




Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7	
9:15 Sit & Fit 10:30 Walk & Chat 12:45 Sing Along 1:30 Bullseye 2:30 Racquetball 3:00 Pairing Socks <small>New Year's Day</small>	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 2:30 Bingo 3:30 Folding Towels	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:45 Volleyball 2:30 Pretty Nails w/ Lina 3:30 Let's Dance!	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Trivia 12:45 Math w/ Rodrigo 2:30 Bowling 3:00 Happy Hour	9:15 Walk & Chat 9:45 Sit & Fit 10:30 Bullseye 12:45 Sing Along 1:30 Racquetball 2:30 Show & Tell 3:00 Bingo	9:15 Happy Feet Chat 9:45 Soothing Exercise 10:30 Sing Along 12:45 Volleyball 2:30 Yoga 3:30 Getting To know You	9:15 Happy Feet Chat 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:30 History 101 3:30 Show & Tell	
8 9:15 Sit & Fit 10:30 Walk & Chat 12:45 Sing Along 1:30 Bullseye 1:30 Grace Bible Study 2:30 Hot Cocoa & Movie 3:00 Pairing Socks	9 9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 2:30 Bingo 3:30 Let's Bake Cookies	10 Golden Globe Awards 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:45 Volleyball 2:30 Art w/ Lina 3:30 Sing Along	11 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Trivia 12:45 History w/ Rodrigo 2:30 Bullseye 3:00 Happy Hour	12 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Bullseye 12:45 Sing Along 1:30 Racquetball 2:30 Show & Tell 3:00 Bingo	13 Tea Party 9:15 Happy Feet Chat 9:45 Soothing Exercise 10:30 Sing Along 12:45 Volleyball 2:30 Yoga 3:30 Tea Party w/ Emma	14 Smore's Day 9:15 Happy Feet Chat 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:30 Let's Bake Cookies 3:30 Painting Lesson	
15 9:15 Sit & Fit 10:30 Walk & Chat 12:45 Sing Along 1:30 Bullseye 2:30 Racquetball 3:00 Pairing Socks	16 Martin Luther King Day 9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 2:30 Bingo 3:30 Let's Bake Cookies <small>Martin Luther King Jr. Day</small>	17 Chinese New Year Dinner 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:45 Volleyball 2:30 Dot Painting 3:30 Let's Dance!	18 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Trivia 12:45 How to Bake Cookies 2:30 Racquetball 3:00 Happy Hour	19 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Bullseye 11:00 Celebration of Jewish Life w/ Rabbi Jim 12:45 Sing Along 1:30 Let's Bake Cookies 2:30 Show & Tell 3:00 Bingo	20 9:15 Happy Feet Chat 9:45 Soothing Exercise 10:30 Sing Along 12:45 Volleyball 2:30 Yoga 3:30 Getting To know You	21 9:15 Happy Feet Chat 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:30 Let's Bake Cookies 3:30 Show & Tell	
22 9:15 Sit & Fit 10:30 Walk & Chat 12:45 Sing Along 1:30 Bullseye 1:30 Grace Bible Study 2:30 Racquetball 3:00 Pairing Socks <small>Chinese New Year (Year of the Rabbit)</small>	23 Activity Professionals Week 9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 2:30 Bingo 3:30 Let's Bake Cookies <small>Activity Professionals Week</small>	24 Spa Day 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:45 Volleyball 2:30 Spa Day w/ Lina 3:30 Sing Along	25 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Trivia 12:45 Math w/ Rodrigo 2:30 Bowling 3:00 Happy Hour	26 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Bullseye 12:45 Sing Along 1:30 Racquetball 2:30 Show & Tell 3:00 Bingo <small>Australia Day (observed)</small>	27 9:15 Happy Feet Chat 9:45 Soothing Exercise 10:30 Sing Along 12:45 Volleyball 2:30 Yoga 3:30 Getting To know You	28 9:15 Happy Feet Chat 9:45 Stretch & Flex 10:30 Music Videos 12:45 Reading 101 2:30 Let's Bake Cookies 3:30 Painting Lesson	
29 9:15 Sit & Fit 10:30 Walk & Chat 12:45 Sing Along 1:30 Bullseye 2:30 Racquetball 3:00 Pairing Socks	30 9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 2:30 Bingo 3:30 Folding Towels	31 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:45 Volleyball 2:30 Art w/ Lina 3:30 Let's Dance!	Safe Haven			Activities may vary	

January 2023

Hello January! it's a fresh start!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Poker- AR <small>New Year's Day</small>	2 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Show & Tell- LR	3 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia w/Emma- AR 2:30 Rummikub- AR	4 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:15 Happy Hour Meet & Greet- LR	5 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Arts & Crafts- AR	6 9:15 Morning Walk 10:15 Marshall's & Target 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Yoga w/ Jenny- LR 2:15 Trader Joe's 2:30 Poker- AR 3:30 Rummikub- AR 5:30 Yoseph in Concert- LR	7 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:00 Painting Lesson- AR
8 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Grace Bible Study- LR 1:30 Bingo- AR 3:15 Poker- AR	9 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Bullseye- LR	Golden Globe Awards 10 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia- AR 2:30 Let's Bake Cookies 3:30 Rummikub- AR	11 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:15 Act of Kindness w/ Theresa!- LR	Casino Day 12 San Manuel Casino 8:00 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Let's Bake Cookies/ Gabfest- AR	13 9:15 Morning Walk 10:15 .99Cents & Dollar Tree 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Yoga w/ Jenny- LR 2:00 Ralph's & Walgreens 2:30 Poker- AR 3:30 Rummikub- AR 5:30 Yoseph in Concert- LR	S'more's Day 14 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:00 Spanish- AR
15 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Poker- AR	Martin Luther King Jr. Day 16 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 2:00 Men's Club Outing- House of Billiards 3:00 MLK Jr. Documentary- LR <small>Martin Luther King Jr. Day</small>	Chinese New Year Dinner 17 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 11:30 Brent's Deli 1:15 Trivia w/ Emma- AR 2:30 Rummikub- AR	18 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:15 Happy Hour- LR	Spa Day 19 9:15 Walk & Chat 10:30 Volleyball- LR 11:00 Celebration of Jewish Life w/Rabbi Jim- AR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Spa Day- AR	20 9:15 Morning Walk 10:00 Banks 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Yoga w/ Jenny- LR 2:00 Thrift Store & .99 Cents 2:30 Poker- AR 3:30 Rummikub- AR 5:30 Yoseph in Concert- LR	21 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:00 Painting Lesson- AR
22 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Grace Bible Study- LR 1:30 Bingo- AR 3:15 Poker- AR <small>Chinese New Year (Year of the Rabbit)</small>	Activity Professionals Week 23 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Trivia- AR <small>Activity Professionals Week</small>	24 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 11:30 Lido's Restaurant 1:15 Podiatrist Talk w/ Theresa- LR 2:30 Rummikub- AR	25 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:00 Resident Council- LR 1:30 Towne Hall Meeting- LR 3:15 Happy Hour- LR	Tea Party 26 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Tea Party- AR <small>Australia Day (observed)</small>	27 9:15 Morning Walk 10:15 Ross & DD's 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Yoga w/ Jenny- LR 2:00 Walgreens & CVS 2:30 Poker- AR 3:30 Rummikub- AR 5:30 Yoseph in Concert- LR	28 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:00 Spanish- AR
29 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:00 Movie- Color Purple- LR 3:15 Poker- AR	30 9:15 Morning Walk 10:30 Volleyball- LR 11:00 Movie Day- Outing 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Bowling- AR	31 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia w/ Emma- AR 2:30 Rummikub- AR 2:30 Introduction to Email w/ Joe- LR	Assisted Living LR=Living Room DR= Dining Room AR= Activity Room Activities may vary  <h1>JANUARY 2023</h1> <p>"Is the Monday of months."</p>			