

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5:00 New Year's "Festive" Dinner <small>New Year's Day</small>	<b>1</b> 9:00 Wellness Walk Indoor Program 2:00 Musical: "An American In Paris" 6:00 Games Night Bridge & Cribbage	<b>2</b> 10:30 Fit 4 Life Class Instructor Brody 11:00 Brain Games Trivia & Quizzes 2:00 1960 The Price "Was" Right	<b>3</b> 10:30 Keep Fit Class Instructor Brenda 11:00 Things You Can Do For Your Well-Being 1:30 Travelogue: San Francisco	<b>4</b> 10:30 Seated Yoga Instructor Brenda 1:00 Roman Catholic Mass "Father Varghese" 2:00 Daniel O'Donnell "Showtime Concert"	<b>5</b> 10:30 Exercises Class 11:00 Mind Benders 2:00 Movie: "Elvis" & Elvis's Favorite Food! 6:00 Friday Night Movie's & Popcorn	<b>6</b> 9:30 Dr. Farhat Clinic By Appointment Only 11:00 Brenda Café A Year In Review 2:00 "Bingo" Caller: Brenda
 1:00 – 2:00 2023 "New Year Classical Concert" Pianist Haley's	<b>8</b> 10:30 Fit 4 Life Class Instructor Brody 11:00 Weekly Chronicles 2:00 Active Games "Floor Curling"	<b>9</b> Jill's Foot Care Clinic 10:30 Staying Alive Instructor Brenda 11:00 Current Events 2:00 "Bingo" Caller: Brenda	<b>10</b> 10:30 Balance Class Instructor Brenda 11:00 Brain Games 1960's Fads 2:00 Brenda Edmonds Show "Arthritis"	<b>11</b> 10:00 Who, What, Where & Discussion 1:00 Roman Catholic Holy Communion 2:00 Travelogue: "The Best Of Mexico!"	<b>12</b> 10:30 Exercise Class 11:00 Mind Benders 2:00 Friday 13 <sup>th</sup> Party "Country Friends" 6:00 Friday Night Movie's & Popcorn	<b>13</b> 9:00 Wellness Walk Indoor Program 11:00 Brenda's Café & Current Events 1:30 Baker's Club "Snowflake Cookies"
 1:00 – 2:00 Haley & Friends Alberta Rose Quartet "Classical Concert"	<b>15</b> 10:30 Exercises Class Instructor Roza 11:00 Weekly Chronicles 2:00 Documentary "Fraud Fighters" <small>Martin Luther King Jr. Day</small>	<b>16</b> 10:30 Roza's Flower Pot Painting Project 2:00 Birthday Party "Terry Jordon" 6:00 Games Night Bridge & Cribbage	<b>17</b> 10:30 Exercise Class Instructor Roza 11:00 Mind Benders 2:00 "Party in Your Parka!" Winter Carnival "Hot Dog Roast"	<b>18</b> 10:00 Who, What, Where & Discussion 1:00 Holy Communion 2:00 Tech Classes "What's New In 2023!" With Samantha Garcia	<b>19</b> 10:30 Fit 4 Life Class 11:00 Trivia & Quizzes 12 Noon Asian Theme 2:00 Chinese New Year "Year of the Rabbit" 6:00 Movie's & Popcorn	<b>20</b> 9:30 Dr. Farhat Clinic By Appointment Only 11:00 Brenda's Café & Current Events 2:00 "Bingo" Caller: Brenda
 1:00 – 2:00 Karaoke with Haley "Pick A Song From The Groovy 60'S" <small>Chinese New Year (Year of the Rabbit)</small>	<b>22</b> 10:30 Fit 4 Life Class Instructor Brody 11:00 Weekly Chronicles 2:00 Autobiography "Warren Beatty" <small>Activity Professionals Week</small>	<b>23</b> 10:30 Staying Alive Instructor Brenda 11:00 News & Views Current Events 2:00 Robbie Burns Day Singer: "Karen Kerr"	<b>24</b> 10:30 Keep Fit Class Instructor Brenda 1:30 Life & Times of William P Kinsella 2:00 Best Movie Ever! "Field of Dreams"	<b>25</b> 10:00 Who, What, Where & Discussion 1:00 Roman Catholic Holy Communion 2:00 Australia Day "A Taste of Australia" <small>Australia Day (observed)</small>	<b>26</b> 10:30 Monthly Resident Meeting 2:00 10 Health Benefits "National Puzzle Day" 6:00 Friday Night Movie's & Popcorn	<b>27</b> 9:00 Wellness Walk Indoor Program 11:00 Brenda's Café & Current Events 2:00 "Bingo" Caller: Brenda
 1:00 – 2:00 Haley's "Name That Tune" & Sing-along	<b>29</b> 10:30 Fit 4 Life Class Instructor Brody 11:00 Weekly Chronicles 2:00 Wii Games "10-Pin Bowling"	<b>30</b> 10:30 Seated Yoga Instructor Brenda 11:00 News & Views Current Events 2:00 "Welcome New Residents" Event	<b>31</b> 			