



# Hillsdale Activity Calendar 2023

## Living Life Well

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>1 New Year's Day</i></p> <p>10AM: Morning Stretches 10:30 AM : New Year's Resolutions 11AM: End of the Year Rewind 1:30 PM: New Years Trivia 2PM: Puzzle Time 3PM: Tea Talks 4PM: Movies</p>	<p><i>2</i></p> <p>10am: Morning Mindfulness 10:30am: Trivia and Donuts 11am: Word Games 1:30pm: Tic Tac Toe 2:00pm: Finish the Phrase 3:00pm: Afternoon Coffee 4:00pm: Cards</p>	<p><i>3</i></p> <p>10am: Walk and Talks 10:30am: Snack 11am: Movies 1:30pm: Brain Teasers 2:00pm: Magic 3:00pm: Karaoke 4:00pm: Yoga</p>	<p><i>4</i></p> <p>10am: Morning Mindfulness 10:30am: Chair Yoga 11am: Music Bingo 1:30pm: Apples to Apples 2:00pm: Nails 3:00pm: Ice Cream Social 4:00pm: Crossword Puzzles</p>	<p><i>5</i></p> <p>10am: Meditation 10:30am: Coffee Social 11am: Friendship Bracelets 1:30pm: Arts and Crafts 2:00pm: Refreshments 3:00pm: Rock and Roll Throwbacks 4:00pm: Afternoon Stretches</p>	<p><i>6</i></p> <p>10am: Morning Mindfulness 10:30: Snack Time 11am: Puzzles 1:30pm: Karaoke Sing Along 2:00pm: Physical Fun 3:00pm: Trivial Pursuit 4:00pm: Happy Thoughts</p>	<p><i>7</i></p> <p>10am: Zumba 10:30am: Name That Tune 11am: Music Bingo 1:30pm: Would You Rather 2:00pm: World Trivia 3:00pm: Magic 4:00pm: Movies</p>
<p><i>8</i></p> <p>10am: Fresh Air 10:30 am: Light Zumba 11am: Go Fish 1:30pm: Reading Corner 2:00pm: Puzzles 3:00pm: Ice Cream Social 4:00pm: Bracelet Workshop</p>	<p><i>9</i></p> <p>10am: Morning Stretches 10:30am: Refreshments 11am: Me Time 1:30pm: Self Care 2:00pm: Puzzle Time 3:00pm: Tea Talks 4:00pm: Movies</p>	<p><i>10</i></p> <p>10am: Morning Mindfulness 10:30am: Trivia and Donuts 11am: Word Games 1:30pm: Tic Tac Toe 2:00pm: Finish the Phrase 3:00pm: Afternoon Coffee 4:00pm: Cards</p>	<p><i>11</i></p> <p>10am: Laps of Love 10:30am: Snack 11am: Movies 1:30pm: World Trivia 2:00pm: Magic 3:00pm: Nails 4:00pm: Yoga</p>	<p><i>12</i></p> <p>10am: Morning Mindfulness 10:30am: Chair Yoga 11am: Music Bingo 1:30pm: Apples to Apples 2:00pm: Spa 3:00pm: Ice Cream Social 4:00pm: Name that Logo</p>	<p><i>13</i></p> <p>10am: Meditation 10:30am: Coffee Social 11am: Friendship Bracelets 1:30pm: Arts and Crafts 2:00pm: Refreshments 3:00pm: Rock and Roll Throwbacks 4:00pm: Afternoon Stretches</p>	<p><i>14</i></p> <p>10am: Zumba 10:30: Snack Time 11am: Pool Noodle Game 1:30pm: Karaoke Sing Along 2:00pm: Physical Fun 3:00pm: Trivial Pursuit 4:00pm: Happy Thoughts</p>
<p><i>15</i></p> <p>10am: Laps of Love 10:30am: Name That Tune 11am: Thumbs Up 1:30pm: Would You Rather 2:00pm: World Trivia 3:00pm: Magic 4:00pm: Movies</p>	<p><i>16 Martin Luther King Day</i></p> <p>10am: Chair Yoga 10:30am: Happy Morning Thoughts 11am: Riddles 1:30pm: 80s and 90s Rock 2:00pm: Puzzles 3:00pm: Ice Cream Social 4:00pm: Bracelet Workshop</p>	<p><i>17</i></p> <p>10am: Morning Stretches 10:30am: Refreshments 1am: Me Time 1:30pm: Self Care 2:00pm: Puzzle Time 3:00pm: Tea Talks 4:00pm: Movies</p>	<p><i>18</i></p> <p>10am: Morning Mindfulness 10:30am: Trivia and Donuts 11am: Word Games 1:30pm: Tic Tac Toe 2:00pm: Finish the Phrase 3:00pm: Afternoon Coffee 4:00pm: Movie Night</p>	<p><i>19</i></p> <p>10am: Laps of Love 10:30am: Snack 11am: Movies 1:30pm: World Trivia 2:00pm: Magic 3:00pm: Nails 4:00pm: Yoga</p>	<p><i>20</i></p> <p>10am: Morning Mindfulness 10:30am: Chair Yoga 11am: Music Bingo 1:30pm: Apples to Apples 2:00pm: Spa 3:00pm: Ice Cream Social 4:00pm: Name that Logo</p>	<p><i>21</i></p> <p>10am: Meditation 10:30am: Coffee Social 11am: Friendship Bracelets 1:30pm: Arts and Crafts 2:00pm: Refreshments 3:00pm: Rock and Roll Throwbacks 4:00pm: Afternoon Stretches</p>
<p><i>22</i></p> <p>10am: Zumba 10:30: Snack Time 11am: Pool Noodle Game 1:30pm: Karaoke Sing Along 2:00pm: Physical Fun 3:00pm: Trivial Pursuit</p>	<p><i>23</i></p> <p>10am: Laps of Love 10:30am: Name That Tune 11am: Thumbs Up 1:30pm: Would You Rather 2:00pm: World Trivia 3:00pm: Brain Teasers</p>	<p><i>24</i></p> <p>10am: Chair Yoga 10:30am: Happy Morning Thoughts 11am: Riddles 1:30pm: 80s and 90s Rock 2:00pm: Puzzles 3:00pm: Ice Cream Social</p>	<p><i>25</i></p> <p>10am: Morning Stretches 10:30am: Refreshments 11am: Me Time 1:30pm: Self Care 2:00pm: Puzzle Time 3:00pm: Tea Talks</p>	<p><i>26</i></p> <p>10am: Morning Mindfulness 10:30am: Trivia and Donuts 11am: Word Games 1:30pm: Tic Tac Toe 2:00pm: Finish the Phrase 3:00pm: Afternoon Coffee</p>	<p><i>27</i></p> <p>10am: Walk and Talk 10:30am: Snack 11am: Movies 1:30pm: World Trivia 2:00pm: Magic 3:00pm: Nails</p>	<p><i>28</i></p> <p>10am: Morning Mindfulness 10:30am: Chair Yoga 11am: Music Bingo 1:30pm: Apples to Apples 2:00pm: Spa 3:00pm: Ice Cream Social</p>
<p><i>29</i></p> <p>10am: Meditation 10:30am: Coffee Social 11am: Friendship Bracelets 1:30pm: Arts and Crafts 2:00pm: Refreshments 3:00pm: Rock and Roll Throwbacks 4:00pm: Afternoon Stretches</p>	<p><i>30</i></p> <p>10am: Zumba 10:30: Snack Time 11am: Pool Noodle Game 1:30pm: Karaoke Sing Along 2:00pm: Physical Fun 3:00pm: Trivial Pursuit 4:00pm: Me Time</p>	<p><i>31</i></p> <p>10am: Laps of Love 10:30am: Name That Tune 11am: Thumbs Up 1:30pm: Would You Rather 2:00pm: World Trivia 3:00pm: Brain Teasers 4:00pm: Movies</p>				<p><i>Activities are Subject to Change</i></p>