


# Independent Living January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1 HAPPY NEW YEAR!</b> 1:30pm Virtual Worship Service, Ch. 1990 1:30pm Worship Service with Rev. <b>Shannon Blosser</b>, Pea Ridge United Methodist <b>6pm Movie—"Chicago"</b></p> 	<p><b>2</b> 9am Exercise <b>9:30am YMCA</b> 10am Exercise <b>11am Htgn Federal Cancelled</b> 11:15am Men's Exercise Class <b>12pm Seamstress</b> 2pm Corn Hole <b>4pm Meditation W3, 2nd Floor</b></p>	<p><b>3</b> 9am Exercise 10am Exercise <b>11am Htgn Federal Bank</b> <b>12-2pm Todd Chow</b> <b>1pm Huntington Mall</b> 1pm Chair Yoga 1pm Right Left Center 2pm Knitting Circle &amp; Loom <b>2pm One Day University</b></p>	<p><b>4</b> 9am Exercise 10am Exercise <b>9:30am YMCA</b> <b>10am Bible Study</b> 11:15am Men's Exercise Class 12:30pm Bridge 2pm Corn Hole 4pm Happy Hour (BYOB) 6:15pm Bingo</p>	<p><b>5</b> 9am Exercise 10am Exercise 1pm Chair Yoga 1:30pm Pool Shots <b>2pm Chase Bank</b> 3pm Board Games 4pm Communion <b>5pm Out to dinner—"Jewel City"</b> <b>7pm MU vs GA Southern</b></p> 	<p><b>6</b> 9am Exercise <b>9:30am YMCA</b> 10am Balance in Action with Genesis 2pm Corn Hole <b>6pm Movie- "Ticket to Paradise"</b></p>	<p><b>7</b> 12:30pm Bridge <b>3:30pm MU vs Coastal Carolina</b> 6:15pm Bingo</p>
<p><b>8</b> 1:30pm Virtual Worship Service, Ch. 1990 1:30pm Worship Service with <b>Rev. John Yeager</b>, Enslow Park Presbyterian <b>6pm Movie—"War and Remembrance Part X"</b></p>	<p><b>9</b> 9am Exercise <b>9:30am YMCA</b> 10am Exercise <b>11am Huntington Federal Bank</b> 11:15am Men's Exercise Class <b>12pm Seamstress</b> 2pm Corn Hole <b>4pm Meditation W3, 2nd Floor</b> <b>6pm MARSHALL MONDAY</b></p>	<p><b>10</b> 9am Exercise 10am Exercise <b>12-2pm Todd Chow</b> <b>1pm Walmart</b> 1pm Chair Yoga 1pm Right Left Center 2pm Knitting Circle &amp; Loom <b>2pm David Lieving, HADCO</b> <b>6pm—Parkinson's Support</b></p>	<p><b>11</b> 9am Exercise <b>9:30am YMCA</b> 10am Exercise <b>10am Bible Study</b> <b>10am Food Committee</b> 11:15am Men's Exercise Class 12:30pm Bridge <b>1pm Dr. Brashears</b> 2pm Corn Hole 4pm Happy Hour (BYOB) 6:15pm Bingo</p>	<p><b>12</b> 9am Exercise 10am Exercise 1pm Chair Yoga 1:30pm Pool Shots 3pm Board Games 4pm Communion <b>6pm Hoops Family Children's Hospital</b> <b>7pm MU vs So. Miss, Act Rm</b></p>	<p><b>13</b> 9am Exercise <b>9:30am YMCA</b> 10am Balance in Action with Genesis 2pm Corn Hole <b>2pm Adam Bennett, FBI</b> <b>6pm Movie- "Jerry &amp; Marge Go Large"</b></p>	<p><b>14</b> 12:30pm Bridge <b>12:30pm Trip to Huntington Mall for the Opera</b> 6:15pm Bingo <b>7pm MU vs ODU</b></p>
<p><b>15</b> 1:30pm Virtual Worship Service, Ch. 1990 1:30pm Worship Service <b>6pm Movie—"War and Remembrance Part XI"</b></p>	<p><b>16 MARTIN LUTHER KING JR DAY</b> 9am Exercise <b>9:30am YMCA</b> 10am Exercise <b>11am Huntington Federal Bank</b> 11:15am Men's Exercise Class <b>12pm Seamstress</b> 2pm Corn Hole <b>2pm Martin Luther King: A Legacy Revisited</b></p>	<p><b>17</b> 9am Exercise 10am Exercise <b>12-2pm Todd Chow</b> 1pm Chair Yoga <b>1pm Target</b> 1pm Mexican Train Dominos 2pm Knitting Circle &amp; Loom Knitting, W5 #184 Cmmns Area <b>2pm Assoc. of the Blind</b> <b>6pm Cowboy Magician</b></p>	<p><b>18</b> 9am Exercise <b>9:30am YMCA</b> 10am Exercise 11:15am Men's Exercise Class 12:30pm Bridge/2pm Corn Hole <b>3pm Marshall Chamber Music</b> 4pm Happy Hour (BYOB) 6:15pm Bingo</p>	<p><b>19</b> 9am Exercise 10am Exercise 1pm Chair Yoga 1:30pm Pool Shots <b>2pm Resident Council</b> 3pm Board Games 4pm Communion <b>5pm Out to dinner—"Fratelli's"</b> <b>8pm MU vs Texas State</b></p>	<p><b>20</b> 9am Exercise <b>9:30am YMCA</b> 10am Balance in Action with Genesis <b>1pm Shawn with Gensis</b> 2pm Corn Hole <b>6pm Movie- "South Pacific"</b></p>	<p><b>21</b> 12:30pm Bridge <b>3pm MU vs Arkansas State</b> 6:15pm Bing</p>
<p><b>22</b> 1:30pm Virtual Worship Service, Ch. 1990 1:30pm Worship Service with <b>Rev. Marc Price</b>, 1st Church of the Nazarene <b>6pm Movie "War and Remembrance Part XII"</b></p>	<p><b>23</b> 9am Exercise <b>9:30am YMCA</b> 10am Exercise <b>11am Activities Meeting</b> <b>11am Huntington Federal Bank</b> 11:15am Men's Exercise Class <b>12pm Seamstress</b> <b>1pm Welcome to the Woodlands</b> 2pm Corn Hole</p>	<p><b>24</b> 9am Exercise 10am Exercise <b>12-2pm Todd Chow</b> 1pm Chair Yoga <b>1pm Ashland Mall</b> 1pm Right Left Center <b>2pm Good News Lamas</b> <b>6pm Keith Ellison</b></p>	<p><b>25</b> 9am Exercise <b>9:30am YMCA</b> 10am Exercise 11:15am Men's Exercise Class 12:30pm Bridge <b>1pm Aetna New Year Bingo</b> 2pm Corn Hole 4pm Happy Hour (BYOB) 6:15pm Bingo</p>	<p><b>26</b> 9am Exercise 10am Exercise 10:30am Book Club 1pm Chair Yoga 1:30pm Pool Shots <b>2pm Blessed Furever Pet Therapy</b> 3pm Board Games 4pm Communion <b>7pm MU vs ULM</b></p>	<p><b>27 Birthday Dinner!</b> 9am Exercise <b>9:30am YMCA</b> 10am Balance in Action with Genesis 2pm Corn Hole <b>6pm Bob Thompson</b></p>	<p><b>28</b> 12:30pm Bridge 6:15pm Bingo <b>7pm MU vs GA State</b></p>
<p><b>29</b> 1:30pm Virtual Worship, Ch1990 1:30pm Worship Service with <b>Rev. Parrish Bridges</b>, First Presbyterian</p>	<p><b>30</b> 9am Exercise <b>9:30am YMCA</b> 10am Exercise <b>11am Huntington Federal Bank</b> 11:15am Men's Exercise Class <b>12pm Seamstress</b> 2pm Corn Hole</p>	<p><b>31</b> 9am Exercise 10am Exercise <b>12-2pm Todd Chow</b> 1pm Chair Yoga <b>1pm Kroger</b> 1pm Mexican Train Dominos 2pm Knitting Circle &amp; Loom Knitting, W5 #184 Cmmns Area <b>2pm One Day University</b></p>				<p><b>KEY</b> <b>Black=Regular Events</b> <b>Red= Special On Campus</b> <b>Green=Off Campus</b></p>

# Healthcare January 2023 (Calendar Subject to Change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Happy New Year!</b> Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	2 Activities in the Neighborhood	3 Exercise 11:15am-11:45am  Packing up Christmas 2-3pm	4 Exercise 11:15-11:45am  Walmart Trip 1pm-4pm Activities in the Neighborhoods	5 Exercise 11:15-11:45am  Resident Council 2-2:30pm Refreshments 2:30	6 Exercise 11:15am-11:45am  Movie Matinee & Popcorn “Little Boy” 2pm—4pm	7 Pastries & The Royals 10:30- 11:30am  Bingo 2-3pm
8 Communion Service 1-1:30pm Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service Carol Gump 3-3:45pm, Chapel	9 Exercise 11:15am-11:45am  Bingo 2:00-3:00pm 3pm-3:30pm Mass w/Father Dean, Chapel 4:30pm Liberty Jackson pianist DR	10 Exercise 11:15am-11:45am  3D Succulent Art 2-3pm	11 Exercise 11:15am-11:45am  Pretty Nails 2-3pm	12 Exercise 11:15-11:45am  Music Therapy w/Carleigh 2-3pm	13 Exercise 11:15am-11:45am  Let’s Play Cards 2-3pm	14 Pastries & The Royals 10:30- 11:30am  Bingo 2-3pm
15 Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	16 Exercise 11:15am-11:45am  2:00-3:00pm Bingo 3pm-3:30pm Mass w/Father Dean, Chapel	17 Exercise 11:15am-11:45am  Sachet Bags 2:00-3:00pm Cowboy Balloon Art 4:30pm	18 Exercise 11:15-11:45am  Walmart Trip 1-4pm Activities in the Neighborhood	19 Exercise 11:15-11:45am  Scrabble Slam 2-3pm	20 Exercise 11:15-11:45am  Movie Matinee & Popcorn “Little Rascals” 2pm—4pm	21 Pastries & The Royals 10:30- 11:30am  Bingo 2-3pm
22 Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	23 Exercise 11:15am-11:45am  Bingo 2:00-3:00pm 3-3:30pm Mass w/Father Dean, Chapel 4:30pm Liberty Jackson pianist DR	24 Exercise 11:15am-11:45am  Birdfeeders 2-3pm Music with Keith Ellison 5pm	25 Exercise 11:15am-11:45am  Pretty Nails 2-3pm	26 Exercise 11:15am-11:45am  Music Therapy w/Carleigh 2-3pm	27 Exercise 11:15am-11:45am  Let’s Play Cards 2-3pm  Birthday Dinner Music with Bob Thompson 5pm	28 Pastries & The Royals 10:30- 11:30am  Bingo 2-3pm
29 Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	30 Exercise 11:15am-11:45am  Bingo 2-3pm 3pm Mass w/Father Dean, Chapel	31 Exercise 11:15am-11:45am  Bluegrass Music with Bobby 2- 3pm			Garden View Daily Activities  9am 1E Morning Gathering 10am 1E Exercise 2pm 1E Craft/Activity	Friday Room Visits with Chaplain Carol Gump 9am—2pm  Outings Weather Permitting