

January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 26	27	28	29	30	31	Jan 1, 22 HAPPY NEW YEAR! 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch
2 10:00am Rise and Shine Exercise Group 1:00pm Sunday Devotion 4:00pm Afternoon Stretch	3 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	4 10:00am Rise and Shine Exercise Group 12:00pm Birthday Lunch Celebration 4:00pm Afternoon Stretch	5 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	6 10:00am Rise and Shine Exercise Group 2:00pm Floral Arrangements 4:00pm Afternoon Stretch	7 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	8 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch
9 10:00am Rise and Shine Exercise Group 1:00pm Sunday Devotion 4:00pm Afternoon Stretch	10 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	11 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	12 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	13 10:00am Rise and Shine Exercise Group 2:00pm Manicures 4:00pm Afternoon Stretch	14 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	15 Margaret Wright BIRTHDAY 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch
16 10:00am Rise and Shine Exercise Group 1:00pm Sunday Devotion 4:00pm Afternoon Stretch	17 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	18 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	19 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	20 10:00am Rise and Shine Exercise Group 2:00pm Floral Arrangements 4:00pm Afternoon Stretch	21 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	22 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch
23 10:00am Rise and Shine Exercise Group 1:00pm Sunday Devotion 4:00pm Afternoon Stretch	24 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	25 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	26 Alta Scott BIRTHDAY 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	27 10:00am Rise and Shine Exercise Group 2:00pm Manicures 4:00pm Afternoon Stretch	28 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch	29 10:00am Rise and Shine Exercise Group 4:00pm Afternoon Stretch
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