

January 2023

Sabal Palms Assisted Living Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
New Year's Day 1 9:00 ★ Coffee & Chit Chat 10:30 🦋 Hymn Sing-A-Long [PL] 2:00 ⚡ Quarter Bingo [AR] 3:30 🌿 Game Time [GR] 6:00 ★ Turner Classic Movies [MT]	2 9:00 🌿 Coffee & Doughnuts [FL] 10:00 ↔ Morning Exercise [AR] 10:30 🦋 Catholic Communion [GR] 11:00 ⚡ Quarter Bingo [AR] 2:00 ⚡ F.Y.I. [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	3 10:00 ↔ Morning Exercise [AR] 11:00 🌿 Pet Therapy Visits 11:00 ⚡ Trivia [AR] 11:30 🦋 Protestant Service [GR] 2:00 ⚡ Quarter Bingo [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	4 9:00 🌿 Coffee and Chit Chat [FL] 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Quarter Bingo [AR] 2:00 ★ Resident Activity Meeting [AR] 3:15 🌿 Wine and Friends/ Entertainment w/ Steve Tonya [PL] 6:00 ★ Turner Classic Movies [MT]	5 9:00 🌿 Coffee & Chit Chat [FL] 9:00 🦋 Sojourners Ministry Bible Study [GR] 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Quarter Bingo [AR] 12:00 ★ Shopping Trip 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	6 9:00 🌿 Coffee & Chit Chat [FL] 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Quarter Bingo [AR] 2:00pm ⚡ Wheel of Fortune [AR] 3:15 🌿 Wine and Friends [PL] 6:00 🌿 Turner Classic Movies [MT]	7 9:00 ★ Coffee & Chit Chat [FL] 11:00 ↔ Bingo [AR] 2:00 ⚡ Quarter Bingo [AR] 6:00 ★ Turner Classic Movies [MT] 6:15 Resident Led Card Games [GR]		
8 9:00 ★ Coffee & Chit Chat 10:30 🦋 Hymn Sing-A-Long [PL] 2:00 ⚡ Quarter Bingo [AR] 3:30 🌿 Game Time [GR] 6:00 ★ Turner Classic Movies [MT]	9 10:00 ↔ Morning Exercise [AR] 10:30 🦋 Catholic Communion [GR] 11:00 ⚡ Quarter Bingo [AR] 2:00 ⚡ F.Y.I. [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	10 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Trivia [AR] 2:00 ⚡ Quarter Bingo [AR] 3:15 🌿 Wine and Friends w/ Entertainment with The Main Event [PL] 6:00 ★ Turner Classic Movies [MT]	11 9:00 🌿 Coffee and Chit Chat [FL] 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Quarter Bingo [AR] 2:00 ★ Chef Chat [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	12 9:00 🌿 Coffee & Chit Chat [FL] 9:00 🦋 Sojourners Ministry Bible Study [GR] 10:00 Handbag show/shopping [FL] 10:00 ↔ Morning Exercise [AR] 10:45 ★ Nail Envy [AR] 2:00 ⚡ Quarter Bingo [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	13 9:00 🌿 Coffee & Chit Chat [FL] 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Quarter Bingo [AR] 2:00pm ⚡ Wheel of Fortune [AR] 3:00 🌿 Wine and Friends w/ Entertainment Johnathan Brady [PL] 6:00 🌿 Turner Classic Movies [MT]	14 9:00 ★ Coffee & Chit Chat [FL] 11:00 ↔ Bingo [AR] 2:00 ⚡ Quarter Bingo [AR] 6:00 ★ Turner Classic Movies [MT] 6:15 Resident Led Card Games [GR]		
15 9:00 ★ Coffee & Chit Chat 10:30 🦋 Hymn Sing-A-Long [PL] 2:00 ⚡ Quarter Bingo [AR] 3:30 🌿 Game Time [GR] 6:00 ★ Turner Classic Movies [MT]	Martin Luther King, Jr. Day 16 10:00 ↔ Morning Exercise [AR] 10:30 🦋 Catholic Communion [GR] 11:00 ⚡ Quarter Bingo [AR] 2:00 ⚡ F.Y.I. [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	17 10:00 ↔ Morning Exercise [AR] 11:00 🌿 Pet Therapy Visits 11:00 ⚡ Trivia [AR] 2:00 ⚡ Quarter Bingo [AR] 3:00 🌿 Wine and Friends & w/ DJ Debbie & Tony [PL] 6:00 ★ Turner Classic Movies [MT]	18 9:00 🌿 Coffee and Chit Chat [FL] 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Quarter Bingo [AR] 2:00 ★ Resident Council Meeting [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	19 9:00 🌿 Coffee & Chit Chat [FL] 9:00 🦋 Sojourners Ministry Bible Study [GR] 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Quarter Bingo [AR] 3:00 🌿 Wine and Friends w/ Elvis is in the building [PL] 6:00 ★ Turner Classic Movies [MT]	20 9:00 🌿 Coffee & Chit Chat [FL] 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Quarter Bingo [AR] 12:00 🍴 Lunch Bunch Outing 3:15 🌿 Wine and Friends [PL] 6:00 🌿 Turner Classic Movies [MT]	21 9:00 ★ Coffee & Chit Chat [FL] 11:00 ↔ Bingo [AR] 2:00 ⚡ Quarter Bingo [AR] 6:00 ★ Turner Classic Movies [MT] 6:15 Resident Led Card Games [GR]		
22 9:00 ★ Coffee & Chit Chat 10:30 🦋 Hymn Sing-A-Long [PL] 2:00 ⚡ Quarter Bingo [AR] 3:30 🌿 Game Time [GR] 6:00 ★ Turner Classic Movies [MT]	23 10:00 ↔ Morning Exercise [AR] 10:30 🦋 Catholic Communion [GR] 11:00 ⚡ Quarter Bingo [AR] 2:00 ⚡ F.Y.I. [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	24 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Quarter Bingo [AR] 2:00 ⚡ Trivia [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	25 9:00 🌿 Coffee and Chit Chat [FL] 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Quarter Bingo [AR] 3:00 🌿 Wine and Friends Birthday Celebration w/ Johnathan Brady [PL] 6:00 ★ Turner Classic Movies [MT]	26 9:00 🌿 Coffee & Chit Chat [FL] 9:00 🦋 Sojourners Ministry Bible Study [GR] 10:00 ↔ Morning Exercise [AR] 11:00 Painting w/ a Purpose [AR] 2:00 ⚡ Quarter Bingo [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	27 9:00 🌿 Coffee & Chit Chat [FL] 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Quarter Bingo [AR] 2:00pm ★ Trip out to The Dollar Store 3:15 🌿 Wine and Friends [PL] 6:00 🌿 Turner Classic Movies [MT]	28 9:00 ★ Coffee & Chit Chat [FL] 11:00 ↔ Bingo [AR] 2:00 ⚡ Quarter Bingo [AR] 6:00 ★ Turner Classic Movies [MT] 6:15 Resident Led Card Games [GR]		
29 9:00 ★ Coffee & Chit Chat 10:30 🦋 Hymn Sing-A-Long [PL] 2:00 ⚡ Quarter Bingo [AR] 3:30 🌿 Game Time [GR] 6:00 ★ Turner Classic Movies [MT]	30 10:00 ↔ Morning Exercise [AR] 10:30 🦋 Catholic Communion [GR] 11:00 ⚡ Quarter Bingo [AR] 2:00 ⚡ F.Y.I. [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	31 10:00 ↔ Morning Exercise [AR] 11:00 ⚡ Trivia [AR] 2:00 ⚡ Quarter Bingo [AR] 3:15 🌿 Wine and Friends [PL] 6:00 ★ Turner Classic Movies [MT]	<p>SABAL PALMS ASSISTED LIVING & MEMORY CARE A Protea Senior Living Community</p>			Location Keys Activities Room AR Front Lobby FL Game Room GR Movie Theater MT Piano Lounge PL	⚡ Intellectual 🍴 Meal ↔ Physical ★ Purposeful 🌿 Social 🦋 Spiritual	"Yesterday was not your defining moment. The calendar moved forward; why not you?" – Dr. Steve Maraboli