

ASHTON MANOR AT SUGARLOAF

January 2023

01/01 - Sunday

Happy Blessed New Year's Day!
Mornings With Jesus - LR
10:00 - Hydration & Snacks
Songs of Praise - LR
Sunday Cinema - LR
3:00 - Hydration & Snacks
Resident's Choice - AD

01/02 - Monday

National Personal Trainer Day!
9:00 - Spiritual Meditation
10:00 - Hydration & Snacks
10:30 - Personal Trainer - LR
11:00 - IN2L Trivia - LR
2:00 - Monday Matinee - LR
3:00 - Winter Bingo - AD
6:00 - Relax & Reminisce

01/03 - Tuesday

9:00 - Talk Show Tuesday - LR
10:00 - Live Music Concert - LR
11:00 - Hydration Station - LR
1:00 - Table Games Tuesday - AD
2:00 - Movie Matinee - LR
3:00 - IN2L Shen Yun - LR
6:00 - Relax & Reminisce

01/04 - Wednesday

Transportation to Doctors
10:00 - Hydration & Snacks
10:30 - Resident's Choice
1:00 - Color me Calm - AD
2:00 - Western Wednesday - LR
3:00 - Magazines & Music - AD
6:00 - Relax & Reminisce

01/05 - Thursday

9:00 - Throwback Thursday - LR
10:00 - Bake & Bond - AD
10:30 - Sanctuary Sisters - AD
11:00 - Nat'l Bird Day - AD
2:00 - Movie Cinema - LR
3:15 - Bible Study w/Queenie - AD
6:00 - Relax & Reminisce

01/06 - Friday

9:00 - NFL Football Friday - LR
10:00 - Hydration & Snacks
11:00 - Resident's Choice
1:00 - Graceland Travelogue - LR
2:00 - Football Movie - LR
3:00 - Winter Bingo - AD
6:00 - Relax & Reminisce

01/07 - Saturday

Daily Inspiration - LR
10:00 - Hydration & Snacks
Saturday Cinema - LR
Library / Magazines - AD
3:00 - Hydration & Snacks - AD

01/08 - Sunday

Happy Birthday Elvis!
A Taste of Tupelo Mississippi
Mornings With Jesus - LR
10:00 - Hydration & Snacks
Songs of Praise - LR
Sunday Cinema - LR
3:00 - Hydration & Snacks
Resident's Choice - AD

01/09 - Monday

9:00 - Spiritual Meditation
10:00 - Hydration & Snacks
10:30 - Move It Monday - LR
11:00 - IN2L Trivia - LR
2:00 - Monday Matinee - LR
3:00 - Winter Bingo - AD
6:00 - Relax & Reminisce

01/10 - Tuesday - Hairdresser

9:00 - Talk Show Tuesday - LR
10:00 - Resident's Choice
11:00 - Hydration Station - LR
1:00 - Table Games Tuesday - AD
2:00 - Movie Matinee - LR
3:00 - IN2L Shen Yun - LR
6:00 - Relax & Reminisce

01/11 - Wednesday

10:00 - Hydration & Snacks
10:30 - Music Bingo - LR
1:00 - Color me Calm - AD
2:00 - Western Wednesday - LR
3:00 - Resident's Choice
6:00 - Relax & Reminisce

01/12 - Thursday

Transportation to Doctors
9:00 - Throwback Thursday - LR
10:00 - Hot Tea Day - AD
10:15 - Ring the Bell Game - AD
10:45 - Winter Art - AD
2:00 - Movie Cinema - LR
3:15 - Resident's Choice
6:00 - Relax & Reminisce

01/13 - Friday

9:00 - NFL Football Friday - LR
10:00 - Hydration & Snacks
11:00 - Resident's Choice
1:00 - Armchair Travelogue - LR
2:00 - Football Movie - LR
3:00 - Winter Bingo - AD
6:00 - Relax & Reminisce

01/14 - Saturday

Daily Inspiration - LR
10:00 - Hydration & Snacks
Saturday Cinema - LR
Library / Magazines - AD
3:00 - Hydration & Snacks
Resident's Choice - AD

01/15 - Sunday

Mornings With Jesus - LR
10:00 - Hydration & Snacks
Songs of Praise - LR
Sunday Cinema - LR
3:00 - Hydration & Snacks
Resident's Choice
Activity Den

01/16 - Monday

Martin Luther King Jr. Day!
9:00 - Spiritual Meditation
10:00 - Hydration & Snacks
10:30 - Move It Monday - LR
11:00 - MLK Trivia - LR
1:30 - Portraits of Fiber Art - CC
2:00 - Monday Matinee - LR
3:00 - Winter Bingo - AD
6:00 - Relax & Reminisce

01/17 - Tuesday

9:00 - Karaoke Sing - Along - LR
10:00 - Crafts w/ Christa - LR
11:00 - Hydration Station - LR
1:00 - Table Games Tuesday - AD
2:00 - Movie Matinee - LR
3:00 - IN2L Shen Yun - LR
6:00 - Relax & Reminisce

01/18 - Wednesday

Transportation to Doctors
10:00 - Hydration & Snacks
10:30 - Resident's Choice
1:00 - Color me Calm - AD
2:00 - Winnie the Pooh Day - LR
3:00 - Magazines & Music - AD
6:00 - Relax & Reminisce

01/19 - Thursday

Happy Blessed "4th" Year
Anniversary ASHTON MANOR
AT SUGARLOAF!
9:00 - Throwback Thursday - LR
10:00 - 11:00 "Literal" Fashion Show
Anniversary Luncheon
2:00 - Popcorn Day Cinema - LR
3:15 - Walking in Ashton's Shoes
6:00 - Relax & Reminisce

01/20 - Friday

9:00 - NFL Football Friday - LR
10:00 - Hydration & Snacks
10:30 - Ring the Bell - AD
11:00 - Resident's Choice
1:00 - Armchair Travelogue - LR
2:00 - Football Movie - LR
3:00 - Winter Bingo - AD
6:00 - Relax & Reminisce

01/21 - Saturday

Daily Inspiration - LR
10:00 - Hydration & Snacks
Saturday Cinema - LR
Library / Magazines - AD
3:00 - Hydration & Snacks - AD

01/22 - Sunday

Chinese New Year!
Sunday Morning with Jesus - LR
9:30 - JCD4U CHURCH Service
10:00 - Hydration & Snacks
Sunday Cinema - LR
3:00 - Hydration & Snacks
Activity Den

01/23 - Monday - Pie Day

9:00 - Spiritual Meditation
10:00 - Hydration & Snacks
10:30 - Resident's Choice
11:00 - Table Games - AD
2:00 - Monday Matinee - LR
3:00 - Winter Bingo w/ Penny - AD
6:00 - Relax & Reminisce

01/24 - Tuesday - Hairdresser

9:00 - Talk Show Tuesday - LR
10:00 - Resident's Choice
11:00 - Hydration Station - LR
1:00 - Table Games Tuesday - AD
2:00 - Movie Matinee - LR
3:00 - IN2L Shen Yun - LR
6:00 - Relax & Reminisce

01/25 - Wednesday - Manicurist

Transportation to Doctors
10:00 - Hydration & Snacks
10:30 - Resident's Choice
1:00 - Color me Calm - AD
2:00 - Western Wednesday - LR
3:00 - Magazines & Music - AD
6:00 - Relax & Reminisce

01/26 - Thursday

9:00 - Throwback Thursday - LR
10:00 - Bake & Bond - AD
10:30 - Sanctuary Sisters - AD
11:00 - Winter Wonderland - AD
2:00 - Movie Cinema - LR
3:15 - Bible Study w/Queenie - AD
6:00 - Relax & Reminisce

01/27 - Friday

9:00 - NFL Football Friday - LR
10:00 - Hydration & Snacks
11:00 - Resident's Choice
1:00 - Armchair Travelogue - LR
2:00 - Football Movie - LR
3:00 - Winter Bingo - AD
6:00 - Relax & Reminisce

01/28 - Saturday

Daily Inspiration - LR
10:00 - Hydration & Snacks
Saturday Cinema - LR
Library / Magazines - AD
3:00 - Hydration & Snacks
Activity Den

01/29 - Sunday

Mornings With Jesus - LR
10:00 - Hydration & Snacks
Songs of Praise - LR
Sunday Cinema - LR
3:00 - Hydration & Snacks
Resident's Choice
Activity Den

01/30 - Monday

9:00 - Spiritual Meditation
10:00 - Hydration & Snacks
10:30 - Move It Monday - LR
11:00 - IN2L Trivia - LR
2:00 - Monday Matinee - LR
3:00 - Winter Bingo - AD
6:00 - Relax & Reminisce

01/31 - Tuesday

9:00 - Talk Show Tuesday - LR
10:00 - Discovery Therapy - LR
11:00 - Hydration Station - LR
1:00 - Table Games Tuesday - AD
2:00 - Backward Day Matinee - LR
3:00 - IN2L Shen Yun - LR
6:00 - Relax & Reminisce

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Ashton Manor at Sugarloaf
Assisted Living