

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|--|--|--|---|---|---|--|
| <p><b>1</b></p> <p>“Day of Rest”</p> <p>Worship Services Televised</p> <p>11am Coffee &amp; Convers</p> <p><small>New Year's Day</small></p>                         | <p><b>2</b></p> <p><b>News Years Resolution Monday!</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Group Coffee &amp; Chats</p> <p>2pm Afternoon Card Group</p>  | <p><b>3</b></p> <p><b>Tasty Tuesday!</b></p> <p>Daily Reading/Morning Walks</p> <p>10am Walmart Shuttle</p> <p>1pm Group 1 – Baking Club</p> <p>2:30pm Group 2 – Baking Club</p>                 | <p><b>4</b></p> <p><b>Bucket List Wednesday!</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Men's Coffee &amp; Chats</p> <p>10:15am Walking Club</p> <p>2pm BINGO</p> | <p><b>5</b></p> <p><b>New Activity Thursday!</b></p> <p>Daily Reading/Morning Walks</p> <p>10am Resident Council</p> <p>11am Manicures</p> <p>2pm Ice Hokey Contest – Dining Room</p> | <p><b>6</b></p> <p><b>Dress to Impress Friday! Wear Black, Gold or Silver</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Ladies Coffee</p> <p>10:15am Front Room Stretches</p> <p><b>January Birthday's Party Lunch!</b></p> <p>2pm BINGO</p> | <p><b>7</b></p> <p>Daily Reading/Morning Walks</p> <p>Afternoon Cards Group</p> <p>7pm Lawrence Welk Show (Televised)</p>  |
| <p><b>8</b></p> <p>“Day of Rest”</p> <p>11am Coffee &amp; Convers</p> <p>1:30pm Church Services Methodist Church Grinnell</p>  | <p><b>9</b></p> <p>Daily Reading/Morning Walks</p> <p><b>8am Law Enforcement Appreciation Day</b></p> <p>10:15am Front Room Stretches</p> <p>1pm Group 1 – Craft</p> <p>2:30 Group 2 – Craft</p>   | <p><b>10</b></p> <p>Daily Reading/Morning Walks</p> <p>10am Walmart Shuttle</p> <p>2pm Trivia Tuesday – Dining Room</p>  | <p><b>11</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Men's Coffee &amp; Chats</p> <p>10:15am Walking Club</p> <p>2pm BINGO</p>                                     | <p><b>12</b></p> <p>Daily Reading/Morning Walks</p> <p>11am Manicures</p> <p><b>1pm Music w/ Dennis Perry</b></p>   | <p><b>13</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Ladies Coffee &amp; Chats</p> <p>10:15am Front Room Stretches</p> <p>2pm BINGO</p>  | <p><b>14</b></p> <p>Daily Reading/Morning Walks</p> <p>Afternoon Cards Group</p> <p>7pm Lawrence Welk Show (Televised)</p> |
| <p><b>15</b></p> <p><b>National Bagel Day!</b></p> <p>“Day of Rest”</p> <p>Worship Services Televised</p> <p>9am Bagel Bar w/ Coffee &amp; Convers</p>               | <p><b>16</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Group Coffee &amp; Chats</p> <p>10:15am Front Room Stretches</p> <p>2pm Afternoon Movie &amp; Popcorn</p> <p><small>Martin Luther King Jr. Day</small></p>                             | <p><b>17</b></p> <p>Daily Reading/Morning Walks</p> <p>10am Walmart Shuttle</p> <p><b>1pm Group 1 – Card Making Class w/Stacey</b></p> <p><b>2:30pm Group 2 – Card Making Class w/Stacey</b></p> | <p><b>18</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Men's Coffee &amp; Chats</p> <p>10:15am Walking Club</p> <p>2pm BINGO</p>                                     | <p><b>19</b></p> <p>Daily Reading/Morning Walks</p> <p>11am Manicures</p> <p><b>1:30pm Music w/ Ron B.</b></p>  | <p><b>20</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Ladies Coffee &amp; Chats</p> <p>10:15am Front Room Stretches</p> <p>2pm BINGO</p>  | <p><b>21</b></p> <p>Daily Reading/Morning Walks</p> <p>Afternoon Cards Group</p> <p>7pm Lawrence Welk Show (Televised)</p> |
| <p><b>22</b></p> <p>“Day of Rest”</p> <p>Worship Services Televised</p> <p>11am Coffee &amp; Convers</p> <p><small>Chinese New Year (Year of the Rabbit)</small></p> | <p><b>23</b></p> <p><b>National Pie Day!</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Group Coffee &amp; Chats</p> <p>10:15am Front Room Stretches</p> <p>2pm Pie Social – Dining Room</p> <p><small>Activity Professionals Week</small></p> | <p><b>24</b></p> <p>Daily Reading/Morning Walks</p> <p>10am Walmart Shuttle</p> <p><b>1pm Grinnell Middle School Student Council Visits</b></p>  | <p><b>25</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Men's Coffee &amp; Chats</p> <p>10:15am Walking Club</p> <p>2pm BINGO</p>                                     | <p><b>26</b></p> <p>Daily Reading/Morning Walks</p> <p>11am Manicures</p> <p>1pm 1 on 1 Visits</p> <p><small>Australia Day (observed)</small></p>                                     | <p><b>27</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Ladies Coffee &amp; Chats</p> <p>10:15am Front Room Stretches</p> <p>2pm BINGO</p>  | <p><b>28</b></p> <p>Daily Reading/Morning Walks</p> <p>Afternoon Cards Group</p> <p>7pm Lawrence Welk Show (Televised)</p> |
| <p><b>29</b></p> <p>“Day of Rest”</p> <p>Worship Services Televised</p> <p>11am Coffee &amp; Convers</p>   | <p><b>30</b></p> <p>Daily Reading/Morning Walks</p> <p>9:30am Group Coffee &amp; Chats</p> <p>10:15am Front Room Stretches</p> <p>2pm Dice Derby</p>   | <p><b>31</b></p> <p>Daily Reading/Morning Walks</p> <p>10am Walmart Shuttle</p> <p>1pm Hot Cocoa Bar and Trivia</p>  | <h1>January 2023</h1>   |   |   |  |