





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 Bowling/LR 12:30 Learn to play Mah Jong/Café 1:00 Rummikub/DR 3:00 Rosary/MSC 5:15 Euchre/DR  New Year's Day	9:30 Golf/L <b>10:00 Chair Yoga/MSWC</b> <b>11:00 Back &amp; Shoulder Health/MSWC</b> 12:30 Bowling/L 1:00 Pinochle/DR 1:00 AA meeting/PDR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 3:00 Golf/L 6:00 Bingo/DR  Michelle off	9:00 Flow Yoga/MSWC <b>10:00 Mass/SA</b> <b>10:00 Chair Yoga/MSWC</b> 10:30 Bowling/LR 10:30 Bowling/L <b>11:00 Seated Hip Strength/MSWC</b> 12:45 Bridge/LR 1:00 Quiddler/DR <b>1:30 Strength &amp; Motion/MSWC</b> <b>2:30 Flow Yoga/MSWC</b> 2:30 Rummikub/DR 3:00 Rosary/MSC <b>3:30 Movie/LR</b>	9:00 Fire Alarm Test <b>9:00 Flow Yoga/MSWC</b> <b>9:00 Rosary/MSC</b> 9:30 Mass/MSC <b>9:30 Knot Just Knitters/DR</b> <b>10:00 Chair Yoga/MSWC</b> 10:15 Golf/L <b>11:00 Back &amp; Shoulder Health/MSWC</b> 1:00 Sheephead/DR 1:15 Bible Study with Cheryl/LR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>2:30 Flow Yoga/MSWC</b> 2:30 Golf/L 3:00 Rosary/MSC 6:00 Dominoes/DR	9:00 Podiatrist/RC <b>9:00 Flow Yoga/MSWC</b> <b>9:00 Rosary/MSC</b> 9:30 Mass/MSC 9:30 Golf/L <b>10:00 Chair Yoga/MSWC</b> <b>11:00 Seated Hip Strength/MSWC</b> 12:00 Potluck/DR 1:00 500/DR <b>1:30 Strength &amp; Motion/MSWC</b> 2:15 Bowling/L <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 5:15 Euchre/DR	<b>9:00 Flow Yoga/MSWC</b> <b>10:00 Chair Yoga/MSWC</b> 10:00 Bowling/L <b>11:00 Back &amp; Shoulder Health/MSWC</b> 12:45 Bridge/LR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 4:00 Rummikub/DR	<b>9:30 Coffee &amp; Conversation/DR</b> 12:30 Golf/L 3:00 Rosary/MSC <b>4:00 Mass/MSC</b> <b>5:00 Mass/SA</b>   PP DR 2:00-7:00
12:00 Bowling/LR 12:30 Learn to play Mah Jong/Café 1:00 Rummikub/DR 3:00 Rosary/MSC 5:15 Euchre/DR  	9:00 Book Club/LR 9:30 Golf/L <b>10:00 Chair Yoga/MSWC</b> <b>11:00 Back &amp; Shoulder Health/MSWC</b> <b>12:00 Giveaway Table/LR</b> 12:30 Bowling/L 1:00 Pinochle/DR <b>1:00 Shopping Trip/MS</b> 1:00 AA meeting/PDR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 3:00 Golf/L 6:00 Bingo/DR 6:00 Poker/PDR	9:00 Flow Yoga/MSWC <b>10:00 Mass/SA</b> <b>10:00 Chair Yoga/MSWC</b> 10:30 Bowling/LR 10:30 Bowling/L <b>11:00 Seated Hip Strength/MSWC</b> 12:45 Bridge/LR 1:00 Quiddler/DR <b>1:30 Strength &amp; Motion/MSWC</b> <b>2:00 Ice Cream Sundaes/DR</b> <b>2:30 Flow Yoga/MSWC</b> 2:30 Rummikub/DR 3:00 Rosary/MSC <b>3:30 Movie/LR</b>	9:00 Flow Yoga/MSWC <b>9:00 Rosary/MSC</b> 9:30 Mass/MSC <b>10:00 Chair Yoga/MSWC</b> 10:15 Golf/L <b>11:00 Back &amp; Shoulder Health/MSWC</b> 1:00 Sheephead/DR 1:15 Bible Study with Cheryl/LR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>2:30 Flow Yoga/MSWC</b> 2:30 Golf/L 3:00 Rosary/MSC 6:00 Dominoes/DR  Michelle Vacation	8:05 Coppertop Breakfast Outing <b>9:00 Flow Yoga/MSWC</b> <b>9:00 Rosary/MSC</b> 9:30 Mass/MSC 9:30 Golf/L <b>10:00 Chair Yoga/MSWC</b> <b>11:00 Seated Hip Strength/MSWC</b> <b>11:30 Brown Bag Lunch/DR</b> 1:00 500/DR <b>1:30 Strength &amp; Motion/MSWC</b> 2:15 Bowling/L <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 5:15 Euchre/DR  Michelle Vacation	<b>9:00 Flow Yoga/MSWC</b> <b>9:00 Donuts &amp; Coffee/DR</b> <b>10:00 Chair Yoga/MSWC</b> 10:00 Bowling/L <b>11:00 Back &amp; Shoulder Health/MSWC</b> 12:45 Bridge/LR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 4:00 Rummikub/DR  Michelle Vacation	12:30 Golf/L 3:00 Rosary/MSC <b>4:00 Mass/MSC</b> <b>5:00 Mass/SA</b>
12:00 Bowling/LR 12:30 Learn to play Mah Jong/Café 1:00 Rummikub/DR 3:00 Rosary/MSC 5:15 Euchre/DR	9:30 Golf/L <b>10:00 Chair Yoga/MSWC</b> <b>11:00 Back &amp; Shoulder Health/MSWC</b> 12:30 Bowling/L 1:00 Pinochle/DR 1:00 AA meeting/PDR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>2:00 Nam Kim 'Exploring Stonehenge'/LR</b> <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 3:00 Golf/L 6:00 Bingo/DR  Michelle Vacation Martin Luther King Jr. Day	9:00 Flow Yoga/MSWC <b>10:00 Mass/SA</b> <b>10:00 Chair Yoga/MSWC</b> 10:30 Bowling/LR 10:30 Bowling/L <b>11:00 Seated Hip Strength/MSWC</b> 12:45 Bridge/LR 1:00 Quiddler/DR <b>1:30 Strength &amp; Motion/MSWC</b> <b>2:30 Flow Yoga/MSWC</b> 2:30 Rummikub/DR 3:00 Rosary/MSC <b>4:30 Mix &amp; Mingle/DR</b>  Michelle Vacation	9:00 Flow Yoga/MSWC <b>9:00 Rosary/MSC</b> 9:30 Mass/MSC <b>9:30 Knot Just Knitters/DR</b> <b>10:00 Chair Yoga/MSWC</b> 10:15 Golf/L <b>11:00 Back &amp; Shoulder Health/MSWC</b> 1:00 Sheephead/DR 1:15 Bible Study with Cheryl/LR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>2:00 Trivia/MSCR</b> <b>2:30 Flow Yoga/MSWC</b> 2:30 Golf/L 3:00 Rosary/MSC 6:00 Dominoes/DR <b>6:30 Game Night/Café</b>	9:00 Flow Yoga/MSWC <b>9:00 Rosary/MSC</b> 9:30 Mass/MSC 9:30 Golf/L <b>10:00 Chair Yoga/MSWC</b> <b>11:00 Seated Hip Strength/MSWC</b> <b>12:00 Ladies Lunch/DR</b> 1:00 500/DR <b>1:30 Strength &amp; Motion/MSWC</b> 2:15 Bowling/L <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC <b>4:00 Ecumenical/MSCR</b> 5:15 Euchre/DR	<b>9:00 Flow Yoga/MSWC</b> <b>10:00 Chair Yoga/MSWC</b> 10:00 Bowling/L <b>10:00 Winter Bingo/Café</b> <b>11:00 Back &amp; Shoulder Health/MSWC</b> 12:45 Bridge/LR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>1:30 Snowman Craft/DR</b> <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 4:00 Rummikub/DR	12:30 Golf/L 3:00 Rosary/MSC <b>4:00 Mass/MSC</b> <b>5:00 Mass/SA</b>  
12:00 Bowling/LR 12:30 Learn to play Mah Jong/Café 1:00 Rummikub/DR 3:00 Rosary/MSC 5:15 Euchre/DR  Chinese New Year (Year of the Rabbit)	9:30 Golf/L <b>10:00 Chair Yoga/MSWC</b> <b>11:00 Back &amp; Shoulder Health/MSWC</b> 12:30 Bowling/L 1:00 Pinochle/DR 1:00 AA meeting/PDR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>1:30 International Crane Foundation Video/LR</b> <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 3:00 Golf/L Activity Professionals Week 6:00 Bingo/DR 6:00 Poker/PDR	9:00 Flow Yoga/MSWC <b>10:00 Mass/SA</b> <b>10:00 Chair Yoga/MSWC</b> 10:30 Bowling/LR 10:30 Bowling/L <b>11:00 Seated Hip Strength/MSWC</b> 12:45 Bridge/LR 1:00 Quiddler/DR <b>1:30 Mass with Fr Bart for Catherine Slamar - 100<sup>th</sup> birthday/MSC</b> <b>1:30 Strength &amp; Motion/MSWC</b> <b>2:30 Flow Yoga/MSWC</b> 2:30 Rummikub/DR 3:00 Rosary/MSC <b>6:30 Capitol Chordsman/TS</b> <b>Movie outing today - time TBD</b>	9:00 Flow Yoga/MSWC <b>9:00 Rosary/MSC</b> 9:30 Mass/MSC <b>10:00 Chair Yoga/MSWC</b> 10:15 Golf/L <b>11:00 Back &amp; Shoulder Health/MSWC</b> 1:00 Sheephead/DR 1:15 Bible Study with Cheryl/LR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>2:00 Birthday Party</b> <b>2:30 Flow Yoga/MSWC</b> 2:30 Golf/L 3:00 Rosary/MSC 6:00 Dominoes/DR	9:00 Flow Yoga/MSWC <b>9:00 Rosary/MSC</b> 9:30 Mass/MSC 9:30 Golf/L <b>10:00 Donuts &amp; Hot Chocolate/MSCR</b> <b>10:00 Chair Yoga/MSWC</b> <b>11:00 Seated Hip Strength/MSWC</b> 1:00 500/DR <b>1:30 Strength &amp; Motion/MSWC</b> <b>2:00 Book Club/GH</b> 2:15 Bowling/L <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 5:15 Euchre/DR Australia Day (observed)	<b>9:00 Flow Yoga/MSWC</b> <b>10:00 Chair Yoga/MSWC</b> 10:00 Bowling/L <b>11:00 Back &amp; Shoulder Health/MSWC</b> 12:45 Bridge/LR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 4:00 Rummikub/DR <b>6:30 Hamil Music Center Outing</b>	12:30 Golf/L 3:00 Rosary/MSC <b>4:00 Mass/MSC</b> <b>5:00 Mass/SA</b>
12:00 Bowling/LR 12:30 Learn to play Mah Jong/Café 1:00 Rummikub/DR 3:00 Rosary/MSC 5:15 Euchre/DR  	9:30 Golf/L <b>10:00 Chair Yoga/MSWC</b> <b>11:00 Back &amp; Shoulder Health/MSWC</b> 12:30 Bowling/L 1:00 Pinochle/DR 1:00 AA meeting/PDR <b>1:30 Balance &amp; Hip Strength/MSWC</b> <b>2:30 Flow Yoga/MSWC</b> 3:00 Rosary/MSC 3:00 Golf/L 6:00 Bingo/DR <b>7:00 VFW Band/TS</b>	9:00 Flow Yoga/MSWC <b>10:00 Mass/SA</b> <b>10:00 Chair Yoga/MSWC</b> 10:30 Bowling/LR 10:30 Bowling/L <b>11:00 Seated Hip Strength/MSWC</b> 12:45 Bridge/LR 1:00 Quiddler/DR <b>1:30 Strength &amp; Motion/MSWC</b> <b>2:00 Book Club/GH</b> <b>2:30 Flow Yoga/MSWC</b> 2:30 Rummikub/DR 3:00 Rosary/MSC <b>3:30 Movie/LR</b>	<h1>January 2023</h1> <h2>All Saints Senior Apartments</h2>			31

DR=Dining Room, LR=Living Room, PP=Private Party, PDR=Private Dining Room, SA=Senior Apartments, MS=Main Street, ALAR=Assisted Living Activity Room, WC=Wellness Center, CR=Community Room, TS=Town Square, CH=Greenhouse