

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:30 Meet & Greet 10:00 TV Church Service 10:30 Funny New Year's Resolutions & Jokes 1:00 Exercise 2:00 New Year's Day Social 3:00 New Year's Trivia 5:45 Short Story Game Day  <b>Happy Birthday Janice &amp; Bob G</b> New Year's Day	8:30 Meet & Greet 10:00 New Year Exercise 11:00 Welcome to January 1:00 Indoor Walk/Scavenger Hunt 2:00 New Week Social 3:00 Helping Hands/Sensory Time 5:30 Learn About Life In Alcatraz	8:30 Meet & Greet 10:00 Ping Pong Toss 11:00 January Celeb Challenge 1:00 Indoor Walk/Scavenger Hunt 2:00 Tasty Tuesday Social 3:00 Helping Hands/Sensory Time 5:30 Let's Visit Alaska!	8:30 Meet & Greet 10:00 Exercise 10:30 Category Trivia 1:00 Inside Walking Club 2:00 Entertainment and Social with Bob 3:30 Bingo 5:45 Current Events  <b>Happy Birthday Nancy</b>	8:30 Meet & Greet 10:00 Chair Yoga 10:30 Armchair Travel to Florida 11:00 Inside Walking Club w/Fox PT 2:00 Karaoke Social 3:00 Circle of Friends Games 5:45 Discussion Group  Happy Birthday Marguerite	8:30 Meet & Greet 10:00 Exercise 10:30 Beanbag Toss 1:00 Inside Walking Club 2:00 Fantastic Friday Social 3:00 Craft Club 5:45 Tea Teasers	8:30 Meet & Greet 10:00 Move to Improve 11:00 Celebrate Flowers Day 1:00 Indoor Walk/Scavenger Hunt 2:00 Sensational Saturday Social 3:00 Helping Hands/Sensory Time 5:30 Let's Experience Woodstock	
8:30 Meet & Greet 10:00 Let's Twist! 11:00 Prayer & Song 1:00 Indoor Walk/Scavenger Hunt 2:00 Elvis Music Social 3:00 Helping Hands/Sensory Time 5:30 Elvis Fun Facts  <b>Happy Birthday Elvis</b>	8:30 Meet & Greet 10:00 Chair Dancing 10:30 Trivia 1:00 Inside Walking Club 2:00 Afternoon Social 3:30 Bingo 5:45 Current Events	8:30 Meet & Greet 10:00 Exercise 10:30 Hilarious Headlines of the 1960s 1:00 Inside Walking Club 2:00 Tasty Tuesday Social 3:00 Is It Groovy in the 1960s 5:45 Reminisce  <b>Happy Birthday Kitty &amp; Rob F</b>	8:30 Meet & Greet 10:00 Exercise 10:30 Wacky Wordies 11:00 Resident Council 1:00 Inside Walking Club 2:00 Monthly Birthday Party with Josie 3:15 Bingo 5:45 Joan Baez: Music & Life	8:30 Meet & Greet 10:00 Give Me 5 Game 11:00 Fox PT Exercise 1:00 Indoor Walk/Scavenger Hunt 2:00 Flower Power Social 3:00 Helping Hands/Sensory Time 5:30 Let's Go to Boston (Armchair Travel)	8:30 Meet & Greet 10:00 It's Frisbee Day! 11:00 Name That 60's Song 1:00 Indoor Walk/Scavenger Hunt 2:00 Rubber Duck Social 3:00 Helping Hands/Sensory Time 5:30 Are You Superstitious?  <b>Rubber Duck Day</b>	8:30 Meet & Greet 10:00 Exercise 10:30 Trivia 1:00 Inside Walking Club 2:00 Saturday Social 3:00 Reminiscence 5:45 Can You Picture This	
8:30 Meet & Greet 10:00 Exercise 10:30 Snowman Word Game 1:00 Inside Walking Club 2:00 Heritage Baptist Church Service 3:00 Church Social 5:45 Reminisce Club  <b>Happy Birthday Bob E</b>	8:30 Meet & Greet 10:00 Morning Stretch 11:00 What Is A Guide Dog? 1:00 Indoor Walk/Scavenger Hunt 2:00 Fig Newton Social 3:00 BINGO!!! 5:30 The Life of Martin Luther King  Martin Luther King Jr. Day	8:30 Meet & Greet 10:00 Balloon Volley Game 11:00 GIANT Crossword 1:00 Indoor Walk/Scavenger Hunt 2:00 Tasty Tuesday Social 3:00 Helping Hands/Sensory Time 5:30 Betty White Fun Facts	8:30 Meet & Greet 10:00 Exercise 10:30 Wacky Wordies 1:00 Inside Walking Club 2:00 Mid-Week Snack Cart 3:15 Bingo 5:45 Muhammed Ali Biography	8:30 Meet & Greet 10:00 Exercise 10:30 Armchair Travel to Hawaii 11:00 Inside Walking Club w/Fox PT 2:00 Karaoke Social 3:00 Manicures 3:30 Helping Hands 5:45 Discussion Group	8:30 Meet & Greet 10:00 Exercise 10:30 Hot Seat Game 1:00 Inside Walking Club 2:00 Making Pudding Parfaits 3:00 Jokers Card Game 5:45 Discussion Group  <b>Happy Birthday Kathryn</b>	8:30 Meet & Greet 10:00 Chair Soccer 11:00 Time to Appreciate Squirrels 1:00 Indoor Walk/Scavenger Hunt 2:00 Let's Celebrate Darrell's Birthday! 3:00 Sensory Time 5:30 Happy Birthday Dolly Parton  <b>Happy Birthday Darrell</b>	
8:30 Meet & Greet 10:00 Sunrise Stretch 11:00 Prayer & Song 1:00 Indoor Walk/Scavenger Hunt 2:00 Let's Celebrate Louie's Birthday! 3:00 Helping Hands/Sensory Time 5:30 Let's Learn About China <b>Happy Birthday Louie</b> Chinese New Year (Year of the Rabbit)	8:30 Meet & Greet 10:00 Exercise 10:30 Category Trivia 1:00 Inside Walking Club 2:00 Entertainment and Social with Bob 3:30 Bingo 5:45 Current Events  Activity Professionals Day	8:30 Meet & Greet 10:00 Exercise 10:30 Trivia Toss 1:00 Inside Walking Club 2:00 Tasty Tuesday Social 3:00 Circle of Friends Games 5:45 Thunderball Lottery	8:30 Meet & Greet 10:00 Exercise 10:30 Wacky Wordies 12:00 Men's Luncheon 1:00 Inside Walking Club 2:00 Bingo 3:15 Mid-Week Snack Social 5:45 Armchair Travel to France	8:30 Meet & Greet 10 Give Me 5 Game 11:00 Fox PT Exercise 1:00 Indoor Walk /Scavenger Hunt 2:00 Chocolate Cake Social 3:00 Sensory Time 5:30 Happy Birthday Paul Newman  Australia Day (observed)	8:30 Meet & Greet 10:00 Corn Hole Game 11:00 indoor Walk /Scavenger Hunt 1:00 Words, Words, Words 2:00 Memorial Service 3:00 Helping Hands/Sensory Time 5:30 The Life of Harriet Tubman	8:30 Meet & Greet 10:00 Chair Yoga 10:30 Trivia 1:00 Inside Walking Club 2:00 Saturday Social 3:00 Reminiscence 5:45 Remembering Folk Songs of the 1960s	
8:30 Meet & Greet 10:00 TV Church Service 10:30 Hymns 1:00 Inside Walking Club 2:00 Craft Club Social 3:00 Jokers Card Game 5:45 Reminisce Club	8:30 Meet & Greet 10:00 Let's Drum 11:00 January Guess the Word Game 1:00 Indoor Walk /Scavenger Hunt 2:00 New Social Week 3:00 Bingo!! 5:30 FDR Fun Facts	8:30 Meet & Greet 10:00 Let's Bowl 11:00 Long Word Game 1:00 Indoor Walk /Scavenger Hunt 2:00 Hot Chocolate Social 3:00 Helping Hands/ Sensory Time 5:30 Learn About Australia	Spring Village @ Dover 35 Pointe Place Dover NH 03820 For Questions Contact Deborah Eastman 603-842-4908 Ext.104 deborah.eastman@springvillagedover.com   <h1 style="color: gold; text-align: center;">JANUARY 2023</h1> <h2 style="color: white; text-align: center;">Spring Village at Dover Activity Events</h2>				

Activities Subject to Change