

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

							1 New Year's Day
2 10:30 – 11:00 Low Impact Exercise (A) 3:00 Post New Year's Celebration	3	4 10:30-11:00 Simply Stretching Exercises (DR)	5 10:00-10:30 Low Impact Fit Express Exercise (A)	6 10:30-11:00 Move & Groove Moderate Exercises (DR) 10:30 Fire Box Johnson Musical Performer (A) Mrs. M. Goodwin's B'day	7 10:30-11:00 Low Impact Exercise / Yoga(A) 2:00 Thomas Fisch Musical Performer	8	
9 10:00-10:30 Low Impact (A)	10 10:00-10:30 Low Impact (A)	11 10:00 Ingles Shopping Trip - Inman, SC 10:30-11:00 Functional Exercises (DR)	12 10:00-10:30 Low Impact Fit Express Exercise (A)	13 10:30-11:00 Energizing Advance Senior Exercises(DR)	14 10:30-11:00 Low Impact Exercise / Yoga(A)	15	
16 10:30 Second Chance Ministry featuring Will Parker – Musical Performance (A) <small>Martin Luther King Jr. Day</small>	17 10:30-11:00 Simply Stretching Exercises (DR) 10:30 Wayne Casasanta Musical Pianist- Vocalist (A) 1:00 Food Committee Meeting (DR)	18 10:30-11:00 Simply Stretching Exercises (DR) 10:30 Wayne Casasanta Musical Pianist- Vocalist (A) 1:00 Food Committee Meeting (DR)	19 11:00 La Taverna Restaurant (Italian Cuisine)	20 10:30-11:00 Move & Groove Moderate Exercises (DR) Mr. D. Clyburn's B'day	21 2:30 Book Group (DR)	22 Mr. D. Shilling's B'day	
23 10:00-10:30 Low Impact Exercise (A) <small>Activity Professionals Week</small>	24 10:30-11:00 Functional Exercises (DR) 3:00 Game Day (Puzzle, Cards or Dominoes)	25 10:30-11:00 Functional Exercises (DR) 3:00 Game Day (Puzzle, Cards or Dominoes)	26 10:00-10:30 Low Impact Fit Express Exercise (A) <small>Australia Day (observed)</small>	27 10:00 Day of Shopping Spartanburg SC 10:30-11:00 Energizing Advance Senior Exercises(DR)	28 10:30-11:30 Music with Dana (A)	29	
30 10:00-10:30 Low Impact Exercise (A)	31	INDEPENDENT LIVING					

Atrium (A) Independent Dining Room (DR) Chapel (C)

***** All Activities & times are subject to change with limited persons required *****