

Waunakee Manor Independent & Assisted Living

January 2023 Happy New Year!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  2:30 Live Music with Hoot'n Annie String Band 	2 9:30 Sit & Fit 10:00 Manor Mart open until 11:00 2:30 Independent Cards & Games	3 9:30 Chair Yoga 2:30 Booze n Brushes: Winter Watercolor 	4 9:30 Just Dance Wii Game 10:00 Manor Mart open until 11:00 2:30 Resident Discussion & Bingo	5 9:30 Chair Yoga 10:00 Coffee and Conversation 2:30 January Birthday Party with Tom Kastle & Birthday Beverages	6 9:30 Sit & Fit 11:00 Catholic Communion 2:30 Grand Prize Bingo Sponsored by Manor Mart	7 9:30 Sit & Fit 2:00 Manor Mart open until 3:00 2:30 Cards & Games Social
8 2:30 Live Music with Hoot'n Annie String Band 	9 9:30 Sit & Fit 10:00 Manor Mart open until 11:00 2:30 Cards & Games with Dave & Sue	10 9:30 Chair Yoga 2:30 Millie's Nail Oasis Oasis open until 4:00 	11 9:30 Cardio Drumming 10:00 Manor Mart open until 11:00 2:30 Bingo	12 9:30 Chair Yoga 10:00 Coffee and Conversation 2:30 Ten Strings Band	13 9:30 Sit & Fit 11:00 Catholic Communion 2:30 January Fun Facts & Snack Table	14 9:30 Sit & Fit 2:00 Manor Mart open until 3:00 2:30 Cards & Games Social
15 2:30 Euchre Tournament 	16 9:30 Sit & Fit 10:00 Manor Mart open until 11:00 2:30 Cards & Games with Dave & Sue	17 9:30 Chair Yoga 2:30 Crafts n Creations: Beginner Scrapbooking Class 5:00 Pizza Night sponsored by FCCLA	18 9:30 Music & Movement 10:00 Manor Mart open until 11:00 2:30 Bingo	19 9:30 Chair Yoga 10:00 Coffee and Conversation 2:30 Central Midwest Ballet Performance	20 9:30 Sit & Fit 11:00 Catholic Communion 2:30 Purse Bingo	21 9:30 Sit & Fit 2:00 Manor Mart open until 3:00 2:30 Cards & Games Social
22 	23 9:30 Sit & Fit 10:00 Manor Mart open until 11:00 2:30 Cards & Games with Dave & Sue	24 9:30 Chair Yoga 2:30 Millie's Nail Oasis open until 4:00 	25 9:30 Balloon Ball 10:00 Manor Mart open until 11:00 2:30 Bingo	26 9:30 Chair Yoga 10:00 Coffee and Conversation 5:00 Fine Dining	27 9:30 Sit & Fit 11:00 Catholic Communion 2:30 The Trippers Lite Band	28 9:30 Sit & Fit 2:00 Manor Mart open until 3:00 2:30 Cards & Games Social
29 	30 9:30 Sit & Fit 10:00 Manor Mart open until 11:00 2:30 Cards & Games with Dave & Sue	31 9:30 Chair Yoga 2:30 Crafts n Creations: Valentine Cards 	Happy Birthday To: Mary E 1/1 Rosemary B 1/6 Donna R 1/7 Joseph D 1/16 Pat F 1/31	Happy National Activity Professionals Week To: Janet, Jenna, Jennifer and Krista! January 23 - January 29	January Silver Spotlight: Dennis L. (E-Wing.)	January Staff Spotlight: Jenna C. (Activities Assistant.)