


Monthly Event Calendar



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 Activities Coordinator
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Activities for January 2023 (1724 Milestone Ridge.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. <u>Sunday Morning Shows:</u> Tubi- 'The Masked Singer.' (10:00-11:00am)</p> <p>Hot Cocoa Sunday Social. (2:00-4:00pm)</p>	<p>2. Movie Monday: Tubi- 'Yours, Mine, and Our's.' (9:00-11:00am)</p> <p>Bingo. (2:00-4:00pm)</p>	<p>3. Talk Show Tv Tuesday. (10:00-11:00am)</p> <p>Sit and Fit. (2:00-4:00pm)</p>	<p>4. 'UnDECKing' the Halls (2:00-4:00pm)</p> 	<p>5. Music Therapy: Youtube- 'Vintage New Year's Eve Music.' (10:00-11:00am)</p> <p>Tai Chi. (2:00-4:00pm)</p>	<p>6. Who's Got Game? Game Shows. Tubi- '25 Words or Less.' (10:00-11:00am)</p> <p>Jenga! (2:00-4:00pm)</p>	<p>7. Coffee and Conversation. (10:00-11:00am)</p> <p><u>Documentary Day:</u> Youtube-'ELVIS: The Rebirth Of The King (2017 BBC Documentary.)' (2:00-4:00pm)</p>

<p>8. <i>Elvis Presley's Birthday</i> <u>Sunday Morning Shows:</u> Youtube- 'Elvis: Return to Tupelo.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-4:00pm)</p>	<p>9. Movie Monday: Youtube- 'Elvis Presley- Loving You. 1957 Full Length Movie.' (9:00-11:00am)</p> <p>Elvis Memorial: <u>Elvis Paper Doll Dress Up.</u> (2:00-4:00pm)</p>	<p>10. Adult Coloring Club: 'Elvis Presley' Themed. (10:00-11:00am)</p> <p>30 Minute Exercise Routine. (2:00-4:00pm)</p>	<p>11. Word Game Wednesday: 'Elvis Presley' Word Search. (10:00-11:00am)</p> <p><u>Food Drive Box Decorating.</u> (2:00-4:00pm)</p>	<p>12. Music Therapy: Youtube- 'Elvis Presley Greatest Hits Full Album - The Best Of Elvis Presley Songs.' (10:00-11:00am)</p> <p>Chair Yoga Exercises. (2:00-4:00pm)</p>	<p>13. Who's Got Game? Game Shows. Tubi- '<i>Hollywood Game Night.</i>' (10:00-11:00am)</p> <p>Snakes and Ladders. (2:00-4:00pm)</p>	<p>14. Morning Meditation: Youtube- 'Daily Calm 10 Minute Mindfulness Meditation Impermanence.' (10:00-11:00am)</p> <p>Browse Magazines. (2:00-4:00pm)</p>
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<p>15. <u>Sunday Morning Shows:</u> Tubi- 'Deal or No Deal.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-4:00pm)</p>	<p>16 MARTIN LUTHER KING DAY</p> <p>Movie Monday: Youtube- 'Martin Luther King- The Fight for Civil Rights Documentary.' (9:00-11:00am)</p> <p><u>MLK MEMORIAL:</u> Enjoy Pecan Pie. 'I Have a Dream.' Craft. (2:00-4:00pm)</p>  <p>Beginning of Food Drive to Benefit the North Texas Food Bank.</p>	<p>17. Matching Card Game. (10:00-11:00am)</p> <p>My Bonnie Chair Exercise Fun. (2:00-4:00pm)</p>	<p>18. Word Game Wednesday: 'Martin Luther King JR' Crossword. (10:00-11:00am)</p> <p>Lanterns for Chinese New Year. (2:00-4:00pm)</p> 	<p>19. Music Therapy: Youtube- 'Songs of Freedom- Songs of Protest' Playlist. (10:00-11:00am)</p> <p>Gentle Stretches. (2:00-4:00pm)</p>	<p>20.</p> <p>Spa Day (2:00-4:00pm)</p> 	<p>21. Morning News: Tubi Live- 'CBC News.' (10:00-11:00am)</p> <p><u>Documentary Day:</u> Tubi- 'Confessions of a Time Traveler: The Man from 3036.' (2:00-4:00pm)</p>
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<p>22. <u>Sunday Morning Shows:</u> Tubi- 'Million Dollar Money Drop.' (10:00-11:00am)</p> <p>Chinese Zodiac Memory Game. (2:00-4:00pm)</p> <p>Chinese New Year</p>	<p>23. Movie Monday: Tubi- 'Flipper.' (9:00-11:00am)</p> <p>Armchair Travel: China. (2:00-4:00pm)</p>	<p>24. Adult Coloring Club: 'Chinese New Year' Themed. (10:00-11:00am)</p> <p>Move with Music. (2:00-4:00pm)</p>	<p>25. Word Game Wednesday: 'Chinese New Year' Word Finder. (10:00-11:00am)</p> <p>'Hot Chocolate Name' Craft. (2:00-4:00pm)</p>	<p>26. Music Therapy: Youtube- 'The Best of Mozart.' (10:00-11:00am)</p> <p>Exercises for Seniors. (2:00-4:00pm)</p>	<p>27. <i>Mozart's Birthday</i> Classical Composers Quiz. (10:00-11:00am)</p> <p>Documentary: Youtube- 'Amadeus Mozart Documentary.' (2:00-4:00pm)</p>	<p>28. Morning Meditation: Youtube- 'Daily Calm 10 Minute Mindfulness Meditation Impermanence.' (10:00-11:00am)</p> <p>Puzzle Time. (2:00-4:00pm)</p>
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<p>29. <u>Sunday Morning Shows:</u> Tubi- 'Fear Factor.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-4:00pm)</p>	<p>30. Movie Monday: Tubi- 'The Healer.' (9:00-11:00am)</p> <p>Sensory Rain Sticks. (2:00-4:00pm)</p> <p>End of Food Drive to Benefit the North Texas Food Bank.</p>	<p>31. Baking Club. (10:00-11:00am)</p> <p>Ball Toss with Staff. (2:00-4:00pm)</p>				
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NEWSLETTER

January

QUOTE OF THE MONTH:	FUN FACT:
<p>'CELEBRATE ENDINGS- FOR THEY PRECEDE NEW BEGINNINGS.' -JONATHAN LOCKWOOD HUE</p>	<p>JANUARY IS KNOWN TO BE THE COLDEST MONTH IN THE NORTHERN HEMISPHERE AND THE WARMEST IN THE SOUTHERN HEMISPHERE.</p>

