

January 2023
Monthly-AL



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday								
10:00	Non-Denominational Service - Shadow Mountain Church with Pastor David Jeremiah Live Stream [CS]	1	10:45	Increase your fitness with our Fall Prevention Classes - Today's class is Flow with Flexibility [CS]	2	9:00	Snowbird Drive and Skiing [CS]	3	10:00	Get Healthy with Maddie from Legacy Rehab [CS]	4	9:30	LDS Temple Trip to do Sealings	5	10:45	Fall Prevention Class-Balance Boogie [CS]	6	10:45	Fall Prevention Class-Stability Class #1 [CS]	7
10:30	LDS Church Sacrament Meeting [S]		11:15	Bocci Ball in the second floor hallway		1:30	Tuesday Afternoon Movie- [MT]		10:45	New Year's Resolutions [CS]		10:45	Fall Prevention-Come try our fun new chair dance exercise class! [CS]		11:15	Sports Trivia Fun -IN2L [CS]		11:15	Family Fued [CS]	
1:30	Fall Prevention - Tai Chi Balance [CS]		1:30	Monday Movie Madness [MT]		3:05	Bingo!! [CS]		12-4p	Weekly Silent Auction 12-4 in the front foyer		1:30	Walmart Shopping Trip - Sign up at the front desk in the green floral outing notebook		1:00	Rummikub		1:30	Saturday Afternoon at the Movies [MT]	
1:30	Sunday Afternoon Movie [MT]		2:00	Chicken Soup for the Soul Book Club in the MC Library with the AL		4:00	Wii Bowling [CS]		1:30	Wednesday Afternoon at the Movies- [MT]		11:15	Win Anthology Cash and learn how to play Bocci Ball - the second floor hallway		1:30	Friday Afternoon at the Movies-[MT]		3:15	Bingo!! [CS]	
3:00	Bingo!! [CS]		2:45	Back by popular demand Come join us for Bunco-If you haven't played we will teach you!!!! [CS]		5:00	Music with our Wonderful Carolyn the Piano Lady		2:00	Left Right Center - come join us for a fun time! [CS]		1:30	Thursday Afternoon at the movies [MT]		2:30	Ice Cream Social [CS]		5:00	Music with our Wonderful Carolyn the Piano Lady	
5:00	Music with our Wonderful Carolyn the Piano Lady		3:30	Word Search Fun					4:00	Winners of the Silent Auction are announced in the front foyer		3:00	Arts and Crafts [CS]		3:00	Heart and Soul Entertainment in the AL Front Lobby		6:00	Rummikub in the Creative Studio after dinner	
			5:00	Music with our Wonderful Carolyn the Piano Lady					5:00	Music with our Wonderful Carolyn the Piano Lady		5:00	Music with our Wonderful Carolyn the Piano Lady							
10:00	Non-Denominational Service - Shadow Mountain Church with Pastor David Jeremiah Live Stream [CS]	8	10:45	Increase your fitness with our Fall Prevention Classes - Today's class is Flow with Flexibility [CS]	9	9:30	Swim and Water Walking at the South Jordan Pool-Come join our swim group it is great exercise! [CS]	10	10:00	Get Healthy with Maddie from Legacy Rehab [CS]	11	10:45	Fall Prevention-Come try our fun new chair dance exercise class! [CS]	12	10:45	Fall Prevention Class-Balance Boogie [CS]	13	10:45	Fall Prevention Class-Stability Class #1 [CS]	14
10:30	LDS Church Sacrament Meeting [S]		11:15	Bocci Ball in the second floor hallway		1:30	Tuesday Afternoon Movie- [MT]		10:45	History and Culture Trivia Fun-IN2L [CS]		11:15	Win Anthology Cash and learn how to play Bocci Ball - the second floor hallway		11:15	Sports Trivia Fun -IN2L [CS]		11:15	Family Fued [CS]	
1:30	Fall Prevention - Tai Chi Balance [CS]		1:30	Monday Movie Madness [MT]		3:05	Bingo!! [CS]		12-4p	Weekly Silent Auction 12-4 in the front foyer		1:00	Rummikub		1:30	Friday Afternoon at the Movies-[MT]		1:30	Saturday Afternoon at the Movies [MT]	
1:30	Sunday Afternoon Movie-In honor of Elvis' 85th Birthday we are watching "Jailhouse Rock"! [MT]		2:00	Chicken Soup for the Soul Book Club in the MC Library with the AL		4:00	Wii Bowling [CS]		1:30	Wednesday Afternoon at the Movies- [MT]		1:30	Thursday Afternoon at the movies [MT]		2:30	Ice Cream Social [CS]		3:15	Bingo!! [CS]	
3:00	Bingo!! [CS]		2:45	Back by popular demand Come join us for Bunco-If you haven't played we will teach you!!!! [CS]		5:00	Music with our Wonderful Carolyn the Piano Lady		2:00	Left Right Center - come join us for a fun time! [CS]		3:00	Arts and Crafts [CS]		3:00	One Wagon Three Wheels Entertainment		5:00	Music with our Wonderful Carolyn the Piano Lady	
5:00	Music with our Wonderful Carolyn the Piano Lady		3:30	Word Search Fun					4:00	Winners of the Silent Auction are announced in the front foyer		5:00	Music with our Wonderful Carolyn the Piano Lady		5:00	Music with our Wonderful Carolyn the Piano Lady		6:00	Rummikub in the Creative Studio after dinner	
			5:00	Music with our Wonderful Carolyn the Piano Lady					5:00	Music with our Wonderful Carolyn the Piano Lady		6:00	Thursday Night Movie [MT]							
10:00	Non-Denominational Service - Shadow Mountain Church with Pastor David Jeremiah Live Stream [CS]	15	10:45	Increase your fitness with our Fall Prevention Classes - Today's class is Flow with Flexibility [CS]	16	10:00	Snowbird Drive and Skiing	17	10:00	Get Healthy with Maddie from Legacy Rehab [CS]	18	10:45	Fall Prevention-Come try our fun new chair dance exercise class! [CS]	19	10:45	Fall Prevention Class-Balance Boogie [CS]	20	10:45	Fall Prevention Class-Stability Class #1 [CS]	21
10:30	LDS Church Sacrament Meeting [S]		11:15	Bocci Ball in the second floor hallway		1:30	Tuesday Afternoon Movie- [MT]		10:00	Painting Class in the Bistro with Mary from 10-12		11:15	Win Anthology Cash and learn how to play Bocci Ball - the second floor hallway		11:15	Sports Trivia Fun -IN2L [CS]		11:15	Family Fued [CS]	
1:30	Fall Prevention - Tai Chi Balance [CS]		1:30	Monday Movie Madness [MT]		3:05	Bingo!! [CS]		10:45	History and Culture Trivia Fun-IN2L [CS]		1:00	Rummikub		1:30	Friday Afternoon at the Movies-[MT]		1:30	Saturday Afternoon at the Movies [MT]	
1:30	Sunday Afternoon Movie [MT]		2:00	Chicken Soup for the Soul Book Club in the MC Library with the AL		4:00	Wii Bowling [CS]		12-4p	Weekly Silent Auction 12-4 in the front foyer		1:30	Thursday Afternoon at the movies [MT]		2:30	Ice Cream Social [CS]		3:15	Bingo!! [CS]	
3:00	Bingo!! [CS]		2:45	Back by popular demand Come join us for Bunco-If you haven't played we will teach you!!!! [CS]		5:00	Music with our Wonderful Carolyn the Piano Lady		1:30	Wednesday Afternoon at the Movies- [MT]		3:00	Arts and Crafts [CS]		3:00	A Stellar Celebration The Mixed Nuts Entertainment		5:00	Music with our Wonderful Carolyn the Piano Lady	
5:00	Music with our Wonderful Carolyn the Piano Lady		3:30	Come watch the Martin Luther King "I have a dream Speech" in honor of MArtin Luther King Day					2:00	Left Right Center - come join us for a fun time! [CS]		5:00	Music with our Wonderful Carolyn the Piano Lady		5:00	Music with our Wonderful Carolyn the Piano Lady		6:00	Rummikub in the Creative Studio after dinner	
			5:00	Music with our Wonderful Carolyn the Piano Lady					4:00	Winners of the Silent Auction are announced in the front foyer		6:00	Thursday Night Movie [MT]							
									5:00	Music with our Wonderful Carolyn the Piano Lady										
									6:00	LDS Church- Come Follow me Lesson in the Sunroom										
10:00	Non-Denominational Service - Shadow Mountain Church with Pastor David Jeremiah Live Stream [CS]	22	10:45	Increase your fitness with our Fall Prevention Classes - Today's class is Flow with Flexibility [CS]	23	9:30	Swim and Water Walking at the South Jordan Pool-Come join our swim group it is great exercise! [CS]	24	10:00	Get Healthy with Maddie from Legacy Rehab [CS]	25	Casino Day from 2-4 rotate all games to win money for the Special Auction at 4:00	26	10:45	Fall Prevention Class-Balance Boogie [CS]	27	10:45	Fall Prevention Class-Stability Class #1 [CS]	28	
10:30	LDS Church Sacrament Meeting [S]		11:15	Bocci Ball in the second floor hallway		1:30	Community Crosswords! [CS]		10:45	History and Culture Trivia Fun-IN2L [CS]		10:45	Fall Prevention-Come try our fun new chair dance exercise class! [CS]		11:15	Sports Trivia Fun -IN2L [CS]		11:15	Family Fued [CS]	
1:30	Fall Prevention - Tai Chi Balance [CS]		1:30	Monday Movie Madness [MT]		1:30	Tuesday Afternoon Movie- [MT]		12-4p	Weekly Silent Auction 12-4 in the front foyer		11:15	Win Anthology Cash and learn how to play Bocci Ball - the second floor hallway		1:00	Rummikub		1:30	Saturday Afternoon at the Movies [MT]	
1:30	Sunday Afternoon Movie [MT]		2:00	Chicken Soup for the Soul Book Club in the MC Library with the AL		3:05	Bingo!! [CS]		1:30	Wednesday Afternoon at the Movies- [MT]		1:30	Thursday Afternoon at the movies [MT]		1:30	Friday Afternoon at the Movies-[MT]		3:15	Bingo!! [CS]	
3:00	Bingo!! [CS]		2:45	Back by popular demand Come join us for Bunco-If you haven't played we will teach you!!!! [CS]		4:00	Wii Bowling [CS]		2:00	Left Right Center - come join us for a fun time! [CS]		3:00	Arts and Crafts [CS]		2:30	Ice Cream Social [CS]		5:00	Music with our Wonderful Carolyn the Piano Lady	
5:00	Music with our Wonderful Carolyn the Piano Lady		3:30	Word Search Fun		5:00	Music with our Wonderful Carolyn the Piano Lady		4:00	Winners of the Silent Auction are announced in the front foyer		5:00	Music with our Wonderful Carolyn the Piano Lady		3:00	Large Group Bingo in the AL Diningroom		6:00	Rummikub in the Creative Studio after dinner	
			5:00	Music with our Wonderful Carolyn the Piano Lady					5:00	Music with our Wonderful Carolyn the Piano Lady		6:00	Thursday Night Movie [MT]		5:00	Music with our Wonderful Carolyn the Piano Lady				
									6:00	LDS Church- Come Follow me Lesson in the Sunroom										
10:00	Non-Denominational Service - Shadow Mountain Church with Pastor David Jeremiah Live Stream [CS]	29	10:45	Increase your fitness with our Fall Prevention Classes - Today's class is Flow with Flexibility [CS]	30	10:45	Drums Alive Class!! [CS]	31	Resident Birthdays Margarita C. 1/1 Thi L. 1/11 Blen T. 1/15 Gloria D. 1/19 Lorraine T. 1/29 Location Keys Creative Studio CS Movie Theater MT Sunroom S Safety first at all our events: Temperature screening & safety protocols will be in place. Masks are required.											
10:30	LDS Church Sacrament Meeting [S]		11:15	Bocci Ball in the second floor hallway		11:10	Out to Lunch Bunch [CS]													
1:30	Fall Prevention - Tai Chi Balance [CS]		1:00	Resident Council Meeting-All residents are invited and encouraged to attend		1:30	Tuesday Afternoon Movie-[MT]													
1:30	Sunday Afternoon Movie [MT]		2:00	Chicken Soup for the Soul Book Club in the MC Library with the AL		3:05	Bingo!! [CS]													
3:00	Bingo!! [CS]		2:45	Back by popular demand Come join us for Bunco-If you haven't played we will teach you!!!! [CS]		4:00	Wii Bowling [CS]													
5:00	Music with our Wonderful Carolyn the Piano Lady		3:30	Word Search Fun		5:00	Music with our Wonderful Carolyn the Piano Lady													
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