


# January 2023

## Sabal Palms Memory Care Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>New Year's Day</b> <b>1</b> 9:30 <b>SS</b> Bocce Ball 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Finish The Phrase Game 1:00 <b>New Year's Day Celebration</b> 2:00 <b>★</b> World of Color 4:00 <b>MC</b> Green Thumb Gardeners 6:30 <b>LI</b> Meditation Circle 7:00 <b>LI</b> Church Gathering and Worship	<b>2</b> 9:30 <b>SS</b> Lively Drumming 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Tape Art 2:00 <b>★</b> Walker Bags 4:00 <b>MC</b> Dirt cups 6:30 <b>LI</b> Mindfulness Meditation	<b>3</b> 9:30 <b>SS</b> Frisbee Golf 10:00 <b>SS</b> Infusion Bar 10:30 <b>Pet therapy</b> 11:30 <b>SK</b> Master Minds 2:00 <b>★</b> Office Life Station 4:00 <b>★</b> Birthday Bash 6:30 <b>LI</b> Chicken Soup for the Soul 7:00 <b>FB</b> Timeless Melodies Choir Club	<b>4</b> 9:30 <b>SS</b> Shake Shake- Ice Cream Making 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> MindStart Puzzling 2:00 <b>★</b> Baking cookies 4:00 <b>MC</b> Going out for ice cream 6:30 <b>LI</b> Sentimental Serenity 7:00 <b>FB</b> Chapter Chat	<b>5</b> 9:30 <b>SS</b> Baget Baseball 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Group Imagination 2:00 <b>★</b> Words of Wisdom 2:30 <b>MC</b> Prize Bingo 4:00 <b>MC</b> Garden Rocks 6:30 <b>LI</b> Daily Devotions	<b>6</b> 9:30 <b>SS</b> Basketball 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Dave Delivers Donuts in Denver 1:00 <b>Trips and Travels/ Roll &amp; Stroll Community Grounds</b> 2:00 <b>★</b> Get Crafty Welcome Sign 4:00 <b>MC</b> <b>Uncorked/unwind with friends</b> 6:30 <b>LI</b> Tablet for relaxation 7:00 <b>SK</b> Montessori Life	<b>7</b> 9:30 <b>SS</b> Chair Dance 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> A World of Good-News 1:00 <b>MC</b> <b>Be Our Guest/ Patsy Cline {virtual}</b> 2:00 <b>★</b> Puzzle Club 4:00 <b>MC</b> Seasonal Celebration 6:30 <b>LI</b> Weekday Worship: Favorite Hymns 7:00 <b>SK</b> <b>Pass the Popcorn/When Harry Met Sally</b>
<b>8</b> 9:30 <b>SS</b> Baget Golf 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Bird Talk 2:00 <b>★</b> World of Color 4:00 <b>MC</b> Green Thumb Gardeners 6:30 <b>LI</b> Prayer or group spiritual reading 7:00 <b>LI</b> Church Gathering and Worship	<b>9</b> 9:30 <b>SS</b> Kickball 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Higher or Lower 2:00 <b>★</b> Crafty Club: Stained Glass 4:00 <b>MC</b> I Love Lucy 6:30 <b>LI</b> Music in Motion	<b>10</b> 9:30 <b>SS</b> Ribbon Dance 10:00 <b>SS</b> Infusion Bar 10:30 <b>Pet therapy</b> 11:30 <b>SK</b> Popsicle stick trees 2:00 <b>★</b> Crafty Club: Picture Perfect 4:00 <b>MC</b> Happy Trails 6:30 <b>LI</b> Prayer or group spiritual reading 7:00 <b>FB</b> Timeless Melodies Choir Club	<b>11</b> 9:30 <b>SS</b> Balloon Toss 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Treeval Word Game: US Presidents 2:00 <b>★</b> Sand and Surf 4:00 <b>MC</b> Manicure Madness 6:30 <b>LI</b> Tablet for relaxation 7:00 <b>FB</b> Chapter Chat	<b>12</b> 9:30 <b>SS</b> Irish Chair Dance 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Community Choice 2:00 <b>★</b> Wonderful World of Watercolor 2:30 <b>MC</b> Prize Bingo 4:00 <b>MC</b> Blessed Blooms Club 6:30 <b>LI</b> Chicken Soup for the Soul	<b>13</b> 9:30 <b>SS</b> Balance Boogie 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> History of Film 1:00 <b>MC</b> <b>Trips and Travels/ Roll &amp; Stroll Community Grounds</b> 2:00 <b>★</b> Residents Pick 4:00 <b>MC</b> <b>Uncorked/Margaritas and Memories</b> 6:30 <b>LI</b> Sentimental Serenity 7:00 <b>SK</b> Montessori Life	<b>14</b> 9:30 <b>SS</b> Bowling 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> A World of Good-News 1:00 <b>MC</b> <b>Be Our Guest/Dolly Parton (virtual)</b> 2:00 <b>★</b> Puzzle Club 4:00 <b>MC</b> Flag-colored parfaits 6:30 <b>LI</b> Weekday Worship: Favorite Hymns 7:00 <b>SK</b> <b>Pass the Popcorn/ Mary Poppins Featuring Karen Dotrice</b>
<b>15</b> 9:30 <b>SS</b> Sittercise 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> This Day in History Discussion Group 2:00 <b>★</b> World of Color 4:00 <b>MC</b> Green Thumb Gardeners 6:30 <b>LI</b> Meditation Circle 7:00 <b>LI</b> Church Gathering and Worship	<b>Martin Luther King, Jr. Day</b> <b>16</b> 9:30 <b>SS</b> TacTic Toss 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Pictionary 2:00 <b>★</b> Creature Craft 4:00 <b>MC</b> Resident Spotlight: My History 6:30 <b>LI</b> Music in Motion	<b>17</b> 9:30 <b>SS</b> Volleyball 10:00 <b>SS</b> Infusion Bar 10:30 <b>Pet therapy</b> 11:30 <b>SK</b> Flower suncatchers 2:00 <b>★</b> Makeover Madness Photo Shoot 4:00 <b>MC</b> Sunshine Social 6:30 <b>LI</b> Mindfulness Meditation 7:00 <b>FB</b> Timeless Melodies Choir Club	<b>18</b> 9:30 <b>SS</b> Croquet 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Word Wall 2:00 <b>★</b> Scented dough claytonary 4:00 <b>MC</b> Making mocktails 6:30 <b>LI</b> Daily Devotions 7:00 <b>FB</b> Chapter Chat	<b>19</b> 9:30 <b>SS</b> Free-Throw Competition 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Treeval Word Game: Peacemakers 2:00 <b>★</b> Washing dishes 2:30 <b>MC</b> Prize Bingo 4:00 <b>MC</b> Going out for lunch 6:30 <b>LI</b> Prayer or group spiritual reading	<b>20</b> 9:30 <b>SS</b> Seated Soccer / "Football" 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Map it Out 1:00 <b>MC</b> <b>Trips and Travels/ Roll &amp; Stroll Community Grounds</b> 2:00 <b>★</b> Dinner Party name cards 4:00 <b>MC</b> <b>Uncorked/ Regaling with Friends</b> 6:30 <b>LI</b> Meditation Circle 7:00 <b>SK</b> Montessori Life	<b>21</b> 9:30 <b>SS</b> Zumba Gold 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> A World of Good-News 1:00 <b>MC</b> <b>Be Our Guest/Betty White (virtual)</b> 2:00 <b>★</b> Puzzle Club 4:00 <b>MC</b> Wheel of Fortune 6:30 <b>LI</b> Chicken Soup for the Soul 7:00 <b>SK</b> <b>Pass the Popcorn/Disney's Fantasia</b>
<b>22</b> 9:30 <b>SS</b> Bag Toss 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Putting a puzzle together 2:00 <b>★</b> World of Color 4:00 <b>MC</b> Green Thumb Gardeners 6:30 <b>LI</b> Mindfulness Meditation 7:00 <b>LI</b> Church Gathering and Worship	<b>23</b> 9:30 <b>SS</b> Seated Qigong Tai Chi and Yoga 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Remember When 2:00 <b>★</b> Bookworm 4:00 <b>MC</b> Cooking Club: French Cuisine 6:30 <b>LI</b> Tablet for relaxation	<b>24</b> 9:30 <b>SS</b> Senior Stretch 10:00 <b>SS</b> Infusion Bar 10:30 <b>Pet therapy</b> 11:30 <b>SK</b> Taste-testing 2:00 <b>★</b> Making birdhouses 4:00 <b>MC</b> Beautiful Blossoms Game 6:30 <b>LI</b> Sentimental Serenity 7:00 <b>FB</b> Timeless Melodies Choir Club	<b>25</b> 9:30 <b>SS</b> Sit and Be Fit 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Group Rhyme 2:00 <b>★</b> Bird feeders 4:00 <b>MC</b> Armchair Travel: France 6:30 <b>LI</b> Weekday Worship: Favorite Hymns 7:00 <b>FB</b> Chapter Chat	<b>26</b> 9:30 <b>SS</b> HORSE 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> History Highlights 2:00 <b>★</b> Make popsicles 2:30 <b>MC</b> Prize Bingo 4:00 <b>MC</b> Cooking Club: American Classic 6:30 <b>LI</b> Daily Devotions	<b>27</b> 9:30 <b>SS</b> Table Ball / Table Pong 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Opposites 1:00 <b>MC</b> <b>Trips and Travels/ Roll &amp; Stroll Community Grounds</b> 2:00 <b>★</b> Aquapaint 4:00 <b>MC</b> <b>Uncorked/Aging like fine wine</b> 6:30 <b>LI</b> Music in Motion 7:00 <b>SK</b> Montessori Life	<b>28</b> 9:30 <b>SS</b> Morning Stretch 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> A World of Good-News 1:00 <b>MC</b> <b>Be Our Guest / Cary Grant { virtual}</b> 2:00 <b>★</b> Puzzle Club 4:00 <b>MC</b> Fruit of the Month Club 6:30 <b>LI</b> Mindfulness Meditation 7:00 <b>SK</b> <b>Pass the Popcorn/Grumpy Old Men</b>
<b>29</b> 9:30 <b>SS</b> Rocking and Rolling 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Tablet for coloring or painting 2:00 <b>★</b> World of Color 4:00 <b>MC</b> Green Thumb Gardeners 6:30 <b>LI</b> Chicken Soup for the Soul 7:00 <b>LI</b> Church Gathering and Worship	<b>30</b> 9:30 <b>SS</b> Shaker Dancing 10:00 <b>SS</b> Infusion Bar 11:30 <b>SK</b> Word Clue- fill in the blank 2:00 <b>★</b> Sorting socks 4:00 <b>MC</b> Intergenerational Programming 6:30 <b>LI</b> Tablet for relaxation	<b>31</b> 9:30 <b>SS</b> Ageless Grace 10:00 <b>SS</b> Infusion Bar 10:30 <b>Pet therapy</b> 11:30 <b>SK</b> Clap, Clap 2:00 <b>★</b> Painting Posies 4:00 <b>MC</b> Wacky Weeding 6:30 <b>LI</b> Prayer or group spiritual reading 7:00 <b>FB</b> Timeless Melodies Choir Club	<div style="text-align: center;">   <b>SABAL PALMS</b>  <small>ASSISTED LIVING &amp; MEMORY CARE</small>  <small>A Protea Senior Living Community</small> </div> <div style="margin-top: 10px;"> <p><b>FB</b> *Find Balance</p> <p><b>LI</b> *Live Inspired</p> <p><b>MC</b> *Maintain Connections</p> <p><b>SK</b> *Seek Knowledge</p> <p><b>SS</b> *Stay Strong</p> <p><b>★</b> Purposeful</p> </div>			