



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Happy New Year 2023</b> 1 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Scrabble Club w/ Carolyn (B) 1:00 Bible Verse Word Finds (B) 1:00 Karaoke Sing Along w/ Doris (B) 2:30 UNO Card Game w/ Brandon (B) 5:00 Inspirational Movie (TR)	<b>National Cheese Lovers Day</b> 2 9:30 Chair Yoga with Los Judah (LR) 10:00 Trivia Hour with Roger (FE) 1:00 BINGO with Julie & Bryan from Brighton Health (AR) 2:30 MindFit Hour with Gregory from The Key Health (B) 4:00 Pro Football Game & Snacks (B) 5:00 Resident's Choice Movie (TR)	<b>Festival of Sleep Day</b> 3 9:00 Coffee & News at the Bistro 10:00 Range of Motion (LR) 10:30 Which is Which Trivia (LR) 1:00 Yahtzee with Roger (B) 1:00 Blackjack with Carol (TR) 2:00 Shopping at Walmart 3:00 Jeopardy Game Tournament (TR) 5:00 Series: The Queen's Gambit (TR)	<b>Trivia Day</b> 4 9:00 Coffee & News at the Bistro 10:00 Chair Zumba (LR) 10:30 Word Teasers (LR) 1:00 BINGO (AR) 3:00 Birthday Bash w/ Tom Mazarro (B) *Sponsored by The Key Health* *Serving Birthday Cake and Drinks* 3:00 Travel Hour w/ Expoza Travel (TR) 5:00 Oscar Winning Movie (TR)	<b>National Keto Day</b> 5 9:00 Coffee & News at the Bistro 10:00 Simple Stretches (LR) 10:30 Healthy Talk with Carol (LR) 1:00 BINGO w/ Tracy from Hospice Services of Nevada (AR) 1:00 Watercolor Art (AR) 2:00 Holy Rosary with Bonnie (CR) 3:00 Smores & Sing Along w/ Carol (B) 5:00 Weekly Documentary (TR)	<b>Three Kings Day</b> 6 9:00 Coffee & News at the Bistro 10:00 Mindfulness Meditation (TR) 10:30 Hydroponics 101: Indoor Plants (B) 11:00 Foodie Run to Lucille's 1:30 Read Aloud Stories with Roger (LR) 1:30 Knit Classy Scarves w/ Connie (LR) 3:00 Shopping at the Dollar Tree 5:00 Series: Where is D.B. Cooper? (TR)	<b>National Tempura Day</b> 7 9:00 Coffee & News at the Bistro 9:00 Catholic Service (TR) 9:45 Left Center Right Dice Game (B) 10:00 Travel Hour w/ Expoza Travel (TR) 1:00 BINGO (AR) 3:00 Happy Hour with Leon (B) *Serving Drinks and Snacks* 5:00 Weekend Musical (TR)
<b>Argyle Day</b> 8 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Our Daily Bible Journey (TR) 1:00 Bible Verse Word Finds (B) 1:00 Karaoke Sing Along w/ Doris (B) 2:30 UNO Card Game w/ Brandon (B) 5:00 Inspirational Movie (TR)	<b>National Cassoulet Day</b> 9 9:30 Chair Yoga with Los Judah (LR) 10:00 Trivia Hour with Roger (FE) 1:00 BINGO with Tina and Ayla from 1Care Health (AR) 2:30 MindFit Hour with Gregory from The Key Health (B) 4:00 Pro Football Game & Snacks (B) 5:00 Resident's Choice Movie (TR)	<b>Happy Birthday Larry!</b> 10 9:00 Coffee & News at the Bistro 10:00 Range of Motion (LR) 10:30 Which is Which Trivia (LR) 1:00 Yahtzee with Roger (B) 1:00 Pick-a-Card Game with Carol (TR) 2:00 Shopping at Walmart 3:00 Jeopardy Game Tournament (TR) 5:00 Series: The Queen's Gambit (TR)	<b>No to Cigarettes Day</b> 11 9:00 Coffee & News at the Bistro 10:00 Resident Council Meeting & Food for Thought w/ Celeste 1:00 BINGO (AR) 3:00 Wine Down Wednesday at the Bistro Sponsored by Traditions Health *Serving Wine, Cheese & Crackers* 5:00 Oscar Winning Movie (TR)	<b>National Hot Tea Day</b> 12 9:00 Coffee, Tea & News at the Bistro 10:00 Simple Stretches (LR) 10:30 Healthy Talk with Carol (LR) 1:00 BINGO w/ Tracy from Hospice Services of Nevada (AR) 1:00 Acrylic String Art (AR) 2:00 Holy Rosary with Bonnie (CR) 3:00 Smores & Sing Along w/ Carol (B) 5:00 Weekly Documentary (TR)	<b>Public Radio Broadcasting Day</b> 13 9:00 Coffee & News at the Bistro 10:00 Mindfulness Meditation (TR) 10:30 Hydroponics 101: Indoor Plants (B) 11:00 Casino Run to RIO Casino 1:30 Read Aloud Stories with Roger (LR) 1:30 Knit Classy Scarves w/ Connie (LR) 3:00 Shopping to Vons Market 5:00 Series: Where is D.B. Cooper? (TR)	<b>World Logic Day</b> 14 9:00 Coffee & News at the Bistro 9:00 Catholic Service (TR) 9:45 Left Center Right Dice Game (B) 10:00 Travel Hour w/ Expoza Travel (TR) 1:00 BINGO (AR) 3:00 Happy Hour with Michael (LR) *Serving Drinks and Snacks* 5:00 Weekend Musical (TR)
<b>Happy Birthday Lourdes!</b> 15 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Our Daily Bible Journey (TR) 1:00 Bible Verse Word Finds (B) 1:00 Karaoke Sing Along w/ Doris (B) 2:30 UNO Card Game w/ Brandon (B) 5:00 Inspirational Movie (TR)	<b>Civil Service Day</b> 16 9:30 Chair Yoga with Los Judah (LR) 10:00 Trivia Hour with Roger (FE) 1:00 BINGO with Danielle from Covenant Health (AR) 2:30 MindFit Hour with Gregory from The Key Health (B) 4:00 Pro Football Game & Snacks (B) 5:00 Resident's Choice Movie (TR)	<b>Cable Car Day</b> 17 9:00 Coffee & News at the Bistro 10:00 Range of Motion (LR) 10:30 Which is Which Trivia (LR) 1:00 Yahtzee with Roger (B) 1:00 Skip Bo with Carol (TR) 2:00 Shopping at Walmart 3:00 Jeopardy Game Tournament (TR) 5:00 Series: The Queen's Gambit (TR)	<b>Thesaurus Day</b> 18 9:00 Coffee & News at the Bistro 10:00 Chair Zumba (LR) 10:30 Word Teasers (LR) 1:00 BINGO (AR) 3:00 Happy Hour with Danny Mac (B) *Serving Drinks and Chips* 3:00 Travel Hour w/ Expoza Travel (TR) 5:00 Oscar Winning Movie (TR)	<b>Women's Healthy Weight Day</b> 19 9:00 Coffee & News at the Bistro 10:00 Simple Stretches (LR) 10:30 Healthy Talk with Carol (LR) 1:00 BINGO w/ Tracy from Hospice Services of Nevada (AR) 1:00 Illustration Art: Snow Flakes 2:00 Holy Rosary with Bonnie (CR) 3:00 Smores & Sing Along w/ Carol (B) 5:00 Weekly Documentary (TR)	<b>Inauguration Day</b> 20 9:00 Coffee & News at the Bistro 10:00 Mindfulness Meditation (TR) 10:30 Hydroponics 101: Indoor Plants (B) 11:00 Foodie Run at Outback Steakhouse 1:30 Knit Classy Scarves w/ Connie (LR) 2:00 Activity Feedback Meeting (LR) 3:00 Shopping at the 99 Cents Store 5:00 Series: Where is D.B. Cooper? (TR)	<b>National Cheesy Socks Day</b> 21 9:00 Coffee & News at the Bistro 9:00 Catholic Service (TR) 9:45 Left Center Right Dice Game (B) 10:00 Travel Hour w/ Expoza Travel (TR) 1:00 BINGO (AR) 3:00 Happy Hour with Donna (B) *Serving Drinks and Snacks* 5:00 Weekend Musical (TR)
<b>Happy Birthday Elaine!</b> 22 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Our Daily Bible Journey (TR) 1:00 Bible Verse Word Finds (B) 1:00 Karaoke Sing Along w/ Doris (B) 2:30 UNO Card Game w/ Brandon (B) 5:00 Inspirational Movie (TR)	<b>National Handwriting Day</b> 23 9:30 Chair Yoga with Los Judah (LR) 10:00 Trivia Hour with Roger (FE) 1:00 BINGO with Torrie from PAM Health and Rehab (AR) 2:30 MindFit Hour with Gregory from The Key Health (B) 4:00 Pro Football Game & Snacks (B) 5:00 Resident's Choice Movie (TR)	<b>National Compliment Day</b> 24 9:00 Coffee & News at the Bistro 10:00 Range of Motion (LR) 10:30 Which is Which Trivia (LR) 1:00 Yahtzee with Roger (B) 1:00 Blackjack with Carol (TR) 2:00 Shopping at Walmart 3:00 Jeopardy Game Tournament (TR) 5:00 Series: The Queen's Gambit (TR)	<b>National Irish Coffee Day</b> 25 9:00 Coffee & News at the Bistro 10:00 Chair Zumba (LR) 10:30 Word Teasers (LR) 1:00 BINGO (AR) 3:00 Wine Down Wednesday at the Bistro *Serving Wine, Cheese & Crackers* by Valley Hospice of Nevada 5:00 Oscar Winning Movie (TR)	<b>Happy Birthday Edmund!</b> 26 9:00 Coffee & News at the Bistro 10:00 Simple Stretches (LR) 10:30 Healthy Talk with Carol (LR) 1:00 BINGO w/ Tracy from Hospice Services of Nevada (AR) 1:00 Candlestick Art: Chess Pieces 2:00 Holy Rosary with Bonnie (CR) 3:00 Smores & Sing Along w/ Carol (B) 5:00 Weekly Documentary (TR)	<b>Holocaust Memorial Day</b> 27 9:00 Coffee & News at the Bistro 10:00 Mindfulness Meditation (TR) 10:30 Hydroponics 101: Indoor Plants (B) 11:00 Foodie Run to Crazy Buffet 1:30 Read Aloud Stories with Roger (LR) 1:30 Knit Classy Scarves w/ Connie (LR) 3:00 Shopping at Smith's 5:00 Movie: Life is Beautiful (TR)	<b>Happy Birthday Pat!</b> 28 9:00 Coffee & News at the Bistro 9:00 Catholic Service (TR) 9:45 Left Center Right Dice Game (B) 10:00 Travel Hour w/ Expoza Travel (TR) 1:00 BINGO (AR) 3:00 Karaoke Sing Along with Carol (B) *Serving Drinks and Snacks* 5:00 Weekend Musical (TR)
<b>National Puzzle Day</b> 29 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Our Daily Bible Journey (TR) 1:00 Bible Verse Word Finds (B) 1:00 Karaoke Sing Along w/ Doris (B) 2:30 UNO Card Game w/ Brandon (B) 5:00 Inspirational Movie (TR)	<b>Croissant Day</b> 30 9:30 Chair Yoga with Los Judah (LR) 10:00 Trivia Hour with Roger (FE) 1:00 BINGO with Danielle from Covenant Health (AR) 2:30 MindFit Hour with Gregory from The Key Health (B) 4:00 Pro Football Game & Snacks (B) 5:00 Resident's Choice Movie (TR)	<b>Inspire Your Heart with Art Day</b> 31 9:00 Coffee & News at the Bistro 10:00 Range of Motion (LR) 10:30 Which is Which Trivia (LR) 1:00 Yahtzee with Roger (B) 1:00 Pick-a-Card Game with Carol (TR) 2:00 Shopping at Walmart 3:00 Jeopardy Game Tournament (TR) 5:00 Series: The Queen's Gambit (TR)	LR = Living Room TR = Theater Room CK = Country Kitchen AR = Activity Room BP = Back Patio CR = Conference Room L = Lobby FE = Front Entrance	 		

**Heritage Springs Assisted Living Events** **All Activities are subject to change by the Life Enrichment Director**