

January 2023

Sunday 1/1

Happy New Year
Worship Service of Choice
4:00 -Vespers with Hugh Elliott-
AR

Monday 1/2

9:30 - Morning Strollers Walking
Club-SLR-(Resident Led
Hallway Walking)
10:00 -Exercise with Legacy
Healthcare-AR
1:30 -Easy Listening-AR-(Realax
to the Sounds of Acadia
National Park)

Tuesday 1/3

9:30 -Ingles Grocery Shopping
Trip -(Sign Up In Advance
with Activity Dept)
1:30 -Bingo-AR
3:00 -Wii Bowling-AR

Wednesday 1/4

9:30 -Morning Strollers Walking
Club -SLR-(Resident Led
Hallway Walking)
10:00 -Audio Book-AR
11:00 -Menu Planning with
Bud-AR
2:00 -Live Well Health Topics
with Legacy Health Care-AR

Thursday 1/5

11:00 -Learning and Growing
Spiritually with Chris Morgan
-AR
1:30 -Bingo-AR

Friday 1/6

9:30 -Morning Strollers Walking
Club-AR-(Resident Led
Hallway Walking)
11:00 -Poetry Reading with
Asheville Community Theatre
Autumn Players-AR
1:30 -Movie Matinee-AR

Saturday 1/7

Residents Choice-Games, Cards,
Movies Available-AR

Sunday 1/8

Worship Service of Choice
3:45 -Vespers with Hugh Elliott-
AR-(Music By The Rededden
Children)

Monday 1/9

9:30 - Morning Strollers Walking
Club-SLR-(Resident Led
Hallway Walking)
10:00 -Exercise with Legacy
Healthcare-AR
11:00 -Come Visit Dakota the
Therapy Dog-AR
2:00 -Music & Sing-a-long with
Nancy Larkin-AR

Tuesday 1/10

9:30 -Ingles Grocery Shopping
Trip-(Sign Up In Advance with
Activity Dept.)
1:30-Bingo-AR
3:00 -Wii Bowling-AR

Wednesday 1/11

9:30 -Morning Strollers Walking
Club -AR
10:00 -Strength Training-AR
11:00 -Audio Book-AR
1:30 -Crafts-AR-(Pasta
Snowflakes)

Thursday 1/12

10:00 -Strength Training-AR
11:00 -Learning and Growing
Spiritually with Chris Morgan
-AR
1:30 -Bingo-AR
3:00 -ROCK-N-CHAIR Fitness
with King Goslin-AR
6:00 -Music with John Crowder-
AR

Friday 1/13

9:30 -Morning Strollers Walking
Club-SLR
10:00 -Balloon Volleyball-AR
11:00 -Poetry Reading with
Ashville Community Theatre-
AR
2:00 -Native Storyteller Terry
Shinn-AR

Saturday 1/14

Residents Choice-Games, Cards,
Movies Available-AR

Sunday 1/15

Worship Service of Choice
3:45 -Vespers with Hugh Elliott-
AR-(Music By Allen & Lilly
Shelley)

Monday 1/16

9:30 -Morning Strollers Walking
Club-SLR-(Resident Led
Hallway Walking)
10:00 -Strength Training-AR
11:00 -Reflections of the Past
Year-AR
1:30 -Resident Council Meets-AR
3:00 -Reaching Out To Voters
Thought Post Card Art-AR

Tuesday 1/17

9:30 -Walmart Grocery Shopping
Trip(Sign Up In Advance with
Activity Dept.)
1:30 -Bingo-AR
3:00 -Wii Bowling-AR

Wednesday 1/18

9:30 -Morning Strollers Walking
Club -SLR
10:00 -Strength Training-AR
11:00 -Winter Lore & Trivia-AR
1:30 -Let' Visit the Local Library-
(Sign Up In Advance with
Activity Dept.)
3:00 -Audio Book-AR

Thursday 1/19

10:00 -Strength Training-AR
11:00 -Learning and Growing
Spiritually with Chris Morgan
-AR
1:30 -Bingo-AR
3:00 -Meditative Coloring-AR

Friday 1/20

9:30 -Morning Strollers Walking
Club-AR
10:00 -Dominoes-AR
2:00 -Hot Chocolate Social-AR

Saturday 1/21

Residents Choice-Games, Cards,
Movies Available-AR

Sunday 1/22

Worship Service of Choice
4:00 -Vespers with Hugh Elliott-
AR

Monday 1/23

9:30 -Morning Strollers Walking
Club-SLR-(Resident Led
Hallway Walking)
10:00 -Strength Training-AR
11:00 -Mental Fitness-AR
1:30 -Yahtzee-AR

Tuesday 1/24

9:30 -Ingles Grocery Shopping
Trip(Sign Up In Advance with
Activity Dept.)
2:00 Music & Sing-a-long with-
AR

Wednesday 1/25

9:30 -Morning Strollers Walking
Club-SLR
10:00 -Strength Training-AR
11:00 -Guided Mindful
Meditation-AR
12:00 -Resident Birthday
Celebration-DR
1:30 -Bingo-AR
3:00 -Audio Book-AR

Thursday 1/26

10:00 -Strength Training-AR
11:00 -Learning and Growing
Spiritually with Chris Morgan
-AR
1:30 -Bingo-AR
3:00 -ROCK-N-CHAIR Fitness
with King Goslin-AR

Friday 1/27

9:30 -Morning Strollers Walking
Club-AR
10:00 -Mars Hill Errand Run-
(Sign Up In Advance with
Activity Dept.)
1:30 -Let's Go For An Afternoon
Ride-(Sign Up In Advance with
Activity Dept.)

Saturday 1/28

Residents Choice-Games, Cards,
Movies Available-AR

Sunday 1/29

Worship Service of Choice
4:00 -Vespers with Hugh Elliott-
AR

Monday 1/30

9:30 -Morning Strollers Walking
Club-SLR-(Resident Led
Hallway Walking)
10:00 -Strength Training-AR
1:30 -Scrabble-AR

Tuesday 1/31

9:30 -Ingles Grocery Shopping
Trip-(Sign Up In Advance with
Activity Dept.)
1:30 -Bingo-AR
3:00 -Wii Bowling-AR

**For Further Information
Contact Donna Cole at
689-7982**

**Activities Subject
to Change**

**January Birthdays
1/26 -Maureen Beckwith
1/31 -Dorothy Bargainnier**

**Directory
AR-Activity Room
DR-Dining Room
P-Patio
SLR-Second Floor Living
Room
TLR-Third Floor Living
Room**

