

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|---|--|
| 1 <i>Happy New Year</i> 1:30 Bingo 1-1 Visits | 2 Beauty Shop 1:30 Bingo 1-1 Visits | 3 1:30 Bingo 1-1 Visits | 4 10:30 Exercise / Reading Group 11:00 Librarian Visit 1:30 Bingo 1-1 Visits | 5 10:30 Exercise / 1960's Trivia 2:00 Music with Tommy Chris 1-1 Visits | 6 Beauty Shop 10:30 Exercise / Name That Tune 1:30 Memory Cares Movie 4:00 Religious Service 1-1 Visits | 7 Shabbat 9:30 Religious Service 1-1 Visits |
| 8 10:00 Coloring 1:30 Bingo 1-1 Visits | 9 Beauty Shop 10:00 Christian Bible Study 1:30 Bingo 1-1 Visits | 10 1:30 Bingo 1-1 Visits | 11 10:30 Exercise / The Swinging '60's 2:00 Dog Show 1-1 Visits | 12 10:30 Exercise / Price Is Right 60's Game 2:00 Music with Dave Pounds 1-1 Visits | 13 Beauty Shop 10:30 Exercise / MLK Day Early 4:00 Religious Service 1-1 Visits | 14 Shabbat 9:30 Religious Service 1-1 Visits |
| 15 10:00 Solarium Fun 2:00 Music with Dan Shapira 1-1 Visits | 16 <i>Martin Luther King Day</i> Beauty Shop 10:00 Christian Bible Study 1:30 Bingo 1-1 Visits | 17 10:30 Flower Power Bouquets 1:30 Bingo 1-1 Visits | 18 10:30 Exercise / Is It Groovy? Game 1:30 Birthday Party 1-1 Visits | 19 10:30 Exercise / 1960's Folk Songs 2:00 Music with Memory Lane 1-1 Visits | 20 Beauty Shop 11:00 Resident Council Meeting 4:00 Religious Service 1-1 Visits | 21 Shabbat 9:30 Religious Service 1-1 Visits |
| 22 10:00 Baking Treats 1:30 Bingo 1-1 Visits | 23 Beauty Shop 10:00 Christian Bible Study 1:30 Bingo 1-1 Visits | 24 1:30 Bingo 1-1 Visits | 25 10:30 Exercise / Woodstock 1:30 Bingo 1-1 Visits | 26 10:30 Music with Keith Beck 2:00 Psychedelic Paint Art Project 1-1 Visits | 27 Beauty Shop 10:30 Exercise / Travelogue – San Francisco 4:00 Religious Service 1-1 Visits | 28 Shabbat 9:30 Religious Service 1-1 Visits |
| 29 10:00 Solarium Fun 1:30 Bingo 1-1 Visits | 30 Beauty Shop 10:00 Christian Bible Study 1:30 Bingo 1-1 Visits | 31 1:30 Bingo 1-1 Visits | Tevet – Shevat 5783 <h1>January 2023</h1> <i>Heritage Manor Skilled Nursing & Rehabilitation</i> | | | |

Activity 1-1 visits are conducted five days each week. ----- All Activities are subject to change.