

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW YEARS DAY 1 *9:00 am Church Services 9:30 am Coffee Chat 10:00 am Sitting Aerobics *10:20 am Jay's Choice *12:20 pm Ring Toss *1:00 pm Mental Stimulation 1:15 pm Nickel Bingo *1:45 pm Color Creations *2:30 pm Puzzles 2:30 pm Nickel Bingo *3:45 pm Balloon Volleyball <small>New Year's Day</small>	STOP SPAM DAY 2 9:00 am PS Walking Club *9:00 am Hand Massages 9:20 am Coffee chat 10:15 am Wii Bowling *10:30 am Brain Work *12:45 pm Ring Toss 1:15 pm Nickel Bingo *1:45 pm Bingo 2:30 pm Nickel Bingo *2:30 pm Outdoor Walk 3:35 pm Dominoes	9:00 am Hand Massages 3 9:00 am Coffee Chat *10:00 am Sitting yoga 10:30 am Corn Hole *1:00 pm SHARON & SPARKY 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo *2:30 pm Chicken Soup for the Soul *3:30 pm Puzzles 3:45 pm Dominoes	NAT SPAGHETTI DAY 4 *9:00 am Sing-a-long 9:20 am Coffee Chat 10:00 am 99 CENT STORE 10:30 am Putting Green *10:25 am Brain Work *12:45 pm Beverly Hillbillies 1:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo *2:45 pm Name Game 3:45 pm Dominoes	9:00 am Hand Massages 5 9:15 am Catholic Communion 10:30 am Bible Study w/Sheila *12:45 pm Balloon Volleyball 1:00 pm Nickel Bingo *1:00 pm Ring Toss *1:45 pm Memory Game 2:15 pm Nickel Bingo *2:30 pm Outdoor Walk 3:20 pm Pretty Nails 3:30 pm Dominoes	CUDDLE UP DAY 6 *9:00 am Praise & Joy Sing-along 9:20 am Coffee Chat 10:00 Card making w/Tara *10:00 am Brain Power *12:45 pm Balloon Volleyball 1:15 pm Nickel Bingo *1:45 pm Name Game 2:30 pm Nickel Bingo *2:45 pm Outdoor Walk 3:45 pm Dominoes *3:35 pm Chicken Soup for the soul	9:00 am Daily Chronicle 7 9:30 am Coffee Chat/Family Feud *9:30 am Sitting Yoga 10:00 am Sitting Aerobics *10:20 am Easy Does it Trivia 10:00 am Garden Club 10:50 am Word Mining *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball
BUBBLE BATH DAY 8 *9:00 am Church Services 9:30 am Coffee Chat 10:00 am Sitting Aerobics 10:00 am Pet Therapy w/Kim *10:20 am Trivia/Reminisce 10:45 am Putting Green *12:20 pm Outdoor Walk 12:45 pm Nickel Bingo *2:00 pm Peg Stacker Game 2:00 pm Nickel Bingo 3:15 pm New Hope Christian Fellowship Church	9:00 am Hand Massages 9 9:20 am Coffee Chat *9:30 am Chicken Soup for the Soul *10:00 am Brain Work 10:15 am Wii Bowling 12:45 pm Nickel Bingo *1:45 pm Name Game 2:00 pm Nickel Bingo *2:30 pm Outdoor Walk *3:00 pm Golden Girls 3:15 pm KENDALL	HOUSE PLANT APPRECIATION 10 *9:00 am Hand Massages 9:00 am Coffee Chat *9:35 am Sitting Aerobics 10:15 am Jay's Choice *10:30 am Basketball *12:45 pm Mental Stimulation 12:45 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:00 pm Nickel Bingo *2:45 pm Nail Care 3:15 pm SWEET G'S 3:30 pm Dominoes	9:00 am Sing-a-long 11 9:20 am Coffee Chat *9:30 am Brain Work 11:00 am BLACK BEAR DINER *12:45 pm Basketball 1:15 pm Nickel Bingo *1:30 pm Nail Care 2:30 pm Nickel Bingo *2:15 pm Outdoor Walk 3:45 pm Dominoes	9:00 am Hand Massages 12 9:15 am Catholic Communion *10:20 am Mental Stimulation 10:30 am Bible Study w/Sheila *12:45 pm Basketball 1:00 pm Nickel Bingo *1:30 pm Outdoor Walk 2:15 pm Nickel Bingo *2:45 pm Balloon Volleyball 3:20 pm Pretty Nails 3:30 pm Dominoes	9:00 am Praise & Joy Sing-along 13 9:20 am Coffee Chat *10:00 am Brain Work 10:15 am Wii Bowling *12:45 pm Ring Toss 1:15 pm Nickle Bingo 2:30 pm Nickel Bingo *1:45 pm Name Game *2:30 pm Outdoor Walk *3:30 pm Chicken Soup for the Soul 3:45 pm Dominoes	ORGANIZE YOUR HOME DAY 14 *9:00 am Daily Chronicle 9:30 am Coffee Chat/Family Feud 10:00 am Sitting Yoga *10:20 pm Jay's Choice *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *1:30 pm Sitting Yoga 2:30 pm Nickel Bingo *2:30 pm Color Creations 3:45 pm Balloon Volleyball
STRAWBERRY ICE CREAM DAY 15 *9:00 am Church Services 9:30 am Coffee Chat 10:00 am Sitting Aerobics *10:20 am Jay's Choice 10:50 am Word Mining *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *2:00 pm Color Creations 2:30 pm Nickel Bingo *2:45 pm Puzzles 3:45 pm Balloon Volleyball	9:00 am Hand Massages 16 9:20 am Coffee Chat *9:30 am Virtual Reality 10:00 am Virtual Reality *12:45 pm Sing-a-Long 1:15 pm Nickel Bingo *1:45 pm Name Game *2:30 pm Outdoor Walk 2:30 pm Nickel Bingo *3:15 pm BIRTHDAY PARTY W/ KENDALL <small>Martin Luther King Jr. Day</small>	9:00 am Price is Right 17 9:00 am Coffee Chat *9:35 am Exercise w/Kathy *10:20 am Mental Stimulation 10:30 am Townhall w/Richie *12:20 pm Ozzie and Harriette 12:45 pm Nickel Bingo *12:45 pm I Love Lucy 2:00 pm Nickel Bingo *2:15 pm Outdoor Walk 3:15 pm BIRTHDAY PARTY W/SWEET G'S 3:30 pm Dominoes	WINNIE THE POOH DAY 18 *9:00 am Sing-a-long 9:20 am Coffee Chat *9:30 am Brain Work 10:00 am WALMART 10:30 am Corn Hole *12:45 pm Balloon Volleyball 1:15 pm Nickle Bingo *2:15 pm Color Creations 2:30 pm Nickle Bingo *3:30 pm Chicken Soup for the Soul 3:45 pm Dominoes	GOOD MEMORY DAY 19 *9:00 am Hand Massages 9:15 am Catholic Communion *10:30 am Brain Power 10:30 am Bible Study w/Sheila *12:45 pm Basketball 1:00 pm Nickle Bingo *1:30 pm Name Game 2:15 pm Nickel Bingo *2:45 pm Mental Stimulation 3:20 pm Pretty Nails 3:30 pm Dominoes	9:00 am Praise & Joy Sing-along 20 9:20 am Coffee Chat *10:00 am Ozzie and Harriet 10:00 am Card making w/Tara *12:45 pm Balloon Volleyball 1:15 pm Nickel Bingo *1:45 pm Name Game 2:30 pm Nickel Bingo *2:30 pm Outdoor Walk *3:30 pm Bingo 3:45 pm Dominoes	9:00 am Daily Chronicle 21 9:30 am Coffee Chat *10:00 pm Garden Club *10:20 pm Jay's Choice 11:00 am Sitting Aerobics *12:20 pm Outdoor Walk 12:45 pm Nickel Bingo *1:30 pm Sitting Yoga 2:00 pm Nickel Bingo *2:30 pm Color Creations 3:45 pm Balloon Volleyball
9:00 am Church Services 22 9:30 am Coffee Chat *10:20 am Basketball 10:50 am Wii Bowling *12:20 pm Outdoor Walk *1:00 pm Name Game 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo *2:45 pm Peg Stacker Game 3:15 pm Spiritual Music w/Suzanne *3:45 pm Balloon Volleyball <small>Chinese New Year (Year of the Rabbit)</small>	NAT PIE DAY 23 9:00 am PS Walking Club *9:00 am Hand Massages 9:20 am Coffee Chat *9:30 am Virtual Reality 10:00 am Virtual Reality *10:35 am Chicken Soup for the Soul *12:45 pm Ring Toss 12:45 pm Nickel Bingo *1:45 pm Bingo 2:00 pm Nickel Bingo *2:30 pm Outdoor Walk	NAT PEANUT BUTTER DAY 24 *9:00 am Hand Massages 9:00 am Coffee Chat *9:35 am Exercise w/Khalida 10:00 am LAPS *10:30 am Brain Work *12:45 pm Mental Stimulation 1:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo *2:30 pm Chicken Soup for the Soul *3:30 Name game 3:45 pm Dominoes	9:00 am Sing-a-long 25 9:00 am Country Ride 9:20 am Coffee Chat *9:30 am Brain Work 10:15 Putting green *10:15 am Bingo 11:15 am PANERA BREAD *12:45 pm Balloon Volleyball 1:15 pm Nickel Bingo *1:45 pm Making Center Pieces 2:30 pm Nickel Bingo *3:30 pm Peg Stacker Game 3:45 pm Dominoes	9:00 am Hand Massages 26 9:15 Catholic Communion *10:15 am Nail Care 10:30 am Bible Study w/Sheila *12:45 pm Balloon Volleyball 1:00 pm Nickle Bingo *1:45 pm Bingo 2:15 pm Nickel Bingo 3:20 pm Pretty Nails *3:30 pm Trivia/Reminisce 3:45 pm Dominoes <small>Australia Day (observed)</small>	NAT CHOCOLATE CAKE DAY 27 *9:00 am Praise & Joy Sing-along 9:20 am Coffee Chat *10:00 am Brain Work 10:30 am Nickel Bingo *12:45 pm Ring Toss 1:30 pm Nickel Bingo *1:45 pm Name Game 3:00 pm Hot Cocoa/Hot Cider Bar Happy Hour	9:00 am Daily Chronicle 28 9:30 am Coffee Chat *9:30 am Sitting Yoga 10:00 am Garden Club *10:20 am Jay's Choice 10:50 am Hangman *12:20 pm Outdoor Walk 1:15 pm Nickel Bingo *1:45 pm Puzzles 2:30 pm Nickel Bingo *2:45 pm Puzzles 3:15 pm DJ NOEL
9:00 am Church Services 29 9:30 am Coffee Chat 10:00 am Sitting Aerobics *10:20 am Outdoor Walk 10:50 am January Trivia *12:20 pm Ring Toss *1:00 pm Mental Stimulation 1:15 pm Nickel Bingo *1:45 pm Color Creations *2:30 pm Puzzles 2:30 pm Nickel Bingo *3:45 pm Balloon Volleyball	YODEL YOUR NEIGHBORS DAY 30 9:00 am PS Walking Club *9:00 am Hand Massages 9:20 am Coffee chat *9:30 am Virtual Reality 10:00 am Virtual Reality *10:30 am Brain Work *12:45 pm Ring Toss 1:15 pm Nickel Bingo *1:45 pm Bingo 2:30 pm Nickel Bingo 3:35 pm Dominoes	9:00 am Sing-a-long 31 9:00 am Coffee Chat *9:35 am Exercise w/Khalida *10:20 am Mental Stimulation 10:30 am Corn Hole *12:20 pm Ozzie and Harriette 1:15 pm Nickel Bingo *12:45 pm Balloon Volleyball *1:30 pm Puzzles 2:30 pm Nickel Bingo *3:30 pm Easy Does it Trivia	<h1>January 2023</h1> <h2>PARAMOUNT HOUSE SENIOR LIVING</h2>			

ACTIVITIES SUBJECT TO CHANGE

*MEMORY CARE

MEMORY MATTERS SUPPORT GROUP MEETS EVERY SECOND TUESDAY OF THE MONTH AT 11:30 AM