

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 9:30 Sunday Morning Show CBS Channel 8 11:00 Music and the Spoken Word-YouTube Hymns 2:30 Hot Chocolate by the Fire 3:30 Afternoon Trivia 7:00 Board Game Night OR 8:20 Sunday Night Football-Steelers/Ravens (NBC) New Year's Day | 10:30 Take down Christmas Tree with Laura 2:30 Pictionary 3:30 Creative Coloring 7:00 Carol Burnett OR 8:20 Monday Night Football-Buffalo Bills at Cincinnati Bengals (ESPN) | 11:00 Chair Exercise with Laura 2:30 Playing Pool 3:30 Manicures/Hand Massage (with Lotion) & Music 7:00 Jeopardy/Wheel of Fortune | 11:00 Coffee and Conversation-Daily Chronicle 2:30 Snowball Toss with Laura 3:30 Sing-Along with Suzie Q 7:00 Puzzles | 11:00 Chair Yoga 2:30 Manicures/Hand Massage (with Lotion) & Music 3:30 Snowflakes with Trish 7:00 Bingo | 11:00 Organize Christmas Supplies with Trish 2:30 Finish the Lyrics 3:30 HAPPY HOUR! 7:00 Evening Movie | 11:00 Share The Monthly Gazette/Amaryllis Project 2:30 Word Games 3:30 Afternoon Movie with popcorn 7:00 The Lawrence Welk Show (PBS Channel) |
| 9:30 Sunday Morning Show CBS Channel 8 11:00 Music and the Spoken Word-YouTube Hymns 2:30 Puzzles 3:30 Word Games 7:00 Movie OR 8:20 Sunday Night Football- Teams TBD (NBC) | 11:00 Chair Exercises 2:30 Trivia 3:30 Snowman Door Décor with Trish 7:00 Playing Pool | 11:00 Organize Activity Supplies with Trish 2:30 Finish the Lyrics 3:30 Manicures/Hand Massage (with Lotion) & Music 7:00 Jeopardy/Wheel of Fortune | 11:30-12 Service with Pastor Marsha 2:30 Balloon Badminton 3:00 Pam Music 7:00 Game Night | 11:00 Coffee and Conversation-Daily Chronicle 2:30 Bingo 3:30 Manicures/Hand Massage (with Lotion) & Music 7:00 Movie Night with Popcorn | 11:00 Chair Yoga 2:30 Sing Along/Dance Party 3:30 HAPPY HOUR! 7:00 Snowman Games | 11:00 Coffee and Conversation-Daily Chronicle 2:30 Music with Debbie McCullough 3:30 Read Aloud 7:00 The Lawrence Welk Show (PBS Channel) OR Wildcard Weekend NFL Game (time and channel TBD) |
| 9:30 Sunday Morning Show CBS Channel 8 11:00 Music and the Spoken Word-YouTube Hymns 2:30 Creative Coloring 3:30 Word Games 7:00 Movie OR 8:20 Wildcard Weekend Sunday Night Football- Teams TBD (NBC) | 11:00 Chair Exercises 2:30 Painting 3:30 Snowman Smoothies with Trish 7:00 Carol Burnett Show Martin Luther King Jr. Day | 11:00 Marble Painting with Trish 2:30 Afternoon Trivia 3:30 Manicures/Hand Massage (with Lotion) & Music 7:00 Jeopardy/Wheel of Fortune | 11:00 Service with Pastor Marsha 2:30 Afternoon Movie 3:00 Pam Music 4:00-5 Music with Clara 7:00 Game Night | 11:00 Coffee and Conversation-Daily Chronicle 2:30 Sing Along 3:30 Manicures/Hand Massage (with Lotion) 7:00 Movie Night with Popcorn | 11:00 Stained Glass Snowflakes with Trish 2:30 Chair Yoga 3:30 HAPPY HOUR! 7:00 Hot Chocolate Sensory Bins | 11:00 Coffee and Conversation-Daily Chronicle 2:30 Tea/Hot Chocolate by the Fire 3:30 Read Aloud 7:00 The Lawrence Welk Show (PBS Channel) OR Divisional Weekend NFL Game (time and channel TBD) |
| 9:30 Sunday Morning Show CBS Channel 8 11:00 Music and the Spoken Word-YouTube Hymns 2:30 Puzzles 3:30 Word Games 7:00 Movie OR Divisional Weekend NFL Game (time and channel TBD) Chinese New Year (Year of the Rabbit) | 11:00 Chair Exercises 2:30-3 Live Yoga with Kellie 3:30 Trivia 7:00 Playing Pool Activity Professionals Week | 11:00 Coffee and Conversation-Daily Chronicle 2:30 Manicures/Hand Massage (with Lotion) & Music 3:30 Bird Feeders with Trish 7:00 Jeopardy/Wheel of Fortune | 11:30-12 Service with Pastor Marsha 2:30-3:00 Zumba with Denise 3:00 Pam Music 7:00 Game Night | 11:00 Coffee and Conversation-Daily Chronicle 2:30 Word Games 3:30 Manicures/Hand Massage (with Lotion) & Music 7:00 Movie Night with Popcorn Australia Day (observed) | 11:00 Chair Yoga 2:30 What Goes Together 3:30 HAPPY HOUR! 7:00 Snowball Games | 11:00 Coffee and Conversation-Daily Chronicle 2:30 Tea/Hot Chocolate by the Fire 3:30 Read Aloud 7:00 The Lawrence Welk Show (PBS Channel) |
| 9:30 Sunday Morning Show CBS Channel 8 11:00 Music and the Spoken Word-YouTube Hymns 2:30 Puzzles 3:30 Word Games 7:00 Movie OR Conference Championships NFL Games (time and channel TBD) | 11:00 Melted Snowman Bark with Trish 2:30 Painting 3:30 Finish the Lyrics 7:00 Carol Burnett Show | 11:00 Chair Exercises 2:30 Bingo 3:30 Manicures/Hand Massage (with Lotion) & Music 7:00 Jeopardy/Wheel of Fortune |  <p>Helene's House <i>January 2023</i></p> | | | |

Activities are provided by the Shahbazim in each house. Activities subject to change. To verify events or check for changes, please contact the house Shahbaz.