

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>2:00 Worship</p> <p>New Year's Day</p>	<p>2</p> <p>10:30 Exercise 11:00 Noodle Ball 2:00 Bingo 3:15 Sit and Be Fit</p>	<p>3</p> <p>10:30 Fitness Fun w/ Anne 11:00 Sing-along 1:00 Cookie Club 1:30 Craft Time 2:00 Euchre &amp; More! 3:00 Happy Hour</p>	<p>4</p> <p>10:30 Get Movin' with Anne 11:00 Game Time 1:00 Bowling League 2:00 Bible Study 3:00 Dominoes in library 3:00 Ember &amp; Ollie's Corner in Activity Room</p>	<p>5</p> <p>10:30 Exercise 11:00 Brain Teasers 2:00 Euchre &amp; More! 3:00 Happy Hour</p>	<p>6</p> <p>9:30 Rosary 10:30 Exercise 11:00 Word Games 2:00 Bingo 3:15 TV Series: The Crown</p>	<p>7</p> <p>11:00 Exercise 2:00 Movie Social</p>
<p>8</p> <p>2:00 Worship</p>	<p>10:00 Exercise</p> <p>11:00 Catholic Mass 2:00 Bingo 3:15 Sit and Be Fit</p>	<p>9</p> <p>Themed Day: "Cruising" into the New Year!</p> <p>10:30 Fitness Fun with Anne 11:00 Sing-along 1:00 Cookie Club 1:30 Craft Time 2:00 Euchre &amp; More! 3:00 Happy Hour with Lois playing piano</p>	<p>10</p> <p>10:30 Get Movin' with Anne 11:00 Game Time 1:00 Bowling League 2:00 Bible Study 3:00 Dominoes in library 3:00 Ember &amp; Ollie's Corner in Activity Room</p>	<p>11</p> <p>10:30 Exercise 11:00 Brain Teasers 2:00 Euchre &amp; More! 3:00 Happy Hour</p>	<p>12</p> <p>9:30 Rosary 10:30 Exercise 11:00 Current Events 2:00 Bingo 3:15 TV Series: The Crown</p>	<p>13</p> <p>11:00 Exercise 2:00 Movie Social</p>
<p>15</p> <p>2:00 Worship</p>	<p>10:30 Exercise 11:00 Reminisce 2:00 Bingo 3:15 Sit and Be Fit</p> <p>Martin Luther King Jr. Day</p>	<p>16</p> <p>10:30 Fitness Fun with Anne 11:00 Sing-along 1:00 Cookie Club 1:30 Craft Time 2:00 Euchre &amp; More! 3:00 Happy Hour</p>	<p>17</p> <p>10:30 Get Movin' with Anne 11:00 Game Time 1:00 Bowling League 2:00 Bible Study 3:00 Dominoes in library 3:00 Ember &amp; Ollie's Corner in Activity Room</p>	<p>18</p> <p>10:30 Exercise 11:00 Brain Teasers 2:00 Euchre &amp; More! 3:00 Happy Hour</p>	<p>19</p> <p>9:30 Rosary 10:30 Exercise 11:00 Word Games 2:00 Bingo 3:30 Sip and Sketch</p>	<p>20</p> <p>11:00 Exercise 2:00 Movie Social</p>
<p>22</p> <p>2:00 Worship</p> <p>Chinese New Year (Year of the Rabbit)</p>	<p>10:30 Exercise 11:00 Reminisce 2:00 Bingo 3:15 Sit and Be Fit</p> <p>Activity Professionals Week</p>	<p>23</p> <p>10:30 Fitness Fun with Anne 11:00 Sing-along 1:00 Cookie Club 1:30 Craft Time 2:00 Euchre &amp; More! 3:00 Happy Hour with Lois playing piano</p>	<p>24</p> <p>10:30 Get Movin' with Anne 11:00 Game Time 1:00 Bowling League 2:00 Bible Study 3:00 Dominoes in library 3:00 Ember &amp; Ollie's Corner in Activity Room</p>	<p>25</p> <p>10:30 Exercise 11:00 Brain Teasers 2:00 Euchre &amp; More! 3:00 Happy Hour</p> <p>Australia Day (observed)</p>	<p>26</p> <p>9:30 Rosary 10:30 Exercise 11:00 Current Events 2:00 Bingo 3:15 TV Series: The Crown</p>	<p>27</p> <p>11:00 Exercise 2:00 Movie Social</p>
<p>29</p> <p>2:00 Worship</p>	<p>10:30 Exercise 11:00 Reminisce 2:00 Bingo 3:15 Sit and Be Fit</p>	<p>30</p> <p>10:30 Fitness Fun with Anne 11:00 Sing-along 1:00 Cookie Club 1:30 Craft Time 2:00 Euchre &amp; More! 3:00 Happy Hour with Flute playing</p>	<p>31</p>			

# January 2023

Cambrian Assisted Living