usi 

**11**

**8:00 Breakfast**

 **9:15 Fitness w/Emma**

 **9:30 Mass (TV 1-3)**

**10:15 Good Morning**

 **Greetings**

**10:30 Balloon Volleyball**

**12:00 Lunch**

 **1:30 Music with Pop**

 **Standard Social**

 **3:00 Bingo**

 **4:00 Mass (CH)**

 **5:00 Dinner**

**6**

 **8:00 Breakfast**

 **9:30 Mass & Adoration**

 **(CH)**

**10:15 Good Morning**

 **Greetings**

**10:30 Riddle Me This**

**12:00 Lunch**

 **1:30 IN2L**

 **2:30 Movie Matinee:**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**20**

 **8:00 Breakfast**

 **9:30 Mass & Adoration**

 **(CH)**

**10:15 Good Morning**

 **Greetings**

**10:30 Sing-along with**

 **Suzie Q**

**12:00 Lunch**

 **1:30 IN2L**

 **2:30 Movie Matinee:**

 **4:30 Rosary (TV 1-3)**

**10**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greetings**

**10:15 Cardio Drumming**

**12:00 Lunch**

 **1:30 Sing-along with**

 **Diane**

 **3:00 Crafternoon’s:**

 **Q-Tip Painting**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**



**21**

**7**

**12**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greeting**

**10:15 Sit & Be Fit**

**11:00 Protestant Service**

 **(CH & TV 1-3)**

**12:00 Lunch**

 **1:30 Music (IL DR)**

 **2:45 Happy Hour**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**8**

 **8:00 Breakfast**

**10:30 Mass (TV 1-3)**

**12:00 Lunch**

 **5:00 Dinner**

**5**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greeting**

**10:15 Sit & Be Fit**

**11:00 Protestant Service**

 **(CH & TV 1-3)**

**12:00 Lunch**

 **1:30 Music with Les**

 **Blake (IL DR)**

 **2:45 Happy Hour**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**2**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greetings**

**10:15 Movin’ & Shakin’**

**10:45 T is for Trivia**

**12:00 Lunch**

 **1:30 New Year’s Humor**

 **& Snacks**

 **3:00 Dice Games**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**4**

 **8:00 Breakfast**

 **9:15 Fitness w/Emma**

 **9:30 Mass (TV 1-3)**

**10:15 Good Morning**

 **Greetings**

**10:30 Balloon Volleyball**

**12:00 Lunch**

 **1:00 Music with Kristin**

 **3:00 Prize Bingo**

 **4:00 Mass (CH)**

 **5:00 Dinner**

**1**

 **8:00 Breakfast**

**10:30 Mass (TV 1-3)**

**12:00 Lunch**

 **5:00 Dinner**

**13**

 **8:00 Breakfast**

 **9:30 Mass & Adoration**

 **(CH)**

**10:15 Good Morning**

 **Greetings**

**10:30 Sing-along with**

 **Suzie Q**

**12:00 Lunch**

 **1:30 IN2L**

 **2:30 Movie Matinee:**

 **4:30 Rosary (TV 1-3)**

**3**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greetings**

**10:15 Cardio Drumming**

**12:00 Lunch**

 **1:30 Sing-along with**

 **Diane**

 **3:00 Crafternoon’s:**

 **Jingle Sticks**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**16**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greetings**

**10:15 Movin’ & Shakin**

**10:45 T is for Trivia**

**12:00 Lunch**

 **1:30 EZ Yahtzee**

 **3:00 Celebrity Spotlight**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**1****9**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greeting**

**10:15 Sit & Be Fit**

**11:00 Protestant Service**

 **(CH & TV 1-3)**

**12:00 Lunch**

 **1:30 Music (IL DR)**

 **2:45 Happy Hour**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**17**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greetings**

**10:15 Cardio Drumming**

**12:00 Lunch**

 **1:30 Sing-along with**

 **Diane**

 **3:00 Crafternoon’s:**

 **Fridge Magnets**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**15**

 **8:00 Breakfast**

**10:30 Mass (TV 1-3)**

**12:00 Lunch**

 **5:00 Dinner**

**18**

 **8:00 Breakfast**

 **9:15 Fitness w/Emma**

 **9:30 Mass (TV 1-3)**

**10:15 Good Morning**

 **Greetings**

**10:30 Balloon Volleyball**

**12:00 Lunch**

 **1:00 Music with Kristin**

 **3:00 Bingo**

 **4:30 Rosary (CH)**

 **5:00 Dinner**

**14**

**9**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greetings**

**10:15 Movin’ & Shakin**

**10:45 T is for Trivia**

**12:00 Lunch**

 **1:30 Gem Suncatcher**

 **3:00 Celebrity Spotlight**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**January 2023 Memory Care**

**Community Life Phone Numbers**

**Cindy (Community Life Director) 763-493-7016**

**Amanda (Driver/Rec. Assistant) 763-493-7030**

**Rebecca (Therapeutic Rec. Coordinator) 763-493-7039**

**Jodi (Therapeutic Rec. Coordinator) 763-493-7053**



**29**

 **8:00 Breakfast**

**10:30 Mass (TV 1-3)**

**12:00 Lunch**

 **5:00 Dinner**

 **30**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greetings**

**10:15 Movin’ & Shakin**

**10:45 T is for Trivia**

**12:00 Lunch**

 **1:30 Candy Bingo**

 **3:00 Celebrity Spotlight**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

 **31**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greetings**

**10:15 Cardio Drumming**

**12:00 Lunch**

 **1:30 Sing-along with**

 **Diane**

 **3:00 Crafternoon’s:**

 **Suncathcers**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**23**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greetings**

**10:15 Movin’ & Shakin**

**10:45 T is for Trivia**

**12:00 Lunch**

 **1:30 The Price Was**

 **Right**

 **3:30 Celebrity Spotlight**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**24**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greetings**

**10:15 Cardio Drumming**

**12:00 Lunch**

 **1:30 Sing-along with**

 **Diane**

 **3:00 Crafternoon’s:**

 **Bird Feeder’s**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**27**

 **8:00 Breakfast**

 **9:30 Mass & Adoration**

 **(CH)**

**10:15 Good Morning**

 **Greetings**

**10:30 Sing-along with**

 **Suzie Q**

**12:00 Lunch**

 **1:30 IN2L**

 **2:30 Movie Matinee:**

 **4:30 Rosary (TV 1-3)**

**26**

 **8:00 Breakfast**

**10:00 Good Morning**

 **Greeting**

**10:15 Sit & Be Fit**

**11:00 Protestant Service**

 **(CH & TV 1-3)**

**12:00 Lunch**

 **1:30 Music with The**

 **Somewhat Jazz**

 **Band (IL DR)**

 **2:45 Happy Hour (IL DR)**

 **4:30 Rosary (TV 1-3)**

 **5:00 Dinner**

**Please note all activities are subject to change. Please check daily calendars located throughout the community for changes**

**22**

 **8:00 Breakfast**

**10:30 Mass (TV 1-3)**

**12:00 Lunch**

 **5:00 Dinner**

**28**

**25**

 **8:00 Breakfast**

 **9:15 Fitness w/Emma**

 **9:30 Mass (TV 1-3)**

**10:15 Good Morning**

 **Greetings**

**10:30 Balloon Volleyball**

**12:00 Lunch**

 **1:00 Can You Picture**

 **This?**

 **3:00 Bingo**

 **4:00 Mass (CH)**

 **5:00 Dinner**

**January 2023 Memory Care**