

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM News and Brews 1 10:00 AM Stretch it Out 11:00 AM Brain Games 1:30 PM Bingo 2:05 PM 49ers vs. Raiders 3:00 PM Tea Time	9:30 AM News and Brews 2 10:00 AM Moves and Grooves 11:00 AM Parachute 1:30 PM Afternoon Walk 2:30 PM Bowling	9:30 AM News & Brews 3 10:00 AM Volleyball 11:30 AM Hot Potato 1:30 PM Crafting and Creating 3:00 PM Music Club	National Trivia Day 4 9:30 News and Brews 10:00 AM Morning Cardio 11:00 AM Word Games 1:00 PM Music with Terry 3:30 PM Snack and Chat 6:00 Puzzles	9:30 AM News & Brews 5 10:00 AM Stretch it Out 11:00 AM Brain Games 1:30 PM Afternoon Walk 2:00 Library-On-Wheels 2:30 PM Colorful Creations	9:30 AM News and Brews 6 10:00 AM Strength Training 11:00 AM Brain Games 1:30 PM Manicures 2:30 PM Happy Hour with Randy	9:30 AM Current in Colorado 7 10:00 AM Chair Yoga 11:00 Word Games 1:30 PM Aroma Therapy 2:30 PM Snack and Chat 6:00 Movie Night
9:30 AM News and Brews 8 10:00 AM Stretch it Out 11:00 AM Brain Games 1:30 PM Bingo 3:00 PM Tea Time NFL Football (time TBD)	National Pizza Week 9 9:30 AM News and Brews 10:00 AM Moves and Grooves 11:00 AM Parachute 1:30 PM Afternoon Walk 2:30 PM Pizza Party	9:30 AM News & Brews 10 10:00 AM Volleyball 11:30 AM Hot Potato 1:30 PM Crafting and Creating 3:00 PM Bingo	9:00 AM Catholic Parish 11 9:30 News and Brews 10:00 AM Morning Cardio 11:00 AM Word Games 1:00 PM Bean Bag Toss 2:30 Self Care Club 3:30 PM Snack and Chat 6:00 Puzzles	9:30 AM News & Brews 12 10:00 AM Stretch it Out 11:00 AM Brain Games 1:30 PM Afternoon Walk 2:30 PM Colorful Creations	9:30 AM News and Brews 13 10:00 AM Strength Training 11:00 AM Brain Games 1:30 PM Manicures 2:30 PM Happy Hour with Joe	9:30 AM Current in Colorado 14 10:00 AM Chair Yoga 11:00 Word Games 1:30 PM Aroma Therapy 2:30 PM Snack and Chat 6:00 Movie Night
9:30 AM News and Brews 15 10:00 AM Stretch it Out 11:00 AM Brain Games 1:30 PM Bingo 3:00 PM Tea Time NFL Football (time TBD)	Martin Luther King Jr. Day 16 9:30 AM News and Brews 10:00 AM Moves and Grooves 11:00 AM Parachute 1:30 PM Afternoon Walk 2:30 PM Bowling	9:30 AM News & Brews 17 10:00 AM Volleyball 11:30 AM Hot Potato 1:30 PM Crafting and Creating 3:00 PM Bingo	9:00 AM Catholic Parish 18 9:30 News and Brews 10:00 AM Morning Cardio 11:00 AM Word Games 1:00 PM Music with Terry 3:30 PM Snack and Chat 6:00 Puzzles	9:30 AM News & Brews 19 10:00 AM Stretch it Out 11:00 AM Brain Games 1:30 PM Afternoon Walk 2:00 Library on Wheels 2:30 PM Colorful Creations	9:30 AM News and Brews 20 10:00 AM Strength Training 11:00 AM Brain Games 1:30 PM Manicures 2:30 PM Happy Hour with RETRO	9:30 AM Current in Colorado 21 10:00 AM Chair Yoga 11:00 Word Games 1:30 PM Aroma Therapy 2:30 PM Snack and Chat 6:00 Movie Night
9:30 AM News and Brews 22 10:00 AM Stretch it Out 11:00 AM Brain Games 1:30 PM Bingo 3:00 PM Tea Time NFL Football (time TBD)	9:30 AM News and Brews 23 10:00 AM Moves and Grooves 11:00 AM Parachute 1:30 PM Afternoon Walk 2:30 PM Bowling	9:30 AM News & Brews 24 10:00 AM Volleyball 11:30 AM Hot Potato 1:30 PM Crafting and Creating 3:00 PM Bingo	9:00 AM Catholic Parish 25 9:30 News and Brews 10:00 AM Morning Cardio 11:00 AM Word Games 1:00 PM Bean Bag Toss 2:30 PM Cooking Club 3:30 PM Snack and Chat 6:00 Puzzles	9:30 AM News & Brews 26 10:00 AM Stretch it Out 11:00 AM Brain Games 1:30 PM Afternoon Walk 2:00 Australia Day	9:30 AM News and Brews 27 10:00 AM Strength Training 11:00 AM Brain Games 1:30 PM Manicures 2:30 PM Happy Hour with Warren	9:30 AM Current in Colorado 28 10:00 AM Chair Yoga 11:00 Word Games 1:30 PM Aroma Therapy 2:30 PM Snack and Chat 6:00 Movie Night
National Puzzle Day 29 9:30 AM News and Brews 10:00 AM Stretch it Out 11:00 AM Brain Games 1:30 PM Puzzles 3:00 PM Tea Time NFL Football (time TBD)	9:30 AM News and Brews 30 10:00 AM Moves and Grooves 11:00 AM Parachute 1:30 PM Afternoon Walk 2:30 PM Bowling 2:30 Birthday Party	9:30 AM News & Brews 31 10:00 AM Volleyball 11:30 AM Hot Potato 1:30 PM Crafting and Creating 3:00 PM Bingo	<h1>January 2023 Memory Care</h1>			

