


# DOWNSTAIRS JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Trivia 1:30 Free Time 3:00 Art Class 	<b>2</b> 10:00 <i>Group Exercise</i> 10:30 Active Game 11:00 Trivia/Disc 1:30 <b>Shar, Cheyanne &amp; Koda Pet Visit</b> / Small Group Activities 3:00 Table Games	<b>3</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Word Games 1:30 Small Group Activities 2:30 <b>New Years Party!</b> 	<b>4</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Trivia/Disc 1:30 Art & 1x1s 2:15 <b>Ice Cream Social!</b>  3:00 Table Games	<b>5</b> 10:00 <b>Spiritual Service w/Dan</b> 10:30 Group Discussion 11:00 Word Games 1:30 <b>Games w/ John</b> 3:00 <b>Music with Tim</b>	<b>6</b> 10:00 <i>Group Exercise</i> 10:30 Active Game 11:00 Word Game 1:30 Puzzles & 1x1s 2:15 <i>Popcorn Party</i> 3:00 Table Games	<b>7</b> 10:00 Free Time 1:30 Group Crossword 3:00 Movie
<b>8</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Trivia 1:30 Free Time 3:00 Art Class	<b>9</b> 10:00 <i>Group Exercise</i> 10:30 Active Game 11:00 Trivia/Disc 1:30 <b>Shar, Cheyanne &amp; Koda Pet Visit</b> / Small Group Activities 3:00 Table Games	<b>10</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Word Games 1:30 Small Group Activities 3:00 <b>Music with Phil &amp; Mary</b>	<b>11</b> 10:00 <i>Exercise</i> 10:30 <b>Pam &amp; Frankie Pet Visit</b> 11:00 Trivia/Disc 1:30 Art & 1x1s 2:15 <b>Ice Cream Social!</b>  3:00 Table Games	<b>12</b> 10:00 <b>Spiritual Service w/Dan</b> 10:30 Group Discussion 11:00 Word Games 1:30 <b>Games w/ John</b> 3:00 <b>Music with Kirk</b>	<b>13</b> 10:00 <i>Group Exercise</i> 10:30 Active Game 11:00 Word Game 1:30 Puzzles & 1x1s 2:15 <i>Popcorn Party</i> 3:00 Table Games	<b>14</b> 10:00 Free Time 1:30 Group Crossword 3:00 Movie
<b>15</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Trivia 1:30 Free Time 3:00 Art Class	<b>16</b> 10:00 <i>Group Exercise</i> 10:30 Active Game 11:00 Trivia/Disc 1:30 <b>Shar, Cheyanne &amp; Koda Pet Visit</b> / Small Group Activities 3:00 Table Games 	<b>17</b> 10:00 <i>Exercise</i> 10:30 <b>Catholic Service</b> 11:00 Word Games 1:30 Small Group Activities 3:00 <b>Music with Meg</b>	<b>18</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Trivia/Disc 1:30 Art & 1x1s 2:15 <b>Ice Cream Social!</b>  3:00 <b>Music with Lena</b>	<b>19</b> 10:00 <b>Spiritual Service w/Dan</b> 10:30 Group Discussion 11:00 Word Games 1:30 <b>Town Ride</b> 3:00 Table Games	<b>20</b> 10:00 <i>Group Exercise</i> 10:30 Active Game 11:00 Word Game 1:30 Puzzles & 1x1s 2:15 <i>Popcorn Party</i> 3:00 Table Games	<b>21</b> 10:00 Free Time 1:30 <b>Classical Piano w/ Nancy Dubow</b> 3:00 Movie
<b>22</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Trivia 1:30 Free Time 3:00 Art Class	<b>23</b> 10:00 <i>Group Exercise</i> 10:30 Active Game 11:00 Trivia/Disc 1:30 <b>Shar, Cheyanne &amp; Koda Pet Visit</b> / Small Group Activities 3:00 Table Games	<b>24</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Word Games 1:30 Small Group Activities 3:00 Table Games	<b>25</b> 10:00 <i>Exercise</i> 10:30 <b>Pam &amp; Frankie Pet Visit</b> 11:00 Trivia/Disc 1:30 Art & 1x1s 2:15 <b>Ice Cream Social!</b>  3:00 Table Games	<b>26</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Word Games 1:30 <b>Town Ride</b> 3:00 Table Games	<b>27</b> 10:00 <i>Group Exercise</i> 10:30 Active Game 11:00 Word Game 1:30 Puzzles & 1x1s 2:15 <i>Popcorn Party</i> 3:00 Table Games	<b>28</b> 10:00 Free Time 1:30 Group Crossword 3:00 Movie
<b>29</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Trivia 1:30 Free Time 3:00 Art Class	<b>30</b> 10:00 <i>Group Exercise</i> 10:30 Active Game 11:00 Trivia/Disc 1:30 <b>Shar, Cheyanne &amp; Koda Pet Visit</b> / Small Group Activities 3:00 Table Games	<b>31</b> 10:00 <i>Exercise</i> 10:30 Active Game 11:00 Word Games 1:30 <b>Town Meeting</b> 3:00 Table Games	<b>HAPPY BIRTHDAY!</b> <b>Sandra 1/9</b> <b>Lila 1/13</b> <b>Tom M. 1/13</b> <b>Blanche 1/30</b> 	<b>Cognitive Word Games:</b> Hangman, Name 10, Family Feud, Opposites, Lists, Trivia <b>20 Questions:</b> States/Capitals, Words from Words <b>Table Games:</b> Uno, Dominoes, Bingo, Dice Games, Bunco, Headbanz, Cards <b>Table Activities:</b> Crafts, Coloring, Puzzles, Trivia, Discussions, Choices, Reminiscing		

# UPSTAIRS JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:00 Free Time 1:30 Small Group Activities 3:00 Movies 	<b>2</b> 10:00 Group Exercise Downstairs / Active Game 1:30 <b>Shar, Cheyanne &amp; Koda Pet Visit</b> / 1x1 Activities 3:00 Movies / Free Time	<b>3</b> 10:00 1x1 Activities 1:30 Exercise / Active Game 2:30 <b>New Years Party!</b> 	<b>4</b> 10:00 <b>Town Ride</b> 1:30 1x1 Activities 2:15 <b>Ice Cream Social!</b> 3:00 Small Group Activities	<b>5</b> 10:00 <b>Spiritual Service w/Dan</b> 1:30 Cookie Connection / Coloring or Sensory Activity 3:00 <b>Music with Tim</b>	<b>6</b> 10:00 Group Exercise Downstairs / Active Game 1:30 Small Group Activities 3:00 Movies / Free Time	<b>7</b> 10:00 Exercise / Active Game 1:30 Free Time 3:00 Movies
<b>8</b> 10:00 Free Time 1:30 Small Group Activities 3:00 Movies	<b>9</b> 10:00 Group Exercise Downstairs / Active Game 1:30 <b>Shar, Cheyanne &amp; Koda Pet Visit</b> / 1x1 Activities 3:00 Movies / Free Time	<b>10</b> 10:00 1x1 Activities 1:30 Exercise / Active Game 3:00 <b>Music with Phil &amp; Mary</b>	<b>11</b> 10:00 Exercise / Active Game 10:30 <b>Pam &amp; Frankie Pet Visit</b> 1:30 1x1 Activities 2:15 <b>Ice Cream Social!</b> 3:00 Small Group Activities	<b>12</b> 10:00 <b>Spiritual Service w/Dan</b> 1:30 Cookie Connection / Coloring or Sensory Activity 3:00 <b>Music with Kirk</b>	<b>13</b> 10:00 Group Exercise Downstairs / Active Game 1:30 Small Group Activities 3:00 Movies / Free Time	<b>14</b> 10:00 Exercise / Active Game 1:30 Free Time 3:00 Movies
<b>15</b> 10:00 Free Time 1:30 Small Group Activities 3:00 Movies	<b>16</b> 10:00 Group Exercise Downstairs / Active Game 1:30 <b>Shar, Cheyanne &amp; Koda Pet Visit</b> / 1x1 Activities 3:00 Movies / Free Time 	<b>17</b> 10:00 1x1 Activities 10:30 <b>Catholic Service</b> 1:30 Exercise / Active Game 3:00 <b>Music with Meg</b>	<b>18</b> 10:00 <b>Town Ride</b> 1:30 1x1 Activities 2:15 <b>Ice Cream Social!</b> 3:00 <b>Music with Lena</b>	<b>19</b> 10:00 <b>Spiritual Service w/Dan</b> 1:30 Cookie Connection / Coloring or Sensory Activity 3:00 1x1 Activities	<b>20</b> 10:00 Group Exercise Downstairs / Active Game 1:30 Small Group Activities 3:00 Movies / Free Time	<b>21</b> 10:00 Exercise / Active Game 1:30 <b>Classical Piano w/ Nancy Dubow</b> 3:00 Movies
<b>22</b> 10:00 Free Time 1:30 Small Group Activities 3:00 Movies	<b>23</b> 10:00 Group Exercise Downstairs / Active Game 1:30 <b>Shar, Cheyanne &amp; Koda Pet Visit</b> / 1x1 Activities 3:00 Movies / Free Time	<b>24</b> 10:00 1x1 Activities 1:30 Exercise / Active Game 3:00 Small Group Activities	<b>25</b> 10:00 Exercise / Active Game 10:30 <b>Pam &amp; Frankie Pet Visit</b> 1:30 1x1 Activities 2:15 <b>Ice Cream Social!</b> 3:00 Small Group Activities	<b>26</b> 10:00 Exercise / Active Game 1:30 Cookie Connection / Coloring or Sensory Activity 3:00 1x1 Activities	<b>27</b> 10:00 Group Exercise Downstairs / Active Game 1:30 Small Group Activities 3:00 Movies / Free Time	<b>28</b> 10:00 Exercise / Active Game 1:30 Free Time 3:00 Movies
<b>29</b> 10:00 Free Time 1:30 Small Group Activities 3:00 Movies	<b>30</b> 10:00 Group Exercise Downstairs / Active Game 1:30 <b>Shar, Cheyanne &amp; Koda Pet Visit</b> / 1x1 Activities 3:00 Movies / Free Time	<b>31</b> 10:00 1x1 Activities 1:30 Exercise / Active Game 3:00 Small Group Activities	<b>HAPPY BIRTHDAY!</b> <b>Sandra 1/9</b> <b>Lila 1/13</b> <b>Tom M. 1/13</b> 	<b>Cognitive Word Games:</b> Hangman, Name 10, Family Feud, Opposites, Lists, Trivia <b>20 Questions:</b> States/Capitals, Words from Words <b>Table Games:</b> Uno, Dominoes, Bingo, Dice Games, Bunco, Headbanz, Cards <b>Table Activities:</b> Crafts, Coloring, Puzzles, Trivia, Discussions, Choices, Reminiscing		

Programs subject to change. Catholic Holy Communion-TBD.