

January 2023 Sherwood Assisted Living Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 New Year's Day 2:00 Full Body Fitness 3:00 Holy Trinity Catholic Mass</p>	<p>2 9:30 Walky Talky 10:00 Body & Brain Builders 10:45 Farkle 2:00 Poker (3:30 Farewell to the holiday season — undecorating)</p>	<p>3 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Odie the dog's Walkabout 1:30 Second Chance Store (2:00 Farewell to the holiday season — undecorating) 3:30 Dungeness Lutheran Church with Pastor Russ Britton</p>	<p>4 9:30 Walky Talky 10:00 Exercise Balloon 10:45 Uno 2:00 Arts & Crafts Winter Wreath  (3:30 Farewell to the holiday season — undecorating)</p>	<p>5 9:30 Walky Talky 10:00 Body & Brain Builders 10:45 Phase 10 1:30 Second Chance Store 2:30 Jason & Cheryl Sing Along in the Regent Dining Room (Favorites Music) (3:45 Farewell to the holiday season — undecorating)</p>	<p>6 10:00 Full Body Fitness 10:45 Women's Group 2:00 Bingo 3:30 Odds & Ends</p>	<p>7 10:00 Exercise Balloon 2:00 Movie Matinee: Ocean's Eleven (2001 PG-13 Crime/Thriller 1h 56m)</p>
<p>8 10:00 Full Body Fitness 1:30 Holy Trinity Catholic Mass internet streaming 2-2:30 Walk with your Buddy 3:00 Sequim Community Church internet streaming</p>	<p>9 9:30 Walky Talky 10:00 Body & Brain Builders 10:45 Farkle 2:00 Poker 3:30 Room Visits</p>	<p>10 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Odie the dog's Walkabout 1:30 Second Chance Store 2:00 Technology & Scam Awareness with Joe Magill 3:30 Bingo</p>	<p>11 9:30 Walky Talky 10:00 Exercise Balloon 12:00 Dine In/ Take Out Shadowline Burgers & Brews  3:00 Relaxing with Colors</p>	<p>12 9:30 Walky Talky 10:00 Body & Brain Builders 10:45 Phase 10 1:30 Second Chance Store 2:00 Dramatic reading with Christine 3:30 Documentary: <i>Lost Treasures of Rome, Ep 5 Secrets of Rome's Great Wall</i></p>	<p>13 10:00 Full Body Fitness 10:45 The Grounds of Sherwood — lattes & more!  In the Kensington Room 2:30 Craig Buhler in the Regent Dining Room (Saxophone and Song-Favorites) 3:30 Odds & Ends</p>	<p>14 10:00 Exercise Balloon 2:00 Movie Matinee: Good Night Oppy (2022 PG Documentary 1h 45m)</p>
<p>15 10:00 Full Body Fitness 1:30 Holy Trinity Catholic Mass internet streaming 2-2:30 Walk with your Buddy 3:00 Trinity United Methodist Church internet streaming</p>	<p>16 9:30 Walky Talky 10:00 Body & Brain Builders 10:45 Farkle 2:00 Poker 3:30 Room Visits</p>	<p>17 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Odie the dog's Walkabout 1:30 Second Chance Store 2:00 Bible Study with Harry Damian 3:30 Bingo</p>	<p>18 9:30 Walky Talky 10:00 Exercise Balloon 10:45 Uno 2:00 Stuffed Animal Doorstop Workshop 3:30</p>	<p>19 9:30 Walky Talky 10:00 Body & Brain Builders 10:45 Phase 10 2:30 Buttercup Lane In the Regent Dining Room (50s/Variety Music) 3:45 Documentary: <i>Lost Treasures of Rome, Ep 6 Pompeii's Lost Twin</i></p>	<p>20 10:00 Full Body Fitness 10:45 Women's Group — National Coffee Break Day 2:00 National Cheese Lover's Day 3:30 Odds & Ends </p>	<p>21 10:00 Exercise Balloon 2:00 Movie Matinee: Old Henry (2021 PG-13 Western 1h 39m)</p>
Frosty's Hide & Seek — January 16-20						
<p>22 10:00 Full Body Fitness 1:30 Holy Trinity Catholic Mass internet streaming 2-2:30 Walk with your Buddy 3:00 Dungeness Community Church Internet Streaming</p>	<p>23 9:30 Walky Talky 10:00 Body & Brain Builders 10:45 Farkle 2:00 Sherwood Pop-up Museum Matt's Model Cars Hosted by The Men's Group 3:30 Room Visits </p>	<p>24 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Odie the dog's Walkabout 1:30 Second Chance Store 2:00 Bingo 3:30 Zumba Gold Chair (dancing exercise)</p>	<p>25 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Resident Council 2:00 Arts & Crafts Cupid's Arrow part 1 </p>	<p>26 10:00 Body & Brain Builders 10:45 Phase 10 2:30 Country Artist Buck Ellard In the Regent Dining Room 3:45 Documentary: <i>Lost Treasures of the Maya, Ep 1 Secrets of the Snake Altar</i></p>	<p>27 10:00 Full Body Fitness 10:45 Coffee and Conversation 2:00 Thomas Crapper Day (it's a real thing!) 3:30 Odds & Ends </p>	<p>28 10:00 Exercise Balloon 2:00 Movie Matinee See How They Run (2022 PG-13 Comedy/Mystery 1h 38m)</p>
<p>29 10:00 Full Body Fitness 1:30 Holy Trinity Catholic Mass internet streaming 2-2:30 Walk with your Buddy 3:00 Dungeness Community Church Internet Streaming</p>	<p>30 9:30 Walky Talky 10:00 Body & Brain Builders 10:45 Farkle 2:00 Poker 3:30 Room Visits</p>	<p>31 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Odie the dog's Walkabout 1:30 Second Chance Store 2:00 National Hot Chocolate Day 3:30 Bingo </p>				