



















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:00 Morning Social ~MD</p> <p>2:30 MUSIC ENTERTAINMENT ~MD</p> <p>HAPPY NEW YEAR! <small>New Year's Day</small></p>	<p>2</p> <p>10:00 Morning Social ~MD</p> <p>2:30  with Bruce ~MD</p> <p>2:30 Tai Chi Class With Master Bob ~ MD </p>	<p>3</p> <p>10:00 Morning Social ~MD</p> <p>10:30 Yoga with Frank ~MD</p> <p>10:30 Painting Class ~2N/DR</p> <p>11:00 Yoga W/ Frank~ 2N/DR</p> <p>2:30 Nail Spa for 1N&1S ~MD</p> <p>6:00 Relaxation Group ~2S DR</p>	<p>4</p> <p>10:00 Morning Social ~MD</p> <p>10:30 Wellness Group w/Dani ~1S Dayroom</p> <p>2:30 Music Entertainment ~MD</p> <p>6:00 ART THERAPY ~2S/DR</p> <p>7:00 Movie ~MD</p>	<p>5</p> <p>10:00 Morning Social ~MD</p> <p>11:00 PROTESTANT VIRTUAL LIVE SERVICE ~Channel 38</p> <p>11:00 Urban Zen w/ Jacqui ~1S dayroom</p> <p>1:30 BIBLE STUDY ~MD </p> <p>2:30 Church Service ~MD & Communion On the Units</p> <p>6:30 Evening music w/ Dani~2S</p>	<p>6</p> <p>10:00 Morning Social ~MD</p> <p>1:45 Movie Matinee ~MD</p> <p>2:30 ZUMBA with Genalin ~2N/DR</p> <p>3:00 Music Strolling on the units</p>	<p>7</p> <p>10:00 Morning Social~MD</p> <p>2:30</p> <p>2:30 Tour of Asia for Asian Pacific Heritage Month!</p> <p>3:30 Music Strolling ~1N & 1S</p>
<p>8</p> <p>10:00 Morning Social~MD</p> <p>2:30 POKENO ~MD </p> <p>3:30 Music Strolling on 2N & 2S</p>	<p>9</p> <p>10:00 Morning Social ~MD</p> <p>2:30 Arts & Crafts Class w/ Anne & Bruce~2S/DR</p> <p>2:30 Tai Chi Class With Master Bob ~ MD </p> <p>6:30  w/ Jeremy ~MD</p> <p>7:45 Movie ~MD</p>	<p>10</p> <p>10:00 Morning Social ~MD</p> <p>10:30 Yoga with Frank ~MD</p> <p>10:30 Painting Class ~2N/DR</p> <p>11:00 Yoga W/ Frank~ 2N/DR</p> <p>2:30 Nail Spa for 2N&2S ~2N</p> <p>6:00 Relaxation Group ~2S DR</p>	<p>11</p> <p>10:00 Morning Social ~MD</p> <p>10:30 Wellness Group w/Dani ~1S Dayroom</p> <p>2:30 Music Entertainment ~MD</p> <p>6:00 ART THERAPY ~2S/DR</p> <p>7:00 Movie ~MD</p>	<p>12</p> <p>10:00 Morning Social ~MD</p> <p>11:00 PROTESTANT VIRTUAL LIVE SERVICE ~Channel 38</p> <p>11:00 Urban Zen w/ Jacqui ~1S dayroom</p> <p>1:30 BIBLE STUDY ~MD </p> <p>2:30 Church Service ~MD & Communion On the Units</p> <p>6:30 Evening music w/ Dani~2S</p>	<p>13</p> <p>10:00 Morning Social ~MD</p> <p>1:45 Movie Matinee ~MD</p> <p>2:30 FIT DRUMMING with Genalin ~2N/DR</p> <p>3:00 Music Strolling on the units</p> <p>KOREAN AMERICAN DAY!</p>	<p>14</p> <p>10:00 Morning Social~MD</p> <p>2:30  with Annie</p> <p>3:30 Music Strolling ~1N & 1S</p>
<p>15</p> <p>10:00 Morning Social ~MD</p> <p>2:30 Afternoon Karaoke~ MD </p> <p>3:30 Music Strolling on 2N & 2S</p>	<p>16</p> <p>10:00 Morning Social ~MD</p> <p>2:30 Arts & Crafts Class with Anne & Jeremy~2S/DR</p> <p>2:30 Tai Chi Class With Master Bob ~ MD </p> <p>6:30 BINGO w/ Bruce </p> <p>7:45 Movie ~MD  <small>MARTIN LUTHER KING JR DAY</small></p>	<p>17</p> <p>10:00 Morning Social ~MD</p> <p>10:30 Yoga with Frank ~MD</p> <p>10:30 Painting Class ~2N/DR</p> <p>11:00 Yoga W/ Frank~ 2N/DR</p> <p>2:30 Nail Spa for 1N&1S ~MD</p> <p>6:00 Relaxation Group ~2S DR</p>	<p>18</p> <p>10:00 Morning Social ~MD</p> <p>10:30 Wellness Group w/Dani ~1S Dayroom</p> <p>2:30 Music Entertainment ~MD</p> <p>6:00 ART THERAPY ~2S/DR</p> <p>7:00 Movie ~MD</p>	<p>19</p> <p>10:00 Morning Social ~MD</p> <p>11:00 PROTESTANT VIRTUAL LIVE SERVICE ~Channel 38</p> <p>11:00 Urban Zen w/ Jacqui ~1S dayroom</p> <p>1:30 BIBLE STUDY ~MD </p> <p>2:30 Church Service ~MD & Communion On the Units</p> <p>6:30 Evening music w/ Dani~2S</p>	<p>20</p> <p>10:00 Morning Social ~MD</p> <p>1:45 Movie Matinee ~MD</p> <p>2:30 ZUMBA with Genalin ~2N/DR</p> <p>3:00 Music Strolling on the units</p>	<p>21</p> <p>10:00 Morning Social~MD</p> <p>2:30 FAMILY FEUD ~MD</p> <p>3:30 Music Strolling ~1N & 1S</p> <p>NATIONAL HUGGING DAY!</p>
<p>22</p> <p>10:00 Morning Social</p> <p>2:30 VIRTUAL TOUR OF CHINA ~MD</p> <p>3:30 Music Strolling on 2N & 2S</p> <p>HAPPY CHINESE NEW YEAR! <small>Chinese New Year (Year of the Rabbit)</small></p>	<p>23</p> <p>10:00 Morning Social ~MD</p> <p>2:30 Arts & Crafts Class w/ Anne ~2S/DR</p> <p>2:30 Tai Chi Class W/ Master Bob ~ MD </p> <p>6:30 Pokeno w/ Jeremy ~MD</p> <p>7:45 Movie ~MD</p> <p>NATIONAL PIE DAY! <small>Activity Professionals Week</small></p>	<p>24</p> <p>10:00 Morning Social ~MD</p> <p>10:30 Yoga with Frank ~MD</p> <p>10:30 Painting Class ~2N/DR</p> <p>11:00 Yoga W/ Frank~ 2N/DR</p> <p>2:30 Nail Spa for 2N&2S ~2N</p> <p>6:00 Relaxation Group ~2S</p> <p>NATIONAL COMPLIMENT DAY!</p>	<p>25</p> <p>10:00 Morning Social ~MD</p> <p>10:30 Wellness Group w/Dani ~1S Dayroom</p> <p>2:30 BIRTHDAY PARTY w/ Music Entertainment ~MD </p> <p>6:00 ART THERAPY ~2S/DR</p> <p>7:00 Movie ~MD</p>	<p>26</p> <p>10:00 Morning Social ~MD</p> <p>11:00 PROTESTANT VIRTUAL LIVE SERVICE ~Channel 38</p> <p>11:00 Urban Zen w/ Jacqui ~1S dayroom</p> <p>1:30 BIBLE STUDY ~MD </p> <p>2:30 Church Service ~MD & Communion On the Units</p> <p>6:30 Evening music w/ Dani~2S <small>(observed)</small></p>	<p>27</p> <p>10:00 Morning Social ~MD</p> <p>2:30 SNOW BALL FIGHT~MD </p> <p>2:30 FIT DRUMMING with Genalin ~2N/DR</p>	<p>28</p> <p>10:00 Morning Social ~MD</p> <p>2:30 FAMILY FEUD ~MD</p> <p>3:30 Music Strolling ~1N & 1S</p>
<p>29</p> <p>10:00 Morning Social ~MD</p> <p>2:30 Ball Toss ~MD</p> <p>3:30 Music Strolling on 2N & 2S</p>	<p>30</p> <p>10:00 Morning Social~MD</p> <p>2:30 Arts & Crafts Class w/ Anne ~2S/DR</p> <p>2:30 Tai Chi Class With Master Bob ~ MD </p> <p>6:30 BINGO w/ Bruce ~MD</p> <p>7:45 Movie ~MD</p> <p>NATIONAL CROISSANT DAY!</p>	<p>31</p> <p>10:00 Morning Social ~MD</p> <p>10:30 Yoga with Frank ~MD</p> <p>11:00 Yoga W/ Frank~ 2N/DR</p> <p>2:30 Painting Class ~MD</p> <p>6:00 Relaxation Group ~2S</p> <p>NATIONAL INSPIRE YOUR HEART WITH ART DAY!</p>	<h1>January 2023</h1> <p>Wishing You A Wonderful New Year!</p>			<p>ST. JAMES REHABILITATION & HEALTHCARE CENTER</p>

ASIAN PACIFIC HERITAGE MONTH!, NATIONAL BLOOD DONOR MONTH, INTERNATIONAL HOLOCAUST REMEMBRANCE DAY, MARTIN LUTHER KING JR DAY