

Happy new dreams, new days, new desires, new ways... & a New Year!

# January 2023

Assisted Living & Independent Living Life Enrichment Activities

SUNDAY	MONDAY <i>DOCTOR TRANSPORTATION</i>	TUESDAY <i>DOCTOR TRANSPORTATION</i>	WEDNESDAY <i>DOCTOR TRANSPORTATION</i>	THURSDAY <i>OUTING TRIP DAY</i>	FRIDAY	SATURDAY	
<b>Happy New Year!</b> 1 9:30 News & Views (P) 10:00 Stretch Exercise (MPR) 10:45 Holy Communion with Sylvia (P) 1:30 Nickel Bingo (MPR) 3:30 Rummikub Group (AR) 4:00 Knitting Group (L) <b>5:00 Movie Night: "Dancing at Lughnasa" (MPR)</b>	<b>World Invovert Day</b> 2 9:00 Walking Group (Lobby) 9:30 News Discussion (P) 10:00 Core Exercise (MPR) 10:45 Mind Joggers: Alphabet Words (L) 1:30 Nickel Bingo (MPR) 3:30 Dominoes (AR) 4:15 iPhone Tech Help (L) <b>5:00 Red Skelton Show (MPR)</b>	<b>Mind-Body Wellness Day</b> 3 9:30 Daily Chronicles (P) 10:15 Exercise Class with Margaret (MPR) <b>1:30 Manicure Special (MPR)</b> 3:00 Rummikub Group (AR) 3:30 Music Piano Tunes with Fern (MPR) 4:00 Writing Club (P) 4:30 Technology Help (L)	<b>National Trivia Day</b> 4 9:00 Walking Group (Lobby) 9:30 Table Talk Tidbits (P) 10:15 Yoga with Hailey (MPR) 11:00 Trivia Time (L) 1:30 Nickel Bingo (MPR) <b>3:15 It's Wine Down Wednesday (MPR)</b> 4:15 The Mind Explained: How to focus (MPR) 6:00 Resident Led Game (AR)	<b>National Keto Day</b> 5 9:30 News Group (P) 10:15 Move & Groove (MPR) <b>11:15 Lunch at The Habit</b> 1:30 Baking Keto Peanut Butter Cookies (AR) 2:30 Bible Study with Brad & Elaine (MPR) <b>3:00 Banking &amp; Target</b> 3:15 Rummikub Group (AR) 4:30 Technology Help (L)	<b>Today is Technology Day</b> 6 9:00 Walking Group (Lobby) 9:30 Technology Topic (P) <b>10:00 Donuts &amp; Coffee (B)</b> <b>10:30 Shop at Fancy Hood Boutique (P)</b> 1:30 Move & Groove (MPR) <b>2:30 Poetry Group (L)</b> 3:00 Netflix Movie: From Scratch (MPR) 4:00 Kings in the Corner (AR)	<b>Today is Bobblehead Day</b> 7 9:30 News & Views (P) 10:00 Computer Help (L) 1:30 Scrabble Board Game (AR) 2:45 Chair Zumba with Erika (MPR) 3:15 Play Pool! (3rd FL) 4:00 Word Puzzles (AR) <b>5:00 Movie Matinee: "Dear John" (MPR)</b>	
<b>World Typing Day</b> 8 9:30 News & Views (L) 10:00 Strength Exercise with weights (MPR) 10:45 Holy Communion with Sylvia (P) 1:30 Nickel Bingo (MPR) 3:30 Book Club (L) 4:00 Grab & Go Puzzles (AR) <b>5:00 Movie Night: "Big Miracle" (MPR)</b>	<b>Today is Plough Monday</b> 9 10:00 Nickel Bingo (MPR) <b>1:30 Eversound Hearing Health Table Time &amp; Refreshments (P)</b> 2:30 Checkers (L) 3:00 Stretch Exercise (MPR) 3:30 Resident Led: Pick a Game (AR) 4:15 iPhone Tech Help (L) <b>5:00 The Red Skelton (MPR)</b>	<b>Houseplant Appreciation</b> 10 9:30 Daily Chronicles (P) 10:00 Exercise with Margaret (MPR) <b>1:30 Succulent Appreciation &amp; DIY Pot Painting (AR)</b> 3:00 Mahjong with Susan (3rd Floor) 3:30 Music Piano Tunes with Fern (MPR) 4:00 Technology Help (L)	<b>National Clean Off Your Desk Day</b> 11 9:00 Walking Group (Lobby) 9:30 News of the Day (P) 10:15 Yoga with Hailey (MPR) 11:00 Trivia Time (L) 1:30 Nickel Bingo (MPR) <b>3:15 It's Wine Down Wednesday (MPR)</b> 4:15 Travelogue: Uzbekistan Video Guide (MPR) 6:00 Resident Led Game (AR)	<b>National Pharmacist Day</b> 12 9:30 News Group (P) <b>11:15 Lunch at Canaan Chinese Cuisine</b> 10:15 Move & Groove (MPR) 1:30 Vision Board Craft Class with Kristine (AR) 2:30 Bible Study (MPR) <b>3:00 Barnes &amp; Nobles</b> 3:15 Skip-Bo Card (AR) 4:15 Technology Help (L)	<b>National Gluten-Free Day</b> 13 9:00 Walking Group (Lobby) 9:30 Donuts & Coffee (B) <b>10:00 Mt. Sac College Dance Performance (MPR)</b> <b>1:30 Free Bingo with Erica from Scan Health (MPR)</b> 3:00 Netflix Movie: Where the Crawdads Sing (MPR) 4:00 Billiards (3rd FL)	<b>World Logic Day</b> 14 9:30 News & Views (P) 10:00 Name 10 If you can (L) 1:30 Nickel Left Right Center Dice Game (AR) 2:45 Chair Zumba with Erika (MPR) 3:15 Play Pool! (3rd FL) <b>5:00 Movie Matinee: "Ball of Fire" (MPR)</b>	
<b>Martin Luther King's Birthday</b> 15 9:30 News & Views (L) 10:00 Stretch Exercise (MPR) 10:45 Holy Communion with Sylvia (P) 1:30 Nickel Bingo (MPR) 3:30 Rummikub Group (AR) 4:00 Knitting Group (L) <b>5:00 Movie Night: "Antwone Fisher" (MPR)</b>	<b>Martin Luther King Day</b> 16 9:00 Walking Group (Lobby) 9:30 News Discussion (P) 10:00 Core Exercise (MPR) 10:30 Senior Skit: He had a Dream (L) 1:30 Nickel Bingo (MPR) 3:30 Dominoes (AR) 4:15 iPhone Tech Help (L) <b>5:00 The Red Skelton Show Comedy (MPR)</b>	<b>Today is Kid Inventors' Day</b> 17 9:30 Daily Chronicles (P) 10:00 Exercise with Margaret (MPR) 11:00 The 14 Coolest Inventions (L) <b>1:30 Manicure Special (MPR)</b> 3:00 Poker & Beer Social (B) 3:30 Music Piano Tunes with Fern (MPR) 4:00 Technology Help (L)	<b>National Thesaurus Day</b> 18 9:00 Walking Group (Lobby) 9:30 Table Talk Tidbits (P) 10:15 Yoga with Hailey (MPR) 11:00 Synonyms & Antonyms (L) 1:30 Nickel Bingo (MPR) <b>3:15 It's Wine Down Wednesday (MPR)</b> 4:15 The Mind Explained: Personality (MPR)	<b>National Popcorn Day</b> 19 9:30 News Discussion (P) 10:15 Move & Groove (MPR) <b>11:15 Lunch at Vincenzo's Italian Restaurant</b> <b>1:30 DIY Different Popcorn &amp; Easy Flavors (AR)</b> 2:30 Bible Study (MPR) <b>3:00 Banking &amp; Vons</b> 3:30 Rummikub Group (AR) 4:15 Technology Help (L)	<b>National Cheese Lovers Day</b> 20 9:00 Walking Group (Lobby) 9:30 News & Views (P) 10:00 Donuts & Coffee (B) 11:00 Checkers (L) 1:30 Move & Groove with Melodie (MPR) <b>3:00 Cheese Tasting Social (B)</b> 4:00 Kings in the Corners (AR)	<b>National Hugging Day</b> 21 9:30 News & Views (P) <b>10:00 Timeless Melodies with Larry Maurer: Irving Berlin (MPR)</b> 1:30 Scrabble (AR) 2:45 Chair Zumba with Erika (MPR) 3:15 Play Pool! (3rd FL) <b>5:00 Movie Matinee: "You've Got Mail" (MPR)</b>	
<b>Chinese New Year</b> 22 9:30 News & Views (L) 10:00 Resistant Exercise (MPR) 10:45 Holy Communion with Sylvia (P) 1:30 Free Bingo & Lucky Prizes (MPR) <b>3:30 Chinese New Year Appetizers &amp; Tea (B)</b> <b>5:00 Movie Night: The Cotton Club" (MPR)</b>	<b>Integrative Health Day</b> 23 9:00 Walking Group (Lobby) 9:30 News Discussion (P) 10:00 Core Exercise (MPR) 10:45 Mind Joggers: Finish the Title (L) 1:30 Nickel Bingo (MPR) 3:30 Resident Led: Pick a Game (AR) 4:15 iPhone Tech Help (L) <b>5:00 The Red Skelton (MPR)</b>	<b>National Compliment Day</b> 24 9:30 Daily Chronicles (P) 10:00 Exercise with Margaret (MPR) 1:30 Dominoes (AR) <b>2:15 New Resident Meet &amp; Mingle (MPR)</b> <b>3:00 Happy Hour with Johnny Livingston (MPR)</b> 4:00 Technology Help (L)	<b>It's Opposite Day</b> 25 9:00 Walking Group (Lobby) 9:30 News of the Day (P) 10:15 Yoga with Hailey (MPR) 11:00 Opposite Word Game (L) <b>11:30 January Birthday Meals (Main Dining Room)</b> 1:30 Nickel Bingo (MPR) <b>3:15 It's Wine Down Wednesday (MPR)</b> 4:15 Travelogue: Gdańsk Poland (MPR)	<b>National Spouses Day</b> 26 9:30 News Discussion (P) 10:00 Sequence Board (AR) 11:00 Activity Suggestion (L) <b>11:15 Lunch at TGIF</b> <b>1:30 Spouse Picture: Share &amp; Tell (L)</b> 2:30 Bible Study (P) <b>3:00 CVS Pharmacy</b> <b>4:00 New Year's Open House (MPR)</b>	<b>National Fun at Work Day</b> 27 9:00 Walking Group (Lobby) <b>9:30 Food Council Meeting (MPR)</b> 10:00 Donuts & Coffee (B) <b>12-3:00 Mindy's Boutique (P)</b> 1:30 Move & Groove (MPR) <b>2:30 Poetry Group (L)</b> 3:00 Netflix Movie: Mattilda The Musical (MPR) 4:00 Billiards (3rd FL)	<b>National Daisy Day</b> 28 9:30 News & Views (P) 10:00 Think Again Trivia (L) <b>1:30 Acrylic Daisy Painting (AR)</b> 2:45 Chair Zumba with Erika (MPR) 3:15 Play Pool! (3rd Floor) 4:00 Word Puzzles (AR) <b>5:00 Movie Matinee: "The West Side Story" (MPR)</b>	
<b>National Puzzle Day</b> 29 9:30 News & Views (L) 10:00 Stretch Exercise (MPR) 10:45 Holy Communion with Sylvia (P) 1:30 Nickel Bingo (MPR) <b>3:30 Book Club (L)</b> 4:00 Grab & Go Puzzles (AR) <b>5:00 Movie Night: "Calendar Girls" (MPR)</b>	<b>Today is Yodel for Your Neighbors Day</b> 30 9:00 Walking Group (Lobby) 9:30 News Discussion (P) <b>10:00 Resident Council (MPR)</b> 10:30 Mind Joggers:(L) 1:30 Nickel Bingo (MPR) 3:15 Dominoes (AR) 4:15 iPhone Tech Help (L) <b>5:00 The Red Skelton Show Comedy (MPR)</b>	<b>Today is Scotch Tape Day</b> 31 9:30 Daily Chronicles (P) 10:15 Exercise Class with Margaret (MPR) <b>1:30 Abstract Painting with with tape (AR)</b> 3:00 Poker & Beer Social (B) 3:30 Music Piano Tunes with Fern (MPR) 4:00 Writing Club (P) 4:30 Technology Help (L)	<b>Our Common Areas</b> (GR) Gym Room (P) Parlor Room (B) Bistro (C) Courtyard Area (MPR) Multi-Purpose Room (G) Gazebo (AR) Activity Room (LA) Lobby Area (2nd F.L) 2nd Floor Lounge (L) Library (3rd F.L) 3rd Floor			ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE <b>Doctor Transportation Days</b> <b>Monday, Tuesday &amp; Wednesdays</b> <b>Outing Trip Days</b> <b>Thursdays</b>	



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**BEAUTY SALON**  
 Alice: (626) 765-4247  
 Wednesday: 10:30-2:00pm  
 (Appointments Only)  
 Thursday: 9:00am-4:00pm

## January Birthdays

01/08 Maria M.                      01/16 Richard O.  
 01/10 Irene F.                      01/21 Muriel B.  
 01/13 Marlys H.                    01/29 Francisco I.  
 01/14 Mina S.                        01/30 Marion A.

Happy Birthday! Wishing you a wonderful birthday and a start of the New Year!!