













January

HICKORY WOODS SENIOR LIVING ACTIVITY SHEET 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 10:30 Silver Sneaker Chair Exercise 2:00 One Man Band 7:00 Heartland	3 Beauty Shop Day 10:30 Price is Right 2:00 Word Games 3:00 Canasta	4 Beauty Shop Day 10:30 Silver Sneaker Chair Exercise 2:00 Devotion	5 Pretty Nails 10:30 Chair Yoga 2:00 Coke Floats 6:30 Wheel of Fortune	6 
7  2:00 Church	8 9:30 Shopping Wal-Mart 2:00 Bible Study 3:00 Hand and Foot	9 10:30 Silver Sneaker Chair Exercise 2:00 One Man Band 7:00 Netflix Movie 	10 Beauty Shop Day 10:30 Price is Right 2:00 Bingo  3:00 Canasta	11 Beauty Shop Day 10:30 Chair Exercise 1:15 Audiology 2:00 Devotion	12 Pretty Nails 10:30 Chair Yoga 11:00 Dining Out 7:00 Hallmark Movie	13
14  2:00 Church	15 9:30 Shopping Wal-Mart  2:00 Bible Study 3:00 Hand and Foot	16 10:30 Silver Sneaker Chair Exercise 2:00 Never Have I Ever 7:00 Heartland	17 Beauty Shop Day 10:30 Resident Council 2:00 Game Day 3:00 Canasta	18 Beauty Shop Day 10:30 Silver Sneaker Chair Exercise 2:00 Sing A-Long	19 Pretty Nails 2:00 Movie 6:30 Wheel of Fortune 	20 
21 2:00 Church	22 9:30 Shopping Wal-Mart 2:00 Bible Study 3:00 Hand and Foot	23 10:30 Chair Exercise 2:00 Sweet Treat 7:00 Hallmark 	24 Beauty Shop Day 10:30 Price is Right 2:00 Name That Tune 3:00 Canasta	25 Beauty Shop Day 10:30 Silver Sneaker Chair Exercise 2:00 Devotion	26 10:30 Chair Yoga 11:00 Dining Out 7:00 Netflix 	27 11:00 Winter Craft With Jill, candy and Clare
28  2:00 Church	29 9:30 Shopping Wal-Mart 2:00 Bible Study 3:00 Hand and Foot	30 8:00 Dr. Clark 10:30 Chair Exercise 2:00 Book Club 7:00 Heartland	31 Beauty Shop Day 10:30 Price is Right 2:00 Trivia 3:00 Canasta	