

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

9:30-11:30 Channel 4
Independent Exercise Video
10:00 Indoor Walking Club
11:00 Daily Chronicle
2:00 Bingo

New Year's Day

9:30-11:30 Channel 4
Independent Exercise Video
10:00 Indoor Walking Club
11:00 Sunday Puzzler
2:00 Plainfield Christian Church (Bistro)

10:00 Sit & Stretch
11:00 Daily Chronicle
3:00 Cards & Games

10:00 Sit & Stretch
11:00 Cranium Crunches
2:00 Town Hall Meeting (Bistro)
3:00 Social Hour

10:00 Sit & Stretch
11:00 Trivia Fun
2:00 Belleville Church of Christ Bible Study (Bistro)
3:00 Manicures

10:00 Sit & Stretch
11:00 Baking Club
2:00 Bingo
3:00 Social Hour

10:00 Sit & Stretch
11:00 Uno!
1:30 Trip to Meijer
3:00 Arts & Crafts: Paper Snowflakes

9:30-11:30 Channel 4
Independent Exercise Video
10:00 Indoor Walking Club
11:00 Daily Chronicle
2:00 Bingo

9:30-11:30 Channel 4
Independent Exercise Video
10:00 Indoor Walking Club
11:00 Sunday Puzzler
2:00 Plainfield Christian Church (Bistro)

10:00 Sit & Stretch
11:00 Daily Chronicle
3:00 Cards & Games

8:00 Men's Breakfast
10:00 Sit & Stretch
11:00 Cranium Crunches
2:00 Bingo
3:00 Social Hour

10:00 Sit & Stretch
11:00 Trivia Fun
2:00 Belleville Church of Christ Bible Study (Bistro)
3:00 Manicures

10:00 Sit & Stretch
11:00 Baking Club
2:00 Bingo
3:00 Social Hour

10:00 Sit & Stretch
11:00 Lunch at Sal's Pizzeria
3:00 Arts & Crafts: Coffee Creamer Snowman

9:30-11:30 Channel 4
Independent Exercise Video
10:00 Indoor Walking Club
11:00 Daily Chronicle
2:00 Bingo

9:30-11:30 Channel 4
Independent Exercise Video
10:00 Indoor Walking Club
11:00 Sunday Puzzler
2:00 United Methodist Church (Bistro)

10:00 Sit & Stretch
11:00 Daily Chronicle
1:30 Trip to Goodwill & Aldi
3:00 Cards & Games

Martin Luther King Jr. Day

10:00 Sit & Stretch
11:00 Cranium Crunches
2:00 Bingo
3:00 Social Hour

10:00 Sit & Stretch
11:00 Let's Travelogue
2:00 Belleville Church of Christ Bible Study (Bistro)
3:00 Manicures

10:00 Sit & Stretch
11:00 Baking Club
2:00 Bingo
3:00 Social Hour

10:00 Sit & Stretch
11:00 Lunch at Opa!
3:00 Arts & Crafts: Polar Bear Art

9:30-11:30 Channel 4
Independent Exercise Video
10:00 Indoor Walking Club
11:00 Daily Chronicle
2:00 Bingo

9:30-11:30 Channel 4
Independent Exercise Video
10:00 Indoor Walking Club
11:00 Sunday Puzzler
2:00 Plainfield Christian Church (Bistro)

Activity Professionals Week

10:00 Sit & Stretch
11:00 Daily Chronicle
3:00 Cards & Games

10:00 Sit & Stretch
11:00 Cranium Crunches
2:00 Bingo
3:00 Social Hour

10:00 Sit & Stretch
11:00 Trivia Fun
2:00 Belleville Church of Christ Bible Study (Bistro)
3:00 Manicures

Australia Day (observed)

10:00 Sit & Stretch
11:00 Baking Club
2:00 Bingo
3:00 Social Hour

10:00 Sit & Stretch
11:00 Coachman
3:00 Arts & Crafts: Watercolors & Art

9:30-11:30 Channel 4
Independent Exercise Video
10:00 Indoor Walking Club
11:00 Daily Chronicle
2:00 Bingo

9:30-11:30 Channel 4
Independent Exercise Video
10:00 Indoor Walking Club
11:00 Sunday Puzzler
2:00 Plainfield Christian Church (Bistro)

10:00 Sit & Stretch
11:00 Daily Chronicle
1:30 Trip to JCPenney
3:00 Cards & Games

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