












Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Mass on TV in LTC Dining Room  New Year's Day	2 9am-1 on 1s 10:30 Exercise 11:00 Rosary 2:30 Bingo Evening Tic Tac Toe Bean Bags	3 9am-1 on 1s 10am Nail Painting Afternoon Decoration Take-Down Evening Movie Time & Hot Cocoa	4 9am-1 on 1s 10:00 Poker 2:30pm Exercise 3:00 Top Billboard Hits and #1 songs discussion  Evening Bingo	5 9am-1 on 1s 10am Bowl Snowman Craft 2:30 Name that tune Evening Playing Cards & Music	6 9am-1 on 1s 10am Book Bingo 2:30 Lifetime Learning: "Elvis Presley-A life from beginning to end"	7 11am Peace Lutheran video service in LTC Dining Room 1 on 1's
8 11:00 Mass on TV in LTC Dining Room 1 on 1's	9 9am-1 on 1s 10:30 Exercise 11:00 Rosary 2:30 Bingo Evening Teddy Bear Basketball	10 9am-1 on 1s 10am Nail Painting 2:30 Fun Food Tasting Evening Winter Memories & Hot Cocoa 	11 9am-1 on 1s 10:00 Snowy Photo Booth 2:30 Exercise 3:00 Dining Circle Evening Bingo "Wacky Winter Wardrobe Day"	12 9am-1 on 1s 10am Winter Poetry Writing 2:30 Snowman's Hot Cocoa and Cookies Happy Hour Evening Playing Cards & TV Shows	13 9am-1 on 1s 10am Bingo 2:30 Doves of Peace craft (in honor of Dr. Martin Luther King)	14 11am Peace Lutheran video service in LTC Dining Room 1 on 1's 
15 11:00 Mass on TV in LTC Dining Room 1 on 1's 	16 9am-1 on 1s 10:30 Exercise Afternoon 1 on 1's  Martin Luther King Jr. Day	17 9am-1 on 1s 10am Nail Painting 2:30 Bus trip to Kirkwood Evening Movie Time & Hot Cocoa "Groovy Fashion Day"	18 9am-1 on 1s 10:00 Devotions with Faith Lutheran 2:30pm Exercise 3:00 Community Council Evening Bingo	19 9am-1 on 1s 10am Winter Pictionary 2:30 Entertainment Evening Ice Cream Social 	20 9am-1 on 1s 10am Bingo 2:30 Draw a Penguin (and snack on Oreos!)  Dress in Penguin attire (or just black/white)	21 11am Peace Lutheran video service in LTC Dining Room 1 on 1's
22 11:00 Mass on TV in LTC Dining Room 1 on 1's Chinese New Year (Year of the Rabbit)	23 9am-1 on 1s 10:30 Exercise 11:00 Rosary 2:30 Bingo Evening Soda Pop Drop Activity Professionals Week	24 9am-1 on 1s 10am Nail Painting 2:30 TV trivia Evening Childhood Memories & Hot Cocoa 	25 9am-1 on 1s 10:00 Poker 2:30 Exercise 3:00 Opposite Day Word Mining Evening Bingo "Opposite Day"	26 9am-1 on 1s 10am Step by Step Painting 2:30 Karaoke Birthday Party Evening Playing Cards & Music Australia Day (observed)	27 9am-1 on 1s 10am Bingo 2:30 Construction Paper Mosaic art	28 11am Peace Lutheran video service in LTC Dining Room 1 on 1's 
29 11:00 Mass on TV in LTC Dining Room 1 on 1's	30 9am-1 on 1s 10:30 Exercise 11:00 Rosary 2:30 Bingo Evening Ring a Snowman 	31 9am-1 on 1s 10am Nail Painting 2:30 Resident Volunteer Group – "Inspire hearts with art" <i>Color hearts and hand out to staff/residents</i> Evening Movie Time & Hot Cocoa	<h1>January 2023</h1> <h2>Bethesda Southgate LTC</h2>			