



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

1 3:00 Music/sing along  <small>New Year's Day</small>	2 1:15 Quite Time <b>2:30 Birthday Party For Gordon H!</b> 3:15 Sing a Long 4:15 Bingo	3 9:30 1:1 Visits 10:00 Mass 10:45 Exercise 1:15 Quite Time 2:30 Coffee Time/Snack 3:00 Sing Along 4:15 Bingo	4 Care Conferences in the AM 9:30 Make Deviled Eggs 1:15 Quite Time 2:30 Coffee Time/Snack 3:00 Bowling Game <b>3:45 Music With Lindsey!</b> 4:15 Bingo	5 9:45 Hymn Sing/Devotions 10:45 Exercise 1:15 Quite Time 2:30 Coffee Time/Snack <b>3:00 Accordion Music With John S!</b> 4:15 Bingo	6 9:30 Nails/Hair <b>11:00 All Faith Worship Service</b> 1:15 Quite Time 2:30 Coffee Time/Snack 3:15 Music & Dancing 4:15 Bingo	7 10:00 Coffee Time/News	
8 10:00 Coffee Time/News	9 9:30 Nails/Hair 10:45 Worship w/ Pastor Bud 1:15 Quite Time 2:30 Coffee Time/Snack 3:15 Sing a Long 4:15 Bingo	10 9:30 1:1 Visits 10:00 Mass 10:45 Exercise 1:15 Quite Time 2:30 Coffee Time/Snack 3:00 Sing Along 4:15 Bingo	11 Care Conferences in the AM 9:30 Make Deviled Eggs 1:15 Quite Time 2:30 Coffee Time/Snack 3:00 Bowling Game <b>3:45 Music With Lindsey!</b> 4:15 Bingo	12 9:45 Hymn Sing/Devotions 10:45 Exercise 1:15 Quite Time <b>2:30 Birthday Party For Pat K!</b> 4:15 Bingo	13 9:30 Nails/Hair <b>11:00 All Faith Worship Service</b> 1:15 Quite Time 2:30 Coffee Time/Snack 3:15 Music & Dancing 4:15 Bingo	14 10:00 Music/sing along	
15 3:00 Music/sing along	16 9:30 Nails/Hair 10:45 Worship w/ Pastor Bud 1:15 Quite Time 2:30 Coffee Time/Snack 3:15 Sing a Long 4:15 Bingo  <small>Martin Luther King Jr. Day</small>	17 9:30 1:1 Visits 10:00 Mass 10:45 Exercise 1:15 Quite Time 2:30 Coffee Time/Snack 3:00 Sing Along 4:15 Bingo	18 Care Conferences in the AM 9:30 Make Deviled Eggs 1:15 Quite Time 2:30 Coffee Time/Snack 3:00 Bowling Game <b>3:45 Music With Lindsey!</b> 4:15 Bingo	19 9:45 Hymn Sing/Devotions 10:45 Exercise 1:15 Quite Time 2:30 Coffee Time/Snack <b>3:00 Bingo on the Big Screen!</b> 4:15 Games	20 9:30 Nails/Hair <b>11:00 All Faith Worship Service</b> 1:15 Quite Time 2:30 Coffee Time/Snack 3:15 Music & Dancing 4:15 Bingo	21 10:00 Music/sing along	
22 3:00 Music/sing along  <small>Chinese New Year (Year of the Rabbit)</small>	23 9:30 Nails/Hair 10:45 Worship w/ Pastor Bud 1:15 Quite Time 2:30 Coffee Time/Snack 3:15 Sing a Long 4:15 Bingo  <small>Activity Professionals Week</small>	24 9:30 1:1 Visits 10:00 Mass 10:45 Exercise 1:15 Quite Time 2:30 Coffee Time/Snack 3:00 Sing Along 4:15 Bingo	25 Care Conferences in the AM 9:30 Make Deviled Eggs 1:15 Quite Time 2:30 Coffee Time/Snack 3:00 Bowling Game <b>3:45 Music With Lindsey!</b> 4:15 Bingo	26 9:45 Hymn Sing/Devotions 10:45 Exercise 1:15 Quite Time 2:30 Coffee Time/Snack 3:15 Sing a long 4:15 Bingo  <small>Australia Day (observed)</small>	27 9:30 Nails/Hair <b>11:00 All Faith Worship Service</b> 1:15 Quite Time 2:30 Coffee Time/Snack 3:15 Music & Dancing 4:15 Bingo	28 10:00 Coffee Time/News	
29 3:00 Music/sing along	30 9:30 Nails/Hair 10:45 Worship w/ Pastor Bud 1:15 Quite Time 2:30 Coffee Time/Snack 3:15 Sing a Long 4:15 Bingo	31 9:30 1:1 Visits 10:45 Exercise 1:15 Quite Time 2:30 Coffee Time/Snack 3:00 Sing Along 4:15 Bingo	<h1>January 2023</h1> <h2>HEARTHSTONE NEIGHBORHOOD</h2>				

Interested in volunteering? Go to [www.valleyseniorliving.org](http://www.valleyseniorliving.org) or give Terri Heggie a call at 701.787.7989.

**Calendars Subject to Change**

