



January 2023

Sunday 1/1

9:30 – TV Church on the Big Screen – AR
10:30 – The Daily Chronicle – A
1:30 – Hangman – AR
(HAPPY NEW YEAR'S)
3:00 – New Year's Day Party – AR
5:00 – New Year's Day Word Search – A

Monday 1/2

9:00 – Devotion w/Pastor Cheryl - LIB
10:00 – Exercise w/Sumter Grove Staff – AR
10:30 – BP & Weight w/MED TECH'S – AR
1:30 – Mix & Mingle – AR
3:00 – Good Luck Bingo – AR
5:00 – Bingo History & Daily Chronicle – A

Tuesday 1/3

9:00 – Devotion w/Tina – LIB
10:00 – The Daily Chronicle – A
11:00 – Southern Bliss Yoga w/Melissa – AR
1:30 – Cookies & Lemonade – AR
3:00 – All About You Spa (Manicures) – AR
5:00 – January IQ – A

Wednesday 1/4

9:00 – Pure Devotion w/Tina – LIB
10:00 – Wonder Women/Men Workout – AR
10:30 – Searching for January – A
1:30 – Upcycled Love Beads w/Tina – AR
3:00 – Bible Study – LIB
5:00 – The Daily Chronicle – A

Thursday 1/5

9:00 – Devotion w/Mr. David – LIB
10:00 – Power up w/Keever – AR
10:30 – Resident Council Meeting – AR
1:30 – Men Program-Clothespin & Buttons Car – AR
3:00 – Time to Party Happy Hour – AR
5:00 – The Daily Chronicle – A

Friday 1/6

9:00 – Devotion w/Mrs. Annie – LIB
10:00 – The Daily Chronicle – A
11:00 – Strike a Pose w/Southern Bliss Yoga – AR
1:30 – Flower Power Bouquets – AR
2:30 – Tour around Town Bus Ride w/Tina – BUS
5:00 – Famous January Birthdays – A

Saturday 1/7

9:45 – Second Cup w/Jackie - AR
10:30 – Weekend Warrior – AR
1:30 – Meet & Greet – AR
3:00 – Bingo Day Babes – AR
5:00 – The Daily Chronicle – A

Sunday 1/8

9:30 – TV Church – A
10:30 – Remembering Elvis – A
1:30 – Elvis Thoughts-Hangman – AR
3:00 – Elvis Music Happy Hour – AR
5:00 – The Daily Chronicle – A

Monday 1/9

9:00 – Devotion w/Pastor Cheryl – LIB
10:00 – De-Manic Monday w/Southern Bliss Yoga – AR
10:30 – The Daily Chronicle – A
1:30 – Tie-Dyed Tissue Paper – AR
3:00 – Free Space Bingo – AR
5:00 – January Zodiac Word Search – A

Tuesday 1/10

9:00 – Fellowship of Souls w/Tina – LIB
10:00 – Big, Fancy art Bunch – AR
11:00 – Southern Bliss Yoga w/Melissa – AR
1:30 – Music & Refreshments w/Tina – AR
3:00 – Feel Good Manicures w/Tina – AR
5:00 – The Daily Chronicle – A

Wednesday 1/11

9:00 – Devotion w/Tina – LIB
10:00 – Let's Get Moving w/Tina – AR
10:30 – The Daily Chronicle – A
1:30 – Volleyball in the Activity Room – AR
3:00 – Bible Study w/Tina – LIB
5:00 – The Swinging' 60s Word Search – A

Thursday 1/12

9:00 – Devotion w/Pastor Cheryl – LIB
10:00 – Sit & Stretch w/Keever – AR
10:30 – The Daily Chronicle – A
1:30 – Tic-Tac-Toe w/Tina – AR
3:00 – Wine & Cheese Social – AR
5:00 – A First Time for Everything – A

Friday 1/13

9:00 – Devotion w/ Mrs. Annie – LIB
10:00 – Word Search – A
11:00 – Southern Bliss Yoga w/Melissa – AR
1:30 – Drinks on Me – AR
3:00 – The Price is Right Hangman – AR
5:00 – The Daily Chronicle – A

Saturday 1/14

9:45 – Second Cup w/Leigh – AR
10:30 – The Daily Chronicle – A
1:30 – Snack Time – AR
3:00 – Stay or Bin-Go – AR
5:00 – Community Word Search – A

Sunday 1/15

9:30 – TV Church on the Big Screen – AR
10:30 – Mindful Word Search – A
1:30 – Let's Play Cards – AR
3:00 – Corn Hole Bean Bag Toss – AR
5:00 – The Daily Chronicle – A

Monday 1/16

9:00 – Devotion w/Pastor Cheryl - LIB
10:00 – Monday Moves w/Tina – AR
10:30 – The Daily Chronicle – A
1:30 – Coffee Klatch – AR
3:00 – Eyes on the Prize Bingo – AR
5:00 – The Daily Chronicle – A

Tuesday 1/17

9:00 – Morning Devotion w/Tina - LIB
10:00 – The Daily Chronicle – AR
11:00 – Southern Bliss Yoga w/Melissa – AR
1:30 – Would You Rather – AR
3:00 – Pampered Me Nails Spa w/Tina – AR
5:00 – Sudoku Puzzle – A

Wednesday 1/18

9:00 – Morning Devotion w/Tina – LIB
10:00 – Sit Down Fitness Exercise – AR
10:30 – Pet Therapy w/Dennis Sides – AR/A
1:30 – Evolution of Slogans – AR
3:00 – Bible Study – LIB
5:00 – The Daily Chronicle – A

Thursday 1/19

9:00 – Devotion w/Mr. David – LIB
10:00 – Express Yourself w/Keever – AR
10:30 – One on One Sessions – A
1:30 – Let's Get Crafty-Embroidery – AR
3:00 – Thirsty Thursday Happy Hour – AR
5:00 – The Daily Chronicle – A

Friday 1/20

9:00 – Devotion w/Mrs. Annie – LIB
10:00 – Bend to the Beat – AR
10:30 – Lunch Outing (TBD) – BUS
1:30 – One on One's w/Tina – A
3:00 – Move Time (Popcorn & Drinks) - AR
5:00 – The Daily Chronicle – A

Saturday 1/21

9:45 – Second Cup w/Melissa – AR
10:30 – The Daily Chronicle – A
1:30 – Snack Time – AR
3:00 – Bird Bingo – AR
5:00 – Exotic Birds Word Search – A

Sunday 1/22

9:30 – Devotion w/Mr. David – LIB
10:30 – The Daily Chronicle – A
1:30 – Munchie Mobile – A
3:00 – Pictionary – AR
5:00 – People Born in the 1940s – A

Monday 1/23

9:00 – Devotion w/Pastor Cheryl - LIB
10:00 – Body Movement – AR
10:30 – The Daily Chronicle – A
1:30 – Greet & Gather – AR
3:00 – My Buddies Bingo – AR
5:00 – Evening Walk – H

Tuesday 1/24

9:00 – Morning Devotion w/Tina – LIB
10:00 – The Daily Chronicle – A
11:00 – Southern Bliss Yoga w/Melissa – AR
1:30 – Knitting Group – AR
3:00 – Pure Bliss Massage w/Tina – AR
5:00 – Brain Teaser – A

Wednesday 1/25

9:00 – Morning Devotion w/Tina – LIB
10:00 – Morning Exercise – AR
10:30 – Hydration & Activity Cart – A
11:45 Captain Table w/Melissa - PDR January Birthday's
1:30 – Hydration Cart – AR
3:00 – Bible Study – LIB
5:00 – The Daily Chronicle – A

Thursday 1/26

9:00 – Devotion w/Mr. David – LIB
10:00 – Total Body Reset w/Keever – AR
10:30 – The Daily Chronicle – AR
1:30 – Riddles Who am I/What am I? – AR
3:00 – Show Me Your Dance Moves Happy Hour – AR
5:00 –

Friday 1/27

9:00 – Devotion w/Mrs. Annie – LIB
10:00 – The Daily Chronicle – A
11:00 – Southern Bliss Yoga – AR
1:30 – Indoor Bowling & Snacks – AR
3:00 – Jewelry Making w/Tina – AR
5:00 – Mind Joggers – A

Saturday 1/28

9:45 – Second Cup w/ Tina – AR
10:45 – Saturday Morning Exercise w/Tina – AR
1:30 – Fun Sponge Painting – AR
3:00 – Time After Time Bingo – AR
5:00 – The Daily Chronicle – A

Sunday 1/29

9:30 – Billy Graham Sermon – AR
10:30 – The Daily Chronicle – A
1:30 – Chips & Cola – AR
3:00 – Evening Prayer- A Lamp to My Feet – LIB
5:00 – Who am I? New Testament Review – A

Monday 1/30

9:00 – Devotion w/Pastor Cheryl – LIB
10:00 – Hand & Foot Exercise w/Tina – AR
10:30 – The Daily Chronicle – A
1:30 – Family Feud Game Questions – AR
3:00 – Feeling Lucky Bingo – AR
5:00 – Easy Puzzle – A

Tuesday 1/31

9:00 – Daily Devotion w/Tina – L
10:00 – The Daily Chronicle – A
11:00 – Southern Bliss Yoga – AR
1:30 – Snack Time – AR
3:00 – Hands of Gold Manicures – AR
5:00 – Food Quiz – A

Location Key:
Activity Room – AR
Dining Room – DR
Front Porch – FP
Courtyard – CY
Apartment – A
Library – L
Hallways – H

All Programs are Subject to Change without NOTICE!!!

**Sumter Grove
Senior Living**