

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Happy New Year!</b> 1 9:30 SNF Protestant Church Service- Channel 23.1 10:30 Catholic Mass-Chapel-Channel 19.1 <i>New Year's Day</i>	10:00 Strength & Balance Exercise Class–Auditorium 11:00 Rosary-Chapel-Channel 19.1 11:30 Catholic Communion Service–Channel 19.1 1:00 Monday Matinee: “While you were Sleeping”-Auditorium 3:30 Sit & Fit Exercise Class-Auditorium	9:00-11:00 AL Manicures-2nd Floor Dining Room 9:30 HASfit TV Exercises-Channel 11.1 1:45 Grocery Trip to Hy-Vee on 37th Street-Lobby 2:00 Fitness Center Orientation-Fitness Center	10:00 Strength & Balance Exercise Class – Auditorium 11:00 Rosary–Chapel-Channel 19.1 11:00 Ecumenical Service-Skilled Nursing Chapel-Ch.23.1 11:30 Catholic Communion Service-Towers Chapel/Channel 19.1 1:00 Resident Council-Auditorium 1:30 AL Bingo-2nd Fl. Dining Room 2-4 Hand Massages-Fireside Room 3:30 Sit & Fit Exercise Class-Aud.	9:30 HASfit Televised Exercises~Channel 11.1 10:00 Men’s Coffee-Hobby Room 10:30 Common Thread-Lobby 3:30 Catholic Service-Skilled Nursing Chapel-Channel 23.1 6:00-2023 New Year’s Party with Michael Nelson-Auditorium	10:00 Strength & Balance Exercise Class–Auditorium 11:00 IL Bingo-Auditorium 3:30 Sit and Fit Exercise Class – Auditorium	9:30 HASfit Televised Exercises~Channel 11.1 1:00 Saturday Matinee: “Snow Dogs”-Auditorium 1:30 Assisted Living Bingo-2nd Floor Dining Room
<b>Look to the Future &amp; New Beginnings Month!</b> 8 9:30 SNF Protestant Church Service- Channel 23.1 10:30 Catholic Mass-Chapel-Channel 19.1	10:00 Strength & Balance Exercise Class–Auditorium 11:00 Rosary-Chapel-Channel 19.1 11:30 Catholic Communion Service–Channel 19.1 12:30 Monday Matinee: “ELVIS”-Auditorium 1:30 4 <sup>th</sup> & 5 <sup>th</sup> Floor Gathering-Rochester Room 3:30 Sit & Fit Exercise Class-Auditorium	9:00-10:00 AL Manicures-2nd Floor Dining Room 9:30 HASfit TV Exercises-Channel 11.1 10:30 Town Hall Meeting-Auditorium-Channel 73.1 1:45 Grocery Trip to Hy-Vee on 37th Street-Lobby 2:00 Library Committee Meeting-Lower Level Family Room	10:00 Strength & Balance Exercise Class – Auditorium 11:00 Rosary–Chapel-Channel 19.1 11:00 Ecumenical Service-Skilled Nursing Chapel-Ch.23.1 11:30 Catholic Communion Service-Towers Chapel/Channel 19.1 1:30 AL Bingo-2nd Fl. Dining Room 2-4 Hand Massages-Fireside Room 3:30 Sit & Fit Exercise Class-Auditorium	9:30 HASfit Televised Exercises~Channel 11.1 10:00 Fun with IN2L 10:30 Common Thread-Lobby 1:00 Live Music with Kathleen Covalt-Auditorium 3-5 Happy Hour-Rochester Room 3:30 Catholic Service-Skilled Nursing Chapel-Channel 23.1	10:00 Strength & Balance Exercise Class–Auditorium 11:00 IL Bingo-Auditorium 12:00 Outing to Olive Garden-Lobby 3:30 Sit and Fit Exercise Class – Auditorium	9:30 HASfit Televised Exercises~Channel 11.1 1:00 Saturday Matinee: “To Have and Have Not”-Auditorium 1:30 Assisted Living Memory Game-2nd Floor Dining Room
<b>Get Organized Month!</b> 15 9:30 SNF Protestant Church Service- Channel 23.1 10:30 Catholic Mass-Chapel-Channel 19.1	10:00 Strength & Balance Exercise Class–Auditorium 11:00 Rosary-Chapel-Channel 19.1 11:30 Catholic Communion Service–Channel 19.1 1:00 Monday Matinee: “And so it Goes”-Auditorium 1:15 IL Manicures-Hobby Room Gathering-Rochester Room 3:30 Sit & Fit Exercise Class-Auditorium <i>Martin Luther King Jr. Day</i>	9:00-11:00 AL Manicures-2nd Floor Dining Room 9:30 HASfit TV Exercises-Channel 11.1 10:15 What’s for Dinner-IL Dining Room 1:45 Grocery Trip to Hy-Vee on 37th Street-Lobby 2:00 January Birthday Party with live Music by Bob Bovee-Auditorium	10:00 Strength & Balance Exercise Class – Auditorium 11:00 Rosary–Chapel-Channel 19.1 11:00 Ecumenical Service-Skilled Nursing Chapel-Ch.23.1 11:30 Catholic Communion Service-Towers Chapel/Channel 19.1 1:30 AL Bingo-2nd Fl. Dining Room 2-4 Hand Massages-Fireside Room 3:30 Sit & Fit Exercise Class-Auditorium	9:30 HASfit Televised Exercises~Channel 11.1 10:30 Common Thread-Lobby 11:30 Soup & Salad Luncheon-Rochester Room 3-5 Happy Hour-Rochester Room 3:30 Catholic Service-Skilled Nursing Chapel-Channel 23.1	10:00 Strength & Balance Exercise Class–Auditorium 11:00 IL Bingo-Auditorium 1:30 Sing-a-long with Jeanette-2nd Floor Dining Room 3:30 Sit and Fit Exercise Class – Auditorium 3:30 Penance Service with Father Joe-Chapel	9:30 HASfit Televised Exercises~Channel 11.1 1:00 Saturday Matinee: “Bringing up Baby”-Auditorium 1:30 Assisted Living Pet Therapy-2nd Floor Dining Room
<b>Hobby Month!</b> 22 9:30 SNF Protestant Church Service- Channel 23.1 10:30 Catholic Mass-Chapel-Channel 19.1 <i>Chinese New Year (Year of the Rabbit)</i>	10:00 Strength & Balance Exercise Class–Auditorium 11:00 Rosary-Chapel-Channel 19.1 11:30 Catholic Communion Service–Channel 19.1 1:00 Monday Matinee: “The Mighty Ducks”-Auditorium 1:30 6 <sup>th</sup> & 7 <sup>th</sup> Floor Gathering-Rochester Room 3:30 Sit & Fit Exercise Class-Auditorium <i>Activity Professionals Week</i>	9:00-11:00 AL Manicures-2nd Floor Dining Room 9:30 HASfit TV Exercises-Channel 11.1 1:45 Grocery Trip to Hy-Vee on 37th Street-Lobby 2:00 Let’s Play Jeopardy-Rochester Room	10:00 Strength & Balance Exercise Class – Auditorium 11:00 Rosary–Chapel-Channel 19.1 11:00 Ecumenical Service-Skilled Nursing Chapel-Ch.23.1 11:30 Catholic Communion Service-Towers Chapel/Channel 19.1 1:30 AL Bingo-2nd Fl. Dining Room 2-4 Hand Massages-Fireside Room 3:30 Sit & Fit Exercise Class-Auditorium	9:30 HASfit Televised Exercises~Channel 11.1 10:30 Common Thread-Lobby 3-5 Happy Hour-Rochester Room 3:30 Catholic Service-Skilled Nursing Chapel-Ch. 23.1 <i>Australia Day (observed)</i>	10:00 Strength & Balance Exercise Class–Auditorium 11:00 IL Bingo-Auditorium 3:30 Sit and Fit Exercise Class – Auditorium	9:30 HASfit Televised Exercises~Channel 11.1 1:00 Saturday Matinee: “The Color Purple”-Auditorium 1:30 2 <sup>nd</sup> & 3 <sup>rd</sup> Floor Gathering-2nd Floor Dining Room
<b>Shape Up Month!</b> 29 9:30 SNF Protestant Church Service- Channel 23.1 10:30 Catholic Mass-Chapel-Channel 19.1	10:00 Strength & Balance Exercise Class–Auditorium 11:00 Rosary-Chapel-Channel 19.1 11:30 Catholic Communion Service–Channel 19.1 1:00 Monday Matinee: “Ice Castles”-Auditorium 3:30 Sit & Fit Exercise Class-Auditorium	9:00-11:00 AL Manicures-2nd Floor Dining Room 9:30 HASfit TV Exercises-Channel 11.1 1:30 Live Music with Gary Froiland-Auditorium 1:45 Grocery Trip to Hy-Vee on 37th Street-Lobby	<h1 style="text-align: center;">JANUARY 2023</h1> <h2 style="text-align: center;">Independent Living &amp; Assisted Living</h2>			

Please see weekly calendar on bulletin boards, by elevator on ground floor, and channel 11.1 for changes and updates. All activities are subject to change.