

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 Cheers to the New Years 4:15 Reading: 365 Days of Prayer 6:15 Read January Monthly Gazette New Year's Day	10:45 Family Meeting 11:15 Chair Exercises 2:15 Listen to Roger Miller Music & Hot Cocoa 4:15 Travel to Georgia (YouTube) 6:30 Hand Massages & Movie 8:30 Bills vs. Bengals	10:45 Family Meeting 11:00 Worship with Rev. Marsha 1:30 Puzzles & Games 4:15 Manicures & Music 6:30 Ball Toss Game	10:45 Family Meeting 11:15 Chair Exercises 2:15 Guess The Celebrity 4:15 Floyd Robinson Day 6:30 Reading Circle: Chicken Soup for the Soul	10:45 Family Meeting 11:15 Elder's Choice 2:15 Name That Bird on YouTube 3:30 ZUMBA with Denise! 4:15 Manicures & Music 6:30 Charades	**Donut Day** 10:45 Family Meeting 11:15 Chair Yoga 2:15 Music & Dance Hour: 50s, 60s, 70s 3:30 HAPPY HOUR! 6:30 Wheel of Fortune	10:45 Family Meeting 11:15 On This Day in 1956 2:30 Pet Therapy Visits with RocDog! 4:15 Group Sing-A-Long 7:00 The Lawrence Welk Show	
Happy Birthday Elvis! 10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 Elvis Music & Facts 4:15 Elvis's Favorite Snack: Peanut Butter Banana Sandwiches 6:15 Ball Toss	10:45 Family Meeting 11:15 Chair Exercises 2:15 Make Thank you Cards for Local Police Department 4:15 Afternoon House Walk 6:30 News, Views & Chat	10:45 Family Meeting 11:30 Hymn Sing on YouTube 2:15 Balloon Tennis 4:15 Manicures & Music 6:30 Read Favorite Bible Verses & Cocoa	10:45 Family Meeting 11:15 Chair Exercises 2:15 Let it Snow Day: Make Snowflakes 4:15 The Golden Girls 6:30 Reading Circle: Chicken Soup for the Soul	10:45 Family Meeting 11:15 Big Picture Books 2:30 February Calendar Planning Day 4:15 Manicures & Music 6:30 Snowball Toss	**Donut Day** 10:45 Family Meeting 11:15 Chair Yoga 2:15 Reading: Silly Superstitions 3:30 HAPPY HOUR! 6:30 Wheel of Fortune	10:45 Family Meeting 11:15 Surprise Saturday: Elders Choice 2:30 Reminisce: Winter Memories & Hot Cocoa 4:15 Spice Day: Health Benefits of Spices 7:00 The Lawrence Welk Show	
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 Humor Me: Jokes & Riddles 4:15 Reading: Favorite Bible Verses 6:15 365 Days of Prayer	Marshmallow Monday 10:45 Family Meeting 11:15 Chair Exercises 2:15 Remembering Martin Luther King Jr. & Facts 4:15 Big Picture Cards 6:30 Marshmallow Monday: Eat Marshmallows Martin Luther King Jr. Day	10:45 Family Meeting 11:00 Worship with Rev. Marsha 2:15 Parachute Fun! 4:15 Manicures & Music 6:30 Finish The Phrase	10:45 Family Meeting 11:15 Chair Exercises 2:15 Ollie Day: Pictures & Facts 4:15 Sing-A-Long with Susie Q 6:30 A-Z Trivia	10:45 Family Meeting 11:00 Guess The Year 2:15 Fun Facts About Dolly Partin & Music 3:00 Music Concert by Fred Vine! 4:15 Manicures & Music 6:30 Charades	**Donut Day** 10:45 Family Meeting 11:15 Chair Yoga 2:15 Naming Favorite Animals 2:45 Pet Therapy Visits with Gryffin! 3:30 HAPPY HOUR! 6:30 Friday Night Movie	10:45 Family Meeting 11:15 Ball Toss & Music 2:30 Guess The Celebrity 4:15 Group Reading Circle 7:00 The Lawrence Welk Show	
Happy Birthday Radha! 10:45 Family Meeting 11:15 All About Radha! & Birthday Poem 2:30 YouTube Travels: China 4:15 365 Days of Prayer 6:15 Reading Circle: God's Good News Chinese New Year	10:45 Family Meeting 11:15 Chair Exercises 2:15 T.G.I.M. (Thank God It's Monday): Positive Quotes 4:15 Movie: Casablanca 6:30 Reading Circle: Chicken Soup for the Soul Activity Professionals Week	10:45 Family Meeting 11:30 Hymn Sing on YouTube 2:15 Balloon Tennis 4:15 Manicures & Music 6:30 Reading Circle	10:45 Family Meeting 11:15 Chair Exercises 2:15 Pictures of 101 Dalmatians 4:15 Finish The Phrase 6:30 Snowball Toss	10:45 Family Meeting 11:15 Pictures of Winter 2:15 Parachute Fun! 4:15 Manicures & Music 6:30 Puzzles & Word Searches Australia Day (observed)	**Donut Day** Camping Day 10:45 Family Meeting 11:15 Chair Yoga 2:15 Make S'mores 3:30 HAPPY HOUR & Fun Camping Facts 6:30 Friday Movie Night	10:45 Family Meeting 11:15 Daily Chronicle 2:30 Karaoke Hour! 4:15 Ball Toss & Music 7:00 The Lawrence Welk Show	
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 Get Movin': Balloon Tennis 4:15 365 Days of Prayer 6:15 Bible Trivia	10:45 Family Meeting 11:15 Chair Exercises 2:15 Guess The Celebrity 4:15 Name That Animal (YouTube) 6:30 Finish The Phrase	10:45 Family Meeting 11:00 Worship with Rev. Marsha 2:15 Puzzles & Games 4:15 Manicures & Music 6:30 Evening Stretches	 <p>Rochester Presbyterian Home at Cottage Grove</p> <h1>January 2023</h1> <p>Mary's House</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.