

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 "Day of Rest" Worship Services Televised 11am Coffee & Convers <small>New Year's Day</small>	NEW YEARS RESOLUTION MONDAY! Daily Chronicle Reading Breakfast – 9:30am Coffee and Conversation Lunch – Walk & Talk Supper – Relax & Reminisce	TASTY TUESDAY! 3 Daily Chronicle Reading Breakfast – 9:30am Story Time 11am Stretch & Walk it out Lunch Trivia & Puzzle Supper – Music Circle	BUCKET LIST WEDNESDAY Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	NEW ACTIVITY THURSDAY! Daily Chronicle Reading Breakfast – Balloon Volley Lunch – 10:00 Manicures Supper – Relax & Music	DREAS TO IMPRESS WEAR BLACK, GOLD, OR SILVER Daily Chronicle Reading Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize	7 Daily Chronicle Reading Breakfast- Coffee and Conversation Lunch – Coloring and Music Supper – Lawrence Welk Televised
8 "Day of Rest" 11am Coffee & Convers 1:30pm Church Services Methodist Church Grinnell	9 Daily Chronicle Reading Breakfast – 9:30am Coffee and Conversation Lunch – Walk & Talk Supper – Relax & Reminisce	10 Daily Chronicle Reading Breakfast – 9:30am Story Time 11am Stretch & Walk it out Lunch Trivia & Puzzle Supper – Music Circle	11 Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	12 Daily Chronicle Reading Breakfast – Balloon Volley Lunch – 10:00 Manicures Supper – Relax & Music	13 Daily Chronicle Reading Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper – Poems	14 Daily Chronicle Reading Breakfast- Coffee and Conversation Lunch – Coloring and Music Supper – Lawrence Welk Televised
National Bagel Day! 15 "Day of Rest" Worship Services Televised 9am Bagel Bar w/ Coffee & Convers <small>Martin Luther King Jr. Day</small>	16 Daily Chronicle Reading Breakfast – 9:30am Coffee and Conversation Lunch – Walk & Talk Supper – Relax & Reminisce <small>Activity Professionals Week</small>	17 Daily Chronicle Reading Breakfast – 9:30am Story Time 11am Stretch & Walk it out Lunch Trivia & Puzzle Supper – Music Circle	18 Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	19 Daily Chronicle Reading Breakfast – Balloon Volley Lunch – 10:00 Manicures Supper – Relax & Music	20 Daily Chronicle Reading Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper – Poems	21 Daily Chronicle Reading Breakfast- Coffee and Conversation Lunch – Coloring and Music Supper – Lawrence Welk Televised
22 "Day of Rest" Worship Services Televised 11am Coffee & Convers <small>Chinese New Year (Year of the Rabbit)</small>	23 Daily Chronicle Reading Breakfast – 9:30am Coffee and Conversation Lunch – Walk & Talk Supper – Relax & Reminisce <small>Activity Professionals Week</small>	24 Daily Chronicle Reading Breakfast – 9:30am Story Time 11am Stretch & Walk it out Lunch Trivia & Puzzle Supper – Music Circle	25 Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	26 Daily Chronicle Reading Breakfast – Balloon Volley Lunch – 10:00 Manicures Supper – Relax & Music <small>Australia Day (observed)</small>	27 Daily Chronicle Reading Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper – Poems	28 Daily Chronicle Reading Breakfast- Coffee and Conversation Lunch – Coloring and Music Supper – Lawrence Welk Televised
29 "Day of Rest" Worship Services Televised 11am Coffee & Convers	30 Daily Chronicle Reading Breakfast – 9:30am Coffee and Conversation Lunch – Walk & Talk Supper – Relax & Reminisce	31 Daily Chronicle Reading Breakfast – 9:30am Story Time 11am Stretch & Walk it out Lunch Trivia & Puzzle Supper – Music Circle	<h1>January 2023</h1>			