

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10-11 BRUNCH <b>1</b> 1:30 What can you tell me? w/ Joanne 3:00 Holiday Movie <small>New Year's Day</small>	8:30 Coffee Club <b>2</b> 11:00 Resistance Bands & Bean Bag/Ball Toss & Wts 1:00 Play Sequence w/ Resident Julie 3:00 Brain Games	8:30 Coffee Club <b>3</b> 11:00 Chair YOGA 1:30 FALL PREVENTION on YouTube & Tea 3:00 Social Hour w/ Janis 7:00 Klezmer Band	8:30 Coffee Club <b>4</b> 11:00- 20 Minute Workout 1:05 ARTS & Humanities in Suite #105 3:15 Corn Hole Team Challenge	8:30 Coffee Club <b>5</b> 9:30 Breakfast at Rosie's Trackside Diner 11:00 Strength & BALANCE 1:00 Brain Health w/JFS 3:00 Little Jazz Trio	8:30 Coffee Club <b>6</b> 10:30 Shop at Wegmans 2:00 Onondaga Public Library Here w/ Book Wagon 4:00 Candle Lighting 4:15 Shabbat w/ Cantor Berg	10:00 Walking Club <b>7</b> 11:00 Dominos in Social Center w/ Roscha 2:00 Play Scrabble w/ Resident Carole 3:00 YouTube – Piano Concert w/ Rosalia Gomez Lasheras 4:00 ARTHRITIS w/ Alex
10-11 BRUNCH <b>8</b> 12:00 Knitting w/ Jancy 1:30 Play Who Am I? w/ Joanne 2:30 Play Mahjongg w/ Resident June	8:30 Coffee Club <b>9</b> 11:00 Resistance Bands & Bean Bag/Ball Toss & Wts 11:30 Food Focus w/ Mtg Keith 1:00 Current Events w/ Jancy 3:00 Brain Games 4:15 Rap w/ Rabbi Shore	8:30 Coffee Club <b>10</b> 11:00 Chair YOGA 1:00 Art Talk w/ Artist Anna O'Brien 2:00 Make Cards w/ Audrey M. 3:00 Social Hour w/ Janis	8:30 Coffee Club <b>11</b> 11:00- 20 Minute Workout 1:05 ARTS & Humanities in Suite #105 2:00 Science Discovery 3:00 Play Air Hockey	8:30 Coffee Club <b>12</b> 11:00 Strength & BALANCE 12:00 Lunch at Limp Lizzard BBQ & Catering 1:00 Brain Health w/JFS 3:00 Mike Romano & Friends	8:30 Coffee Club <b>13</b> 10:30 Shop at Price Chopper 1:00 Baroque & Early Period Music w/ Jancy 2:00 Talk NUTRITION w/ Dietician Christine Hanson 4:00 Candle Lighting 4:15 Shabbat w/ Gwen Kay	10:00 Walking Club <b>14</b> 11:00 Dominos in Social Center w/ Roscha 2:00 Play Scrabble w/ Resident Carole 3:00 YouTube- Yanni / The Storm 4:00 ARTHRITIS w/ Alex
10-11 BRUNCH <b>15</b> 1:30 Play BINGO w/ Joanne 3:00 MOVIE on YouTube / Kindness Matters-Craig McMahon	8:30 Coffee Club <b>16</b> 11:00 Resistance Bands & Bean Bag/Ball Toss & Wts 1:00 Current Events w/ Jancy 2:00 Popcorn / History 3:00 Brain Games <small>Martin Luther King Jr. Day</small>	8:30 Coffee Club <b>17</b> 11:00 Chair YOGA 1:00 Travel to the Canadian Rockies w/ Irma 3:00 Social Hour w/ Janis 7:00 Klezmer Band	8:30 Coffee Club <b>18</b> 11:00- 20 Minute Workout 1:05 ARTS & Humanities in Suite #105 2:00 Talk w/ Rabbi Rapoport 3:15 Corn Hole Team Challenge	8:30 Coffee Club <b>19</b> 9:30 Breakfast at Gardenview 11:00 Strength & BALANCE 1:00 Brain Health w/JFS 3:00 Interactive Entertainment w/ Joe Trionfero	8:30 Coffee Club <b>20</b> 10:30 Shop at Wegmans 1:00 Baroque & Early Period Music w/ Jancy 2:00 Glori's Walking Club 4:00 Candle Lighting 4:15 Shabbat w/ Jessie Kerr-Whitt	10:00 Walking Club <b>21</b> 11:00 Dominos in Social Center w/ Roscha 2:00 Play Scrabble w/ Resident Carole 3:00 YouTube- Incognito Jazz San Javier 4:00 ARTHRITIS w/ Alex
10-11 BRUNCH <b>22</b> 12:00 Knitting w/ Jancy 2:00 Chong Hun Chen Chinese New Year Celebration 4:00 MOVIE on YouTube / Before All Others <small>Chinese New Year (Year of the Rabbit)</small>	8:30 Coffee Club <b>23</b> 11:00 Resistance Bands & Bean Bag/Ball Toss & Wts 1:00 Current Events w/ Jancy 3:00 Brain Games 4:15 Rap w/ Rabbi Shore <small>Activity Professionals Week</small>	8:30 Coffee Club <b>24</b> 11:00 Chair YOGA 1:30 FIRE SAFETY on YouTube & Tea 3:00 Social Hour w/ Janis 7:00 Klezmer Band	8:30 Coffee Club <b>25</b> 11:00- 20 Minute Workout 1:05 ARTS & Humanities in Suite #105 2:00 Science Discovery 3:15 Hallway Bowling	8:30 Coffee Club <b>26</b> 11:00 Strength & BALANCE 12:00 Lunch at Red Robin 1:00 Brain Health w/JFS 3:00 Singer Jillisa Vallake <small>Australia Day (observed)</small>	8:30 Coffee Club <b>27</b> 10:30 Shop at Tops 1:00 Baroque & Early Period Music w/ Jancy 2:30 Book Club Discussion / The Henna by Alka Joshi 4:00 Candle Lighting 4:15 Shabbat w/ Cantor Berg	10:00 Walking Club <b>28</b> 11:00 Dominos in Social Center w/ Roscha 2:00 Play Scrabble w/ Resident Carole 3:00 YouTube- My heart will go on / James Horner 4:00 ARTHRITIS w/ Alex
10-11 BRUNCH <b>29</b> 1:30 Play Bingo w/ Joanne 3:00 MOVIE on YouTube/ The Blue Bird - Shirley Temple	8:30 Coffee Club <b>30</b> 11:00 Resistance Bands & Bean Bag/Ball Toss & Wts 1:00 Current Events w/ Jancy 3:00 Brain Games 4:15 Rap w/ Rabbi Shore	8:30 Coffee Club <b>31</b> 11:00 Chair YOGA 2:00 Science Discovery 3:00 Birthday Celebration & Social Hour w/ Janis 3:30 Pianist Dan Robbino 7:00 Klezmer Band	<b>Belvia Konodji 1/1</b> <b>Gloria Ann Murphy 1/2</b> <b>Terry Jones 1/11</b> <b>Keith Leblanc 1/12</b> <b>Norma Goldberg 1/31</b> <b>Anthony DeFrancisco 1/10</b>			

# January 2023

**Resident Artist: Roscha Folger**  
**Featured Artist: Anna O' Brien**