

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15- Morning Stretching <b>1</b> 10:00- Lutheran Church Service (Ch.2) 1:30- Guess that Tune or Sing-Alongs 3:00- Manicures & Massages  New Year's Day	9:15- Chair Yoga <b>2</b> 10:30- Guess that Tune! 1:30- Bingo ( <i>on unit</i> ) 3:00- Music & 1:1's	9:15- Morning Exercise <b>3</b> 10:30- Coffee Clutch (CR) <i>with Kringle!</i> <b>12:00- Ravenswood Luncheon</b> (on unit) 1:30- Bocce Ball (CR) 3:00- Puzzles & Coloring Happy Birthday, Nancy B., Evelyn, & Roger!	9:15- Chair Yoga <b>4</b> 10:30- Table Games! 1:30- Art Therapy! (CR) 3:00- Trivia!	9:15- Morning Exercise <b>5</b> 10:30- Toddler Visits! 10:30 - Lutheran Church Service (CR) <b>2:00-Music With Jerry Gabor (HH)</b> 3:00- 1:1 Social Visits	9:15- Drum Fit Exercise <b>6</b> <b>10:30- Balloon Volleyball (HH)</b> 1:30- Happy Hour: Elvis Themed! <i>Cheese &amp; Crackers</i> (CR) 3:30- Guess that Tune	9:15- Stretching <b>7</b> 10:30- Movie & Popcorn 1:30- Bingo! ( <i>on unit</i> ) 3:00- Board Games, Cards & Puzzles
9:15- Morning Stretching <b>8</b> 10:00- Lutheran Church Service (Ch.2) 1:30- Guess that Tune or Sing-Alongs 3:00- Manicures & Massages  Happy Birthday, Elvis!	9:15- Chair Yoga <b>9</b> 10:30- Arts & Crafts: Pompom Wreath (CR) 1:30- Bocce Ball (CR) 3:00- Music & 1:1's	9:15- Morning Exercise <b>10</b> <b>10:30- MCAL Intergen: Winter Watercolor (CR)</b> <b>2:00- Carolyn Wehner: Piano Performance!</b> <i>Sponsored by the Toni Copoulos Fund</i> (HH) 3:00- Puzzles & Coloring	9:15- Chair Yoga <b>11</b> <b>10:30- All House Intergen: Winter Bingo (HH)</b> 1:30- Art Therapy! (CR) 3:00- Trivia  Happy Birthday, Dave!	9:15- Morning Exercise <b>12</b> 10:30- Toddler Visits! 10:30- Catholic Mass ( <i>Chapel</i> ) 1:30- Bowling! (CR) 3:00- 1:1 Social Visits  Happy Birthday, Marion!	9:15- Drum Fit Exercise <b>13</b> <b>10:30- Balloon Volleyball (HH)</b> 1:30- Karaoke Happy Hour <i>with Cupcakes!</i> (CR) 3:30- Guess that Tune	9:15- Stretching <b>14</b> 10:30- Movie & Popcorn 1:30- Bingo! ( <i>on unit</i> ) 3:00- Board Games, Cards & Puzzles  Happy Birthday, Jimmy R.!
9:15- Morning Stretching <b>15</b> 10:00- Lutheran Church Service (Ch.2) 1:30- Guess that Tune or Sing-Alongs 3:00- Manicures & Massages	9:15- Chair Yoga <b>16</b> 10:30- Arts & Crafts: Snow Globes (CR) 1:30- Bocce Ball (CR) 3:00- Martin Luther King Jr. Trivia!  Martin Luther King Jr. Day	9:15- Morning Exercise <b>17</b> 10:30- Coffee Clutch & <i>Donuts</i> (CR) <b>1:30- Brett Gaertner: Guitar Performance!</b> <i>Sponsored by the Toni Copoulos Fund</i> (HH) 3:00- Puzzles & Coloring	9:15- Chair Yoga <b>18</b> 10:30- Table Games! 1:30- Art Therapy! (CR) 3:00- Trivia!	9:15- Morning Exercise <b>19</b> 10:30- Toddler Visits! 10:30- Word Games! 1:30- Bowling! (CR) 3:00- 1:1 Social Visits  Happy Birthday, Mike B.!	9:15- Drum Fit Exercise <b>20</b> <b>10:30- Happy Feet Movie with Childcare! (HH)</b> <i>1:30- Happy Hour, Popcorn &amp; Resident Council</i> (CR) 3:00- Guess that Tune  Happy Birthday, Gordon!	9:15- Stretching <b>21</b> 10:30- Movie & Popcorn 1:30- Bingo! ( <i>on unit</i> ) 3:00- Board Games, Cards & Puzzles  Happy Birthday, Burt!
9:15- Morning Stretching <b>22</b> 10:00- Lutheran Church Service (Ch.2) 1:30- Chinese lantern making! 3:00- Manicures & Massages  Chinese New Year Happy Birthday, Caroline!	9:15- Chair Yoga <b>23</b> 10:30- Knitting Circle ( <i>Seasons Studio</i> ) 1:30- Bocce Ball (CR) 3:00- Puzzles & Coloring  Activity Professionals Week	9:15- Morning Exercise <b>24</b> <b>10:30- MCAL Intergen: Puzzles &amp; Legos (CR)</b> 1:30-Bingo! (CR) 3:00- Music & 1:1's	9:15- Chair Yoga <b>25</b> <b>10:30- Sewing Room Visits!</b> 1:30- Art Therapy! (CR) 3:00- Trivia!	9:15- Morning Exercise <b>26</b> 10:30- Toddler Visits! 10:30- Catholic Mass ( <i>Chapel</i> ) <b>2:00-Steel Drum Band (HH)</b> 3:00- 1:1 Social Visits	9:15- Drum Fit Exercise <b>27</b> <b>10:30- All House Intergen: Birthday Party! (HH)</b> 1:30- Happy Hour with <i>Hot Chocolate!</i> (CR) 3:00- Guess that Tune	9:15- Stretching <b>28</b> 10:30- Movie & Popcorn 1:30- Bingo! ( <i>on unit</i> ) 3:00- Board Games, Cards & Puzzles
9:15- Morning Stretching <b>29</b> 10:00- Lutheran Church Service (Ch.2) 1:30- Guess that Tune or Sing-Alongs 3:00- Manicures & Massages	9:15- Chair Yoga <b>30</b> 10:30- Knitting Circle ( <i>Seasons Studio</i> ) 1:30- Bocce Ball (CR) 3:00- Music & 1:1's	9:15- Morning Exercise <b>31</b> 10:30- Coffee Clutch <i>with Croissants</i> (CR) 1:30- Bingo! (CR) 3:00- Puzzles & Coloring	<h1>January 2023</h1> <p><i>Elaine's Hope</i> LUTHERAN HOME MEMORY CARE</p>			

Rachael Wuensch - Program Manager ext. 230