

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cantre Closed Happy New Year New Year's Day	2 9:00 What's New 10:00 Jeopardy Random Trivia 10:30 Drumming Circle 1:00 Fun & Fitness 2:00 Can you Picture This?	3 Hello Alaska 9:00 Current Events 10:00 All About Alaska 10:30 Touring Alaska 1:00 Exercise Time 2:00 Alaska Word Probe	4 9:00 In the Paper 10:00 1960's Trivia 10:30 Playing the Ukulele 1:00 Fun & Fitness 2:00 Outburst	5 Bird Day 9:00 Let's Chat 10:00 Name the Bird 10:30 Bird Craft 1:00 Bird Dance Exercise 2:00 Group Bird Poem Competition	6 Coffee & Conversation 10:00 Modern Trivia 10:30 Dice Roll 1:00 Ole Exercises 2:00 target 6:30 Around the Table 7:00 Music Bingo	7 Elvis Day 9:00 What's New 10:00 Elvis Facts & Trivia 10:30 Karaoke 1:00 Exercising to Elvis 2:00 Wheel of Fortune 3:00 Bowling 6:00 Swatter Ball 7:00 Table Games
8 9:00 Morning Discussion 10:00 YouTube Trivia 10:30 Morning Bingo 1:00 Fun & Fitness	9 9:00 Community News 10:00 Name the Movie 10:30 Dice Roll 1:00 Exercise Time 2:00 Swatter Ball	10 9:00 Coffee & Conversation 10:00 Who Am I? 10:30 Dice Roll 1:00 Fun & Fitness 2:00 Charades	11 9:00 What's New? 10:00 What Am I? 10:30 Crossword 1:00 Music & Motion 2:00 Golf	12 9:00 Current Events 10:00 Trivia Time 10:30 Bingo Morning 1:00 Ole Exercises 2:00 Spelling Bee	13 9:00 What's New 10:00 January Random Trivia 10:30 Music Morning 1:00 Fun & Fitness 2:00 Word Probe 6:30 Around the Table 7:00 Wheel of Fortune	14 9:00 In the News 10:00 Trivia Time 10:30 Dice Roll 1:00 Ole Exercises 2:00 Word Probe 3:00 Target Toss 6:00 Card Games 7:00 Can You Picture This?
15 9:00 Coffee & Conversation 10:00 Make a Guess 10:30 Music Morning 1:00 Exercise Time	16 9:00 In the Paper 10:00 YouTube Trivia 10:30 Golf 1:00 Ole Exercises 2:00 Card Games	17 Marshmallow Day 9:00 What's New 10:00 Marshmallow Facts & Trivia 10:30 Baking with Marshmallows 1:00 Let's Move It! 2:00 Marshmallow Toss	18 9:00 Coffee & Conversation 10:00 Name That Tune 10:30 Table Games 1:00 Fun & Fitness 2:00 Word Probe	19 9:00 Community News 10:00 General Knowledge Quiz 10:30 Crossword 1:00 Fun & Fitness 2:00 Charades	20 Penguin Day 9:00 Current Events 10:00 Learn About Penguins 10:30 Penguin Races 1:00 Fun & Fitness 2:00 Name That Tune 6:30 Around the Table 7:00 Dice Roll	21 9:00 Community Headline 10:00 Random Trivia 10:30 Morning Art 1:00 Fun & Fitness 2:00 Horse Racing 3:00 Bowling 6:00 Golf 7:00 Family Feud
22 9:00 What's New 10:00 Can You Picture This? 10:30 Paint by Number 1:00 Ole Exercises	23 Chinese New Year 9:00 Let's Chat 10:00 What's Your Zodiac? 10:30 Making Lanterns 1:00 Music & Motion 2:00 flag Bingo	24 9:00 Community News 10:00 General Knowledge Trivia 10:30 Bells 1:00 Fun & Fitness 2:00 Spelling Bee	25 Robbie Burns Day 9:00 Current Events 10:00 Who was Robbie Burns? 10:30 Poetry Morning 1:00 Scottish Exercises 2:00 Doing Some Highland Dancing	26 Australia Day 9:00 What's New 10:00 Down Under Trivia 10:30 Kangaroo Creation 1:00 Music & Motion 2:00 Wheel of Fortune	27 9:00 In the Paper 10:00 Can You Picture This? 10:30 Table Games 1:00 Ole Exercises 2:00 Swatter Ball 6:30 Around the Table 7:00 Card Games	28 9:00 What's New 10:00 Trivia 10:30 Music Morning 1:00 Exercise Time 2:00 Outburst 3:00 Target Toss 6:00 Shake Loose a Memory 7:00 Bean Bag Toss
29 9:00 Coffee & Conversation 10:00 Take A Guess 10:30 Bingo 1:00 Fun & Fitness	30 9:00 Current Events 10:00 Trivia Time 10:30 Music Bingo 1:00 Fun & Fitness 2:00 Outburst	31 9:00 In the Paper 10:00 YouTube Trivia 10:30 Music bingo 1:00 Ole Exercises 2:00 Penny Snatch	January 2023 Day and Stay-Day and Weekend Programs			

For more information about the Day and Stay, please call Lisa Clarkson (519) 754-4065