marcia Peddicord from 1st United Methodist Church 2:30 Juice Cart 3:15 Hope & Happiness</p>	<p>19</p> <p>9:30 Resistance Bands 10:00 Sip N Social 11:15 Walker Wash 2:00 Heart to Heart: A Spiritual Experience 2:30 Juice Cart 3:00 BYOC</p>	<p>20</p> <p>9:30 Guided Imagery & Movement 10:00 Sip N Social 12:00 Activity Packets 2:00 Bingo – Kristi from VITAS 2:45 Special Treat & Juice Cart</p>	<p>21</p> <p>9:30 Active Body 10:00 Sip N Social 2:00 Independent Activities 2:30 Juice Cart</p>		
<p>22</p> <p>9:30 Sit n Fit 10:00 Sip N Social 10:00 Catholic Communion 1:30 YouTube Church Service 3:30 Juice Cart</p>	<p>23</p> <p>CHALLENGE YOURSELF WEEK</p> <p>9:30 Bubble Breathing Mindfulness & Stretches 10:00 Sip N Social 10:30 Dietary Meeting 2:00 RESIDENT COUNCIL (Shelter Care) 2:30 Juice Cart 6:00 Movie Night: "Miss Harris Goes to Paris"</p>	<p>24</p> <p>9:30 Weight Lifting 10:00 Sip N Social 2:00 Learning and Practicing a New Language- Becoming a Polygot 2:30 Juice Cart</p>	<p>25</p> <p>9:30 Drum Circle 10:00 Sip N Social 2:00 International Snacks – Spain 2:30 Juice Cart 3:15 Hope & Happiness</p>	<p>26</p> <p>9:30 Random Moves 10:00 Sip N Social 2:00 Challenge Yourself - Sensory Stimulation Activity 2:30 Juice Cart MONICAL'S PIZZA</p>	<p>27</p> <p>9:30 Guided Imagery & Movement 10:00 Sip N Social 12:00 Activity Packets 2:00 Bingo 2:45 Special Treat & Juice Cart</p>	<p>28</p> <p>9:30 Active Body 10:00 Sip N Social 2:00 Wordscape 2:30 Juice Cart Happy Birthday Linda</p>		
<p>29</p> <p>9:30 Sit n Fit 10:00 Sip N Social 10:00 Catholic Communion 1:30 YouTube Church Service 3:30 Juice Cart</p>	<p>30</p> <p>PAUSE & REFLECT</p> <p>9:30 Simple Stretches with Ambient Music 10:00 Sip N Social 11:00 Wii Bowling 1:30 Movie Monday: "Wild Prairie Rose" 2:30 Juice Cart</p>	<p>31</p> <p>9:30 Weight Lifting 10:00 Sip N Social 2:00 Art Therapy – Painting Reflections Practicing Mindfulness 2:30 Juice Cart</p>	 <h1 style="margin: 0;">January 2023</h1> <h2 style="margin: 0;">"Pause"-itive Places</h2> <h2 style="margin: 0;">Greenfield's Activities</h2>					

Calendar is subject to change and all changes will be posted.

7:40 am Prayer/Announcements

Hair Salon by Appointments