

# January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1 NEW YEAR'S DAY</b> <b>10:30am-</b> Morning Church Service (Springhouse TV Channel 2501) <b>12:00pm-</b> Televised NFL Game: <i>Chiefs vs Broncos (Bistro)</i> <b>3:00pm-</b> Afternoon Church Service (Springhouse TV Channel 2501) <b>3:30pm-</b> Puzzle Club	<b>2</b> <b>9:30am-</b> Improved Health Exercise Video <b>10:30am-</b> Bingo <b>1:15pm-</b> Afternoon Exercise (Springhouse TV Channel 2501) <b>2:00pm-</b> Documentary Movie <i>"Winter Wonderland- How Animals Survive the Winter"</i> <b>3:00pm-</b> Resident Card Games	<b>3</b> <b>9:30am-</b> Improved Health Exercise Video <b>11:00am-</b> Sit and Be Fit <b>1:30pm-</b> Country Drive (Outing) <b>2:00pm-</b> Resident Card Games <b>3:00pm-</b> Movie Matinee <i>"One Special Night"</i>	<b>4</b> <b>9:30am-</b> Improved Health Exercise Video <b>9:30am-</b> Shopping Outing: Neighborhood Walmart <b>1:15pm-</b> Sit and Be Fit <b>2:00pm-</b> Coloring Club <b>3:30pm-</b> Bingo	<b>5</b> <b>9:30am-</b> Improved Health Exercise Video <b>11:00am-</b> Sit and Be Fit <b>2:00pm-</b> Bring in the New Year Activity <b>3:00pm-</b> Travel Time	<b>6</b> <b>9:30am-</b> Improved Health Exercise Video <b>10:45am-</b> Bible Study <b>1:15pm-</b> Sit and Be Fit <b>2:00pm-</b> Bingo <b>3:30pm-</b> Happy Hour	<b>7</b> <b>10:30am-</b> Morning Exercise (Springhouse TV Channel 2501) <b>1:30pm-</b> Movie Matinee <i>"The Ultimate Gift"</i> <b>3:30pm-</b> Walking Club
<b>8</b> <b>10:30am-</b> Morning Church Service (Springhouse TV Channel 2501) <b>1:30pm-</b> Documentary Movie <i>"The Secret Life of the World's Busiest Airport"</i> <b>3:00pm-</b> Afternoon Church Service (Springhouse TV Channel 2501) <b>3:30pm-</b> Puzzle Club	<b>9</b> <b>9:30am-</b> Improved Health Exercise Video <b>10:45am-</b> Fingernail Painting <b>1:15pm-</b> Sit and Be Fit <b>2:00pm-</b> Bingo <b>3:00pm-</b> Farkle	<b>10</b> <b>9:30am-</b> Improved Health Exercise Video <b>11:00am-</b> Sit and Be Fit <b>1:30pm-</b> Added Savings Protection Plan by Telcomm Credit Union (Clubhouse) <b>1:30pm-</b> Country Drive (Outing) <b>2:00pm-</b> Resident Card Games <b>3:00pm-</b> Movie Matinee <i>"The Blind Side"</i>	<b>11</b> <b>9:30am-</b> Improved Health Exercise Video <b>9:30am-</b> Shopping Outing: Walgreens <b>1:15pm-</b> Sit and Be Fit <b>2:00pm-</b> Health Talk w/Lisa Murphy "Sleep Health" <b>3:30pm-</b> Bingo	<b>12</b> <b>9:30am-</b> Improved Health Exercise Video <b>11:00am-</b> Sit and Be Fit <b>2:00pm-</b> Hymns & Communion w/Chaplain Elizabeth <b>3:00pm-</b> Travel Time	<b>13</b> <b>9:30am-</b> Improved Health Exercise Video <b>10:45am-</b> Bible Study <b>1:15pm-</b> Sit and Be Fit <b>2:00pm-</b> Bingo <b>3:30pm-</b> Happy Hour w/Music by Rev. Paul, The Red Shoed Singer	<b>14</b> <b>10:30am-</b> Morning Exercise (Springhouse TV Channel 2501) <b>1:30pm-</b> Movie Matinee <i>"We're No Angels"</i> <b>3:30pm-</b> Walking Club
<b>15</b> <b>10:30am-</b> Morning Church Service (Springhouse TV Channel 2501) <b>1:30pm-</b> Movie Matinee <i>"Funny Girl"</i> <b>3:00pm-</b> Afternoon Church Service (Springhouse TV Channel 2501) <b>3:30pm-</b> Puzzle Club	<b>16 Martin Luther King Day</b> <b>9:30am-</b> Improved Health Exercise Video <b>10:30am-</b> Bingo <b>1:15pm-</b> Afternoon Exercise (Springhouse TV Channel 2501) <b>2:00pm-</b> Documentary Movie <i>"In Remembrance of Martin"</i> <b>3:00pm-</b> Resident Card Games	<b>17</b> <b>9:30am-</b> Improved Health Exercise Video <b>11:00am-</b> Sit and Be Fit <b>1:30pm-</b> Country Drive (Outing) <b>2:00pm-</b> Resident Card Games <b>3:00pm-</b> Movie Matinee <i>"The Green Berets"</i>	<b>18</b> <b>9:30am-</b> A Matter of Balance Program w/MU Extension <b>1:15pm-</b> Sit and Be Fit <b>2:00pm-</b> Music w/Isaac Kenneth <b>3:30pm-</b> Bingo	<b>19</b> <b>9:30am-</b> Improved Health Exercise Video <b>11:00am-</b> Sit and Be Fit <b>2:00pm-</b> Afternoon Tea <b>3:00pm-</b> Travel Time	<b>20</b> <b>9:30am-</b> Improved Health Exercise Video <b>10:30am-</b> Bingo <b>1:15pm-</b> Afternoon Exercise (Springhouse TV Channel 2501) <b>1:30pm-</b> Documentary Movie: <i>"Ballet 422"</i> <b>2:30pm-</b> Resident Card Games <b>3:30pm-</b> Song Request Happy Hour	<b>21</b> <b>10:30am-</b> Morning Exercise (Springhouse TV Channel 2501) <b>1:30pm-</b> Movie Matinee <i>"Eat Pray Love"</i> <b>3:30pm-</b> Walking Club
<b>22</b> <b>10:30am-</b> Morning Church Service (Springhouse TV Channel 2501) <b>1:30pm-</b> Documentary Movie <i>"Good Night Oppy"</i> <b>3:00pm-</b> Afternoon Church Service (Springhouse TV Channel 2501) <b>3:30pm-</b> Puzzle Club	<b>23</b> <b>9:30am-</b> Improved Health Exercise Video <b>10:45am-</b> Fingernail Painting <b>1:15pm-</b> Sit and Be Fit <b>2:00pm-</b> Bingo <b>3:00pm-</b> Farkle	<b>24</b> <b>9:30am-</b> Improved Health Exercise Video <b>11:00am-</b> Sit and Be Fit <b>1:30pm-</b> Country Drive (Outing) <b>2:00pm-</b> Resident Card Games <b>3:00pm-</b> Movie Matinee <i>"The Secret: Dare to Dream"</i>	<b>25</b> <b>9:30am-</b> A Matter of Balance Program w/MU Extension <b>1:15pm-</b> Sit and Be Fit <b>2:00pm-</b> Health Talk w/Lisa Murphy "Deconditioning" <b>3:30pm-</b> Bingo	<b>26</b> <b>9:30am-</b> Improved Health Exercise Video <b>11:00am-</b> Sit and Be Fit <b>2:00pm-</b> Craft w/Karen: Danish Stars (Encore) <b>3:00pm-</b> Travel Time	<b>27</b> <b>9:30am-</b> Improved Health Exercise Video <b>10:45am-</b> Bible Study <b>1:15pm-</b> Sit and Be Fit <b>2:00pm-</b> Bingo <b>3:30pm-</b> Happy Hour w/Music by Wes Dickinson	<b>28</b> <b>10:30am-</b> Morning Exercise (Springhouse TV Channel 2501) <b>1:30pm-</b> Movie Matinee <i>"Racing with the Moon"</i> <b>3:30pm-</b> Walking Club
<b>29</b> <b>10:30am-</b> Morning Church Service (Springhouse TV Channel 2501) <b>1:30pm-</b> Documentary Movie <i>"Alone Across the Arctic"</i> <b>3:00pm-</b> Afternoon Church Service (Springhouse TV Channel 2501) <b>3:30pm-</b> Puzzle Club	<b>30</b> <b>9:30am-</b> Improved Health Exercise Video <b>10:45am-</b> Coloring Club <b>1:15pm-</b> Sit and Be Fit <b>2:00pm-</b> Bingo <b>3:00pm-</b> Farkle	<b>31</b> <b>9:30am-</b> Improved Health Exercise Video <b>11:00am-</b> Sit and Be Fit <b>1:30pm-</b> Country Drive (Outing) <b>2:00pm-</b> Resident Card Games <b>3:00pm-</b> Movie Matinee <i>"Remember the Titans"</i>				