

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy New Year! 2023 is here!</b></p> <p>Why didn't the snowman go to the party on New Year's Eve?</p> <p>He just wanted to chill!</p> <p><small>New Year's Day</small></p>	<p>9:30 Strong Bones-A</p> <p>3:00 Pet Visit w/ Merlin &amp; Oz-BB</p> <p>4:00 BYOB Happy Hour-BB/CL</p>	<p><b>10:00 Men @ Ten-CL</b></p> <p>10:00 Knitting-AS*</p> <p>1:00 Euchre-CL*</p> <p>3:00 Movie: <i>Harvey</i>-T</p>	<p>9:00 Strong Bones-A</p> <p>9:30 Bible Study w/ Pastor Dennis-BB</p> <p>2:00 Church-A</p> <p>3:30 Knitting-BB*</p>	<p>10:00 Bible Study w/ Pastor Mumm-CL</p> <p>2:00 Heartland Series-T</p> <p>3:00 Jeopardy-3CA</p>	<p>(Mallorie off)</p> <p>9:30 Chair Yoga-A</p> <p>11:00 Bingo w/ Celine-CL</p> <p><u>1:00 Bridge-BB*</u></p>	<p>10:00 Bingo-CL</p> <p>1960's History Crossword Puzzle-Library</p>
<p>Self-directed exercise sheets can be found in the Fitness Room*</p> <p><b>2:00 Performance by Mt. Calvary Church Choir-A</b></p>	<p><b>10:00 Catholic Mass-A</b></p> <p>1:00 Bingo-2CA</p> <p><b>3:30 Wii Bowling-A</b></p> <p>4:00 BYOB Happy Hour-BB/CL</p>	<p>10:00 Knitting-AS*</p> <p>1:00 Euchre-CL*</p> <p><b>2-4pm Voting Registration</b></p> <p><b>Question Booth-BB</b></p> <p>3:00 Movie: <i>Gran Torino</i>-T</p>	<p>No Strong Bones!</p> <p>9:30 Bible Study w/ Pastor Dennis-BB</p> <p>2:00 Church-A</p> <p><b>3:00 Sing-Along-CR*</b></p> <p>3:30 Knitting-BB*</p>	<p>10:00 Bible Study w/ Pastor Mumm-CL</p> <p>1:30 Bunco-BB*</p> <p>2:00 Heartland Series-T</p> <p>3:00 Jeopardy-3CA</p>	<p>9:30 Chair Yoga-A</p> <p>11:00 Bingo-CL</p> <p><u>1:00 Bridge-BB*</u></p> <p>3:00 Movie Committee Meeting-T</p>	<p>10:00 Bingo-CL</p> <p>Martin Luther King Jr. Word Jumble-Library</p>
<p>Someone else's junk may just be another's treasure! Come look @ the Shared Treasure Table on the 20<sup>th</sup> and grab anything you would like! Any unclaimed items will be donated.</p>	<p>9:30 Strong Bones-A</p> <p>11:00 Bingo-2CA</p> <p><u>2:30 Ball Drumming-CR</u></p> <p>3:00 Pet Visit-BB</p> <p>4:00 BYOB Happy Hour-BB/CL</p> <p><small>Martin Luther King Jr. Day</small></p>	<p>10:00 Knitting-AS*</p> <p>1:00 Euchre-CL*</p> <p><b>2:00 Prof. Hearing Care Presentation-A</b></p> <p>3:00 Movie: <i>Anne of the Thousand Days</i>-T</p>	<p>9:00 Strong Bones-A</p> <p>9:30 Bible Study w/ Pastor Dennis-BB</p> <p>2:00 Church-A</p> <p>3:30 Knitting-BB*</p>	<p>10:00 Bible Study w/ Pastor Mumm-CL</p> <p>1:00 Jeopardy-3CA</p> <p><b>2:00 Tea @ Two-A</b></p> <p>3:00 Heartland Series-T</p>	<p>9:30 Chair Yoga-A</p> <p>11:00 Bingo-CL</p> <p><u>1:00 Bridge-BB*</u></p> <p><b>11:00-5pm Shared Treasure Table-A</b></p>	<p>10:00 Bingo-CL</p> <p>Sudoku Number Puzzle-Library</p>
<p><u>Take N Make: Single Serving Apple Crisp</u></p> <p>Delivered Monday the 23<sup>rd</sup> between 3:00-4:00pm</p> <p><small>Chinese New Year (Year of the Rabbit)</small></p>	<p>9:30 Strong Bones-A</p> <p>1:00 Bingo-2CA</p> <p>4:00 BYOB Happy Hour-BB/CL</p> <p><small>Activity Professionals Day</small></p>	<p>10:00 Knitting-AS*</p> <p>1:00 Euchre-CL*</p> <p>3:00 Movie: <i>Mrs. Doubtfire</i>-T</p> <p><b>3:00 Entertainment: Jay Hoffman-A</b></p>	<p>9:00 Strong Bones-A</p> <p>9:30 Bible Study w/ Pastor Dennis-BB</p> <p>2:00 Church-A</p> <p>3:30 Knitting-BB*</p>	<p>10:00 Bible Study w/ Pastor Mumm-CL</p> <p><b>11:00 Geography Game-A</b></p> <p>2:00 Heartland Series-T</p> <p>3:00 Jeopardy-3CA</p> <p><small>Australia Day (observed)</small></p>	<p>9:30 Chair Yoga-A</p> <p>11:00 Bingo-CL</p> <p><u>1:00 Bridge-BB*</u></p> <p><b>3:00 Rock Painting-AS</b></p>	<p>10:00 Bingo-CL</p> <p>January Zodiac Word Search-Library</p>
<p>Call a loved one you have not talked to for a while or walk the halls with a friend today!</p>	<p>9:30 Strong Bones-A</p> <p>11:00 Bingo-2CA</p> <p><b>2:00 Jeopardy-A</b></p> <p>4:00 BYOB Happy Hour-BB/CL</p>	<p>10:00 Knitting-AS*</p> <p>1:00 Euchre-CL*</p> <p><u>1:00 Ball Drumming-CR</u></p> <p>3:00 Movie: <i>Move Over Darling</i>-T</p>	<p><b>JANUARY 2023</b></p> <p>IL/SL/AL Activity Calendar</p>			

Please turn over for additional information & location keys for programs →

## **STRONG BONES EXERCISE/CHAIR YOGA IN AUDITORIUM OR VIA ZOOM:**

- No Sign-up required! Please wear your mask the entire time of the program.
- Chairs must stay where they are; Please do not move them!

### · How to access Strong Bones via zoom:

- Download Zoom to your electronic device of choice and create an account (if you have not already)
  - Join our Zoom meeting by entering in the meeting ID: 79785075740
  - Please, note that it will ask for a password. The password is **eaglecrest**

-Activities will start at the designated time. Please be sure you are connected before the activity begins.

## **INDEPENDENTLY LED GROUPS (IN HOUSE**

### **TELEPHONE CONTACT):**

- Men at Ten – Bob B. 12308
- Knitting Club – Kathy G. 12200
- Tea at Two – Marile B. 12308
- Bible Study with Pastor Mumm – Wyonne R. 12018
  - Bunco – Mary G. 12105
- Welcome to La Crosse! Newcomers Group – Shirley D. 15005
  - Euchre-Jim P. 12302
- Facebook: Friends of Eagle Crest South-Dan M. 14000
- Sing-Along – Darlene L. 12010
- Bridge—Barb Quillin 12109

## **ACTIVITY LOCATIONS:**

- AS: Art Studio (ECS 2, 1st floor)
- A: Auditorium (ECS 1, 2nd floor)
  - B: Bistro (ECS 1, 1st floor)
- BB: Blarney Bar (ECS 1, 1st floor)
- CL: Club Lounge (ECS 2, 1st floor)
- CR: Community Room (ECS 2, 1st floor)
  - T: Theater (ECS 1, 2nd floor)
  - L: Library (ECS 1, 2nd floor)
    - AL: Assisted Living
- 2CA: Assisted Living 2<sup>nd</sup> Floor Common Area
- 3CA: Assisted Living 3<sup>rd</sup> Floor Common Area

Please call Mallorie Trautsch, Life Enrichment Coordinator, at (608)791-2737 or #12737 if you have any questions or concerns.

Thank You!

All underlined activities indicate that a sign-up is required!

