

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-Catholic Mass (Ch 10) 10:00am- Lutheran Church Services (Ch7) 1:30pm- Fireplace Visits <small>New Year's Day</small>	9:15am- Stretching & Newspaper 1:00pm- Resident Council Meeting 1:30pm- BINGO!	9:15am-Chair Yoga & Fireplace Visits 1:00pm- Food for Thought: Cereal of the 60's	9:15am- Chair Exercise & Colorful Creations 1:00pm- Table Top Bowling	10:00am- BINGO! 1:00pm- Book Club & Coffee/Tea	9:00am- Beauty Salon & Fingernail Care 10:00am- Catholic Word & Communion 1:00pm- Farkle!	10:00am- Walking Group/Morning Visits 1:30pm- Saturday Matinee & Popcorn
10:00am-Catholic Mass (Ch 10) 10:00am- Lutheran Church Services (Ch7) 1:30pm- Fireplace Visits	9:15am- Stretching & Newspaper 1:00pm- Monday Manicures	9:15am-Chair Yoga & Fireplace Visits 2:30pm- "National Bittersweet Chocolate Day"	9:15am- Chair Exercise & Indoor Walks 2:00pm- St. Paul's Lutheran Church	10:00am- BINGO! 2:00pm- Book Club With Special Guest Author Mary Behan	9:00am- Beauty Salon & Fingernail Care 10:00am- Catholic Word & Communion 1:00pm- Good News Stories	10:00am- Walking Group/Morning Visits 1:30pm- Saturday Matinee & Popcorn
10:00am-Catholic Mass (Ch 10) 10:00am- Lutheran Church Services (Ch7) 1:30pm- Fireplace Visits	9:15am- Making Winter Diorama for Library Contest 1:30pm- Music By John Ellington <small>Martin Luther King Jr. Day</small>	9:15am-Chair Yoga & Fireplace Visits 1:00pm- Armchair Travel: San Francisco, Then & Now	9:15am- Chair Exercise & Colorful Creations 1:00pm- Creative Cooking: Cream Cheese Tortilla Wraps	10:00am- BINGO! 1:00pm- Scenic Winter Bus Ride	9:00am- Beauty Salon & Fingernail Care 10:00am- Catholic Word & Communion 1:00pm- Foot Soaks & Toenail Care	10:00am- Walking Group/Morning Visits 1:30pm- Saturday Matinee & Popcorn
10:00am-Catholic Mass (Ch 10) 10:00am- Lutheran Church Services (Ch7) 1:30pm- Fireplace Visits <small>Chinese New Year (Year of the Rabbit)</small>	9:15am- Stretching & Newspaper 1:00pm- The Price is Right: 1960's <small>Activity Professionals Week</small>	9:15am-Chair Yoga & Fireplace Visits 1:00pm- Book Club & Coffee/Tea	9:15am- Chair Exercise & Indoor Walks 1:00pm- Finishing Winter Diorama for Library Contest	10:00am- BINGO! 2:00pm- Music By "Campfire Kevin" <small>Australia Day (observed)</small>	9:00am- Beauty Salon & Fingernail Care 10:00am- Catholic Word & Communion 2:00pm- January Birthday Party!	10:00am- Walking Group/Morning Visits 1:30pm- Saturday Matinee & Popcorn
10:00am-Catholic Mass (Ch 10) 10:00am- Lutheran Church Services (Ch7) 1:30pm- Fireplace Visits	9:15am- Stretching & Newspaper 1:00pm- BINGO!	9:15am-Chair Yoga & Fireplace Visits 1:00pm- Hilarious Headlines of the 1960's Turning in Winter Diorama for Library Contest	<h1>January 2023</h1> <h2>Meadow Ridge Senior Living</h2>			