

SUN	MON	TUE	WED	THUR	FRI	SAT
New Year's Day 9:00 Good Mornings! (3MC) 9:30 Balloon Bop (GLR) 10:00 TV Mass (AWR) 2:00 Good Afternoons (3MC) 3:00 Funky Fitness (GLR) 4:00 Vespers (AWR)	10:00 Good Mornings! (3MC) 1:15 Strength & Stretch (GLR) 2:00 Reading Club (GLR) 3:30 Games Group (3MC)	10:00 Good Mornings! (3MC) 1:15 Cardio Drumming (GLR) 2:00 Manicures (3MC) 2:30 Fact & Fiction (Slate Room) 3:45 Virtual Reality Travels (3MC)	10:00 Good Mornings! (3MC) 12:00 Trivia (3MC) 12:30 Reference a Librarian (2RC) 1:15 Boxing (GLR) 2:30 Jim Herrman (AWR) 4:00 Remember When... (GLR) 6:00 Evening Movies (3MC)	10:00 Good Mornings! (3MC) 11:00 Puzzle Palooza (GLR) 1:15 Jazzercise (GLR) 2:00 Karaoke (GLR) 3:00 MC Birthday Party (GLR) 4:00 Virtual Reality Travels (GLR)	10:00 Good Mornings! (3MC) 11:30 MC Lunch Outing (Red Robin) 1:15 Weight's Lifted (GLR) 2:00 Travel Series (3MC) 3:00 Crafty Corner (3MC)	9:00 Good Mornings! (3MC) 10:30 Brain Boosters (4RC) 12:30 Refresh and Energize (3MC) 1:00 Farkle (3MC) 1:30 Movie Matinee (AWR) 2:00 Farkle (4RC) 3:15 Good Afternoons (3MC)
9:00 Good Mornings! (3MC) 10:00 TV Mass (AWR) 2:00 Good Afternoons (3MC) 3:00 Funky Fitness (GLR) 4:00 Vespers (AWR)	10:00 Good Mornings! (3MC) 1:15 Strength & Stretch (GLR) 1:30 Traveling with Tom (AWR) 3:30 Games Group (3MC)	10:00 Good Mornings! (3MC) 10:30 Piano with Meghan (GLR) 11:00 3rd Floor Family Monthly Meeting (LG) 1:15 Cardio Drumming (GLR) 2:00 Manicures (3MC) 2:30 Fact & Fiction (Slate Room) 3:45 Virtual Reality Travels (3MC)	10:00 Good Mornings! (3MC) 12:00 Trivia (3MC) 12:30 Reference a Librarian (2RC) 1:15 Boxing (GLR) 2:00 Bingo (GLR) 3:00 Fun with Food! (GLR) 4:00 Puzzle Palooza (GLR) 6:00 Evening Movies (3MC)	10:00 Good Mornings! (3MC) 11:00 Manicures (3MC) 1:15 Jazzercise (GLR) 2:00 Karaoke (Slate Room) 4:00 Alzheimer's Caregiver Support Group (PDR)	10:00 Good Mornings! (3MC) 1:15 Weight's Lifted (GLR) 2:00 Trivia (3MC) 3:00 MC Wine & Poetry (3MC) 4:00 Crafty Corner (3MC)	9:00 Good Mornings! (3MC) 10:30 Brain Boosters (4RC) 12:30 Refresh and Energize (3MC) 1:00 Farkle (3MC) 1:30 Movie Matinee (AWR) 2:00 Farkle (4RC) 3:15 Good Afternoons (3MC)
9:00 Good Mornings! (3MC) 10:00 TV Mass (AWR) 2:00 Good Afternoons (3MC) 3:00 Funky Fitness (GLR) 4:00 Vespers (AWR)	Martin Luther King Jr. Day 10:00 Good Mornings! (3MC) 1:15 Strength & Stretch (GLR) 2:00 Reading Club (GLR) 2:30 Chili Cook-off (AWR) 3:30 Games Group (3MC)	10:00 Good Mornings! (3MC) 11:30 Lunch Bunch (Sultan's) 1:15 Cardio Drumming (GLR) 3:00 Lansing Area Parkinson's Support Group (AWR) 3:30 Manicures (3MC)	9:00 Wellness Clinic (2RC Lobby) 10:00 Good Mornings! (3MC) 12:00 Trivia (3MC) 12:30 Reference a Librarian (2RC) 1:15 Boxing (GLR) 2:00 Lansing Matinee Musicale (AWR) 3:15 Fun with Food! (GLR) 4:15 Remember When... (GLR) 6:00 Evening Movies (3MC)	10:00 Good Mornings! (3MC) 11:00 Puzzle Palooza (GLR) 1:15 Jazzercise (GLR) 2:00 Karaoke (GLR) 3:00 MC Wine & Cheese Social (GLR) 4:00 Virtual Reality Travels (GLR)	10:00 Good Mornings! (3MC) 12:30 MC Outing (Art Unlimited) 1:15 Weight's Lifted (GLR) 3:00 Crafty Corner (3MC) 3:00 Travel Series (3MC)	9:00 Good Mornings! (3MC) 10:30 Brain Boosters (4RC) 12:30 Refresh and Energize (3MC) 1:00 Farkle (3MC) 1:30 Movie Matinee (AWR) 2:00 Farkle (4RC) 2:15 Lunar New Year Celebration (Cooks Recital Hall at MSU) 3:15 Good Afternoons (3MC)
Chinese New Year 9:00 Good Mornings! (3MC) 10:00 TV Mass (AWR) 2:00 Good Afternoons (3MC) 3:00 Funky Fitness (GLR) 4:00 Vespers (AWR)	10:00 Good Mornings! (3MC) 1:15 Strength & Stretch (GLR) 2:30 Lets Talk About Birds (AWR) 3:30 Games Group (3MC)	10:00 Good Mornings! (3MC) 1:15 Cardio Drumming (GLR) 2:30 Music with Lee Piper (AWR) 3:45 Virtual Reality Travels (3MC)	10:00 Good Mornings! (3MC) 12:00 Trivia (3MC) 12:30 Reference a Librarian (2RC) 1:00 NCG Movie Outing (Time TBD) 1:15 Boxing (GLR) 2:00 Bingo (GLR) 3:00 Fun with Food! (GLR) 4:00 Puzzle Palooza (GLR) 6:00 Evening Movies (3MC)	10:00 Good Mornings! (3MC) 10:15 Frankenmuth Snowfest Outing 11:00 Manicures (3MC) 1:15 Jazzercise (GLR) 2:00 Karaoke (GLR) 3:15 MC Canvas (GLR)	10:00 Good Mornings! (3MC) 1:15 Weight's Lifted (GLR) 2:30 Cultural Festival (AWR) 4:00 Crafty Corner (3MC)	9:00 Good Mornings! (3MC) 10:30 Brain Boosters (4RC) 12:30 Refresh and Energize (3MC) 1:00 Farkle (3MC) 1:30 Movie Matinee (AWR) 2:00 Farkle (4RC) 3:15 Good Afternoons (3MC)
9:00 Good Mornings! (3MC) 10:00 TV Mass (AWR) 2:30 Good Afternoons (3MC) 2:00 Vivace Strings (AWR) 3:00 Funky Fitness (GLR) 4:00 Vespers (AWR)	10:00 Good Mornings! (3MC) 1:15 Strength & Stretch (GLR) 2:00 Reading Club (GLR) 3:30 Games Group (3MC)	10:00 Good Mornings! (3MC) 1:15 Cardio Drumming (GLR) 2:00 Manicures (3MC) 3:30 Virtual Reality Travels (3MC)	LOCATION KEY 2RC - 2nd Floor Resident Center 2RC Lobby - 2nd Floor Resident	Center Lobby 3MC - 3rd Floor Memory Care 4RC - 4th Floor Resident Center	AWR - Ada Whitehouse Room GLR - Great Lakes Room	LG - Looking Glass PDR - Private Dining Room

January 2023

Memory Care

