



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div> <div> <p><b>All Programs subject to change without notice to meet the needs of our residents.</b></p> <p><b>Beauty Shop Every Thursday</b></p> </div> <div> </div> </div>						
<p>4</p> <p>9:30 Exercise</p> <p>10:00–<b>Cribbage meet in the Lobby! (L)</b></p> <p>3:00– Bible study with Paige (AR)</p> <p>6:00–Movie Night (L)</p>	<p>5</p> <p>National Bean Day</p> <p>9:30– Don't Spill the Beans Game</p> <p>10:30– Exercise (AL)</p> <p>2:00-3:30 <b>Travelogue-Arm Chair Travels (AR)</b></p>	<p>6</p> <p><b>9:30– Painting Nails</b></p> <p>10:30– Exercise (AL)</p> <p><b>2:30-3:30– Bingo (AR)</b></p>	<p>7</p> <p>9:30– coffee and chat</p> <p>10:30– Exercise</p> <p><b>3-4– Hymn Singing and Prayer group (AL)</b></p>	<p>8</p> <p><b>Elvis's Birthday!!</b></p> <p>9:30– Coffee and Crosswords</p> <p>10:30– Exercise</p> <p><b>2:30-3:30– DJ Bingo– Elvis Edition</b></p> <p><b>5:00 “Elvis” Movie Night</b></p>	<p>9</p> <p><b>9:30- Euchre Club (L)</b></p> <p>10:30-Exercise</p> <p><b>2:00– Communion</b></p> <p><b>3 PM– Happy hour and game in the lobby</b></p>	<p>10</p> <p><b>3 National Trivia Day</b></p> <p>9:00– indoor walking club</p> <p>10:00-Trivia in the Lobby</p> <p>6:00– Game Night (L)</p>
<p>11</p> <p>9:30 Exercise</p> <p>10:00–<b>Cribbage meet in the Lobby! (L)</b></p> <p><b>3:00– Bible study with Paige (AR)</b></p> <p>6:00– Movie Night (L)</p>	<p>12</p> <p>9:30–<b>Bird Watching! Meet in the Lobby (L)</b></p> <p>10:30– Exercise (AL)</p> <p><b>2:00-3:00-Craft Club (AR)</b></p>	<p>13</p> <p>9:30-<b>Painting Nails (AR)</b></p> <p>10:30– Exercise (AL)</p> <p><b>2:30-3:30– Bingo (AR)</b></p>	<p>14</p> <p>9:30– Coffee and Game</p> <p><b>10:00– Book Mobile! (L)</b></p> <p>10:30– Exercise (AL)</p> <p><b>2-3:30–Health and Wellness Club (AR)</b></p>	<p>15</p> <p>National Bagel day</p> <p><b>9:30– Bagel Tasting in Lobby</b></p> <p>10:30– Exercise</p> <p><b>2:30-3:30– Bingo (AR)</b></p>	<p>16</p> <p><b>CHILI COOK OFF</b></p> <p><b>9:30- Euchre Club (L)</b></p> <p>10:30-Exercise</p> <p><b>2:00– Communion</b></p> <p><b>3 PM– Happy hour &amp; Music with Tom Embury</b></p>	<p>17</p> <p><b>9:00– Indoor walking club</b></p> <p><b>10:00– Relaxing Music and Coloring (AR)</b></p> <p><b>6:00– Game Night (L)</b></p>
<p>18</p> <p>9:30 Exercise</p> <p>10:00–<b>Cribbage Meet in the Lobby!!(L)</b></p> <p><b>3:00– Bible study with Paige (AR)</b></p> <p>6:00- Movie Night (L)</p>	<p>19</p> <p><b>Martin Luther King Jr. Day</b></p> <p>9:30- Coffee and Chat</p> <p>10:30– Exercise</p> <p><b>2:00-3:00 Craft Club (AR)</b></p>	<p>20</p> <p><b>9:30- Painting Nails (AR)</b></p> <p>10:30– Exercise</p> <p><b>2:30-3:30– Bingo (AR)</b></p>	<p>21</p> <p>9:30– Coffee and Game</p> <p>10:30– Exercise (AL)</p> <p><b>3-4 Hymn Singing and Prayer group</b></p>	<p>22</p> <p>9:30– <b>Sing Along</b></p> <p>10:30– Exercise</p> <p><b>2:30-3:30– Bingo (AR)</b></p>	<p>23</p> <p><b>9:30- Euchre Club (L)</b></p> <p>10:30-Exercise</p> <p><b>2:00– Communion</b></p> <p><b>3 PM– Happy hour and game lobby</b></p>	<p>24- National Peanut Butter Day</p> <p><b>9:00– Indoor walking club</b></p> <p>10:00– Relaxing Music and coloring with Peanut Butter Snack</p> <p>6:00– Game Night</p>
<p>25</p> <p>9:30 Exercise</p> <p>10:00–<b>Cribbage! Meet in the Lobby!! (L)</b></p> <p><b>3:00– Bible study with Paige (AR)</b></p> <p>6:00– Movie Night</p>	<p>26</p> <p>9:30– Coffee and Chat</p> <p>10:30– Exercise</p> <p><b>2-3:30- Beat the Winter Blues Party (L)</b></p>	<p>27</p> <p><b>9:30- Painting Nails (AR)</b></p> <p>10:30– Exercise</p> <p><b>2:30-3:30– Bingo (AR)</b></p>	<p>28 National Daisy Day</p> <p>9:30– Coffee and Game</p> <p>10:30– Exercise (AL)</p> <p><b>2:00-3:30– Step by Step Painting (AR)</b></p>	<p>29 National Puzzle Day</p> <p>9:30– Coffee and Puzzles</p> <p>10:30– Exercise</p> <p><b>2:30-3:30– Bingo (AR)</b></p>	<p>30</p> <p><b>9:30- Euchre Club (L)</b></p> <p>10:30– Exercise</p> <p><b>2:00– Communion</b></p> <p><b>3 PM– Happy hour and game in the lobby</b></p>	<p>31</p> <p><b>9:00– Indoor walking club</b></p> <p><b>10:00– Relaxing Music and Coloring</b></p> <p><b>6:00– Game Night</b></p>

# Manor



# January



## **January Highlights**

### **DAILY: EXERCISE**

**January 8th**–Elvis's birthday!! Celebrate Elvis's birthday with DJ bingo 2:00-3:30 in the Lobby! & Movie at 5pm

**January 14th**– Book Mobile!

**January 15th**– National Bagel Day– Enjoy a bagel tasting in the lobby!! 9:30 AM

**January 16th**: Chili Cook-off! Sign up with Madison to enter your best chili!! & Music with Tom Embury at 3pm

**January 19th**– Martin Luther King JR day  
Join us at 9:30 AM in the Lobby  
for coffee and inspiring  
conversation about his legacy.

**January 22**– Sing Along!! 9:30 AM in Lobby

**January 24th**– National peanut butter day–  
Enjoy a peanut butter snack and coloring at  
10 AM in the activity room.

**January 26th**– Beat the Winter Blues party! Join us for Balloon Volleyball! Let's bring the summer vibes to winter! 2:00-3:30 PM in the Lobby

**January 28th**– National Daisy Day– step by step daisy painting 2:00-3:00 PM in the Activity Room



**EVERY TUESDAY: NAIL  
PAINTING AT 9:30 AM IN THE  
ACTIVITY ROOM**

**EVERY TUESDAY AND  
THURSDAY: BINGO IN THE  
ACTIVITY ROOM. 2:30-3:30**

**EVERY OTHER  
WEDNESDAY- HYMN  
SINGING AND PRAYER GROUP.  
3:00-4:00**

**EVERY FRIDAY- EUCHRE CLUB @  
9:30 & HAPPY HOUR AND GAME  
3:00-4:00PM IN THE LOBBY**

**EVERY SUNDAY- CRIBBAGE AT 10  
AM IN THE LOBBY**

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# ★ Happy ★ New Year