

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

NAME: _____

Happy New Year
Wishing you a
year of health and
happiness!

New Year's Day

2 9:00 AM Sit & Get Fit 1:00 Hand and Foot Line Dancing time 3PM-4:00 PM		3 10:00 AM Grocery Shopping 1:30 Chair Yoga		4 TRASH DAY 9:00 AM Sit & Get Fit 1:00 Bridge Club		5 1:30-3:30 PM Movie Matinee Mansion 7:00 PM B Alley Bridge		6 9:00 AM Sit & Get Fit 9:00 AM Men's Breakfast 1:00 PM Pinochle/RummiKub		7 8	
9 9:00 AM Sit & Get Fit 11:15-1:45 Re-gifting pizza party 1:00 Hand and Foot Line Dancing time 3PM-4:00 PM		10 10:00 AM Grocery Shopping 1:30 Chair Yoga 3:30-5PM Just Mom's 6:30-7:45 Bible Study		11 TRASH DAY 9:00 AM Sit & Get Fit 10:00 AM – 12:00 PM Chat time/meet your neighbors-Ladies 1:00 Bridge Club		12 3:30-4:30 PM Steve Walker/Music in the Mansion 7:00 PM B Alley Bridge		13 9:00 AM Sit & Get Fit 9:00 AM Women's Breakfast 1:00 PM Pinochle/RummiKub		14 15	
16 9:00 AM Sit & Get Fit 1:00 Hand and Foot Line Dancing time 3PM-4:00 PM Martin Luther King Jr. Day		17 10:00 AM Grocery Shopping 1:30 Chair Yoga		18 TRASH DAY 9:00 AM Sit & Get Fit 1:00 Bridge Club		19 3PM-4:00PM Maureen Van-Dyke- Alaska Nat'l Geographic Trip 7:00 PM B Alley Bridge		20 9:00 AM Sit & Get Fit 12:00 PM Lunch on Us 1:00 PM Pinochle/RummiKub		21 22	
23 9:00 AM Sit & Get Fit 1:00 Hand and Foot 2:00 PM Healthy Treat pick-up Line Dancing time 3PM-4:00 PM Activity Professionals Week		24 10:00 AM Grocery Shopping 1:30 Chair Yoga 3:30-4PM Cottage Cafe 6:30-7:45 Bible Study		25 TRASH DAY 9:00 AM Sit & Get Fit 10:30-11:30 AM Physical Therapy Health-Kristi 1:00 Bridge Club Australia Day (observed)		26 11:30-2:00 Lunch Outing – Palermo's Pizza/Italian 7:00 PM B Alley Bridge		27 9:00 AM Sit & Get Fit 1:00 PM Pinochle/RummiKub		28 29	
30 9:00 AM Sit & Get Fit 1:00 Hand and Foot Line Dancing time 3PM-4:00 PM		31 "My daddy gave me some great advice when I was seven years old. He Said,"When your feet hit the floor every morning, say out loud, "Today I'm going to do the best job I can do." Today is a promise you make to yourself. – Pearce "Rocky" Lane President, Georgia Olympians World Champion Boxer									