

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>New Year's Day</b> 11:00 First Baptist Church of Columbia (Ch. 6 or on YouTube) 2:30 Community Worship (MR)	<b>2</b> Daily Chronicle Delivery 10:45 Exercise (MR) 2:00 Library (MR) 2:30 Crafts with Beverly (MR)	<b>3</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Mini Golf (MR) 2:00 Art Therapy (4 <sup>th</sup> Floor Dining) 3:00 Flower Arranging (OD)	<b>4</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Dice Game (MR) 2:00 One on One (5 <sup>th</sup> floor) 3:00 Movie Matinee (MR)	<b>5</b> Daily Chronicle Delivery 10:45 Exercise (MR) 2:00 Music Therapy w/ Jessica (4 <sup>th</sup> Floor DR) 2:30 <b>Trip to Pounce Cat Café</b>	<b>6</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Mini Golf (MR) 2:00 Card Games (B) 3:00 Happy Hour (B)	<b>7</b> 10:45 Exercise (MR) 1:30 Crafts with Beverly (MR)
<b>8</b> 11:00 First Baptist Church of Columbia (Ch. 6 or on YouTube) 2:00 Community Worship (MR)	<b>9</b> Daily Chronicle Delivery 10:45 Exercise (MR) 1:30 Snack Cart (5 <sup>th</sup> Floor) 3:00 Walking Club with Allison (B) 4:00 Book Club (MR)	<b>10</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Mini Golf (MR) 2:00 Clay Snowmen Art (MR) 3:00 Flower Arranging (OD)	<b>11</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Dice Game (MR) 2:00 One on One (5 <sup>th</sup> floor) 3:00 Live Music w Logan and Madeline (MR)	<b>12</b> Daily Chronicle Delivery 10:45 Exercise (MR) 2:00 Music Therapy w/ Jessica (5 <sup>th</sup> Floor) 2:00 <b>Trip to the Gibbes Museum of Art</b>	<b>13</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Wii Sports (MR) 2:00 Card Games (B) 3:00 Happy Hour (B)	<b>14</b> 10:45 Exercise (MR) 1:30 Crafts with Beverly (MR)
<b>15</b> 9:00 Joel Osteen Lifetime Channel 2:00 Community Worship (MR)	<b>16</b> Daily Chronicle Delivery 10:45 Exercise (MR) 1:30 Snack Cart (5 <sup>th</sup> Floor) 2:30 Remembering Martin Luther King Jr. (B) 3:00 Walking Club with Allison (B)	<b>17</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Mini Golf (MR) 2:00 Art Therapy w Madeline (4 <sup>th</sup> Floor Dining) 3:00 Flower Arranging (OD) 5:30 Live Music at Dinner w Ben Pearce	<b>18</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Dice Game (MR) 2:00 Clay Art (4 <sup>th</sup> Floor DR) 3:00 Movie Matinee (MR)	<b>19</b> Daily Chronicle Delivery 10:45 Exercise (MR) 2:00 Music Therapy w/ Jessica (4 <sup>th</sup> Floor DR) <b>2:00 Trip to the Charleston Museum</b>	<b>20</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Wii Sports (MR) 2:00 Bingo (MR) 3:00 Monthly Birthday Party: Build Your Own Ice Cream Sundae (MR)	<b>21</b> 10:45 Exercise (MR) 1:30 Crafts with Beverly (MR)
<b>22</b> 11:00 First Baptist Church of Columbia (Ch. 6 or on YouTube) 1:30 <b>Trip to a Sting Ray's Hockey Game</b>	<b>23</b> Daily Chronicle Delivery 10:45 Exercise (MR) 1:30 Snack Cart (5 <sup>th</sup> Floor) 2:30 Crafts w Adelaide (MR) 3:00 Walking Club with Allison (B) 4:00 Book Club (MR)	<b>24</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Mini Golf (MR) 2:00 Resident Council (MR) 3:00 Flower Arranging (OD)	<b>25</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Dice Game (MR) 2:00 Resident Council (5 <sup>th</sup> Floor) 3:00 Movie Matinee (MR)	<b>26</b> Daily Chronicle Delivery 10:45 Exercise (MR) 2:00 Music Therapy w/ Jessica (5 <sup>th</sup> Floor DR) 2:00 <b>Trip to Publix</b>	<b>27</b> Daily Chronicle Delivery 10:45 Exercise (MR) 11:30 Wii Sports (MR) 2:00 Card Games (B) 3:00 Happy Hour (B)	<b>28</b> 10:45 Exercise (MR) 1:30 Crafts with Beverly (MR)
<b>29</b> 11:00 First Baptist Church of Columbia (Ch. 6 or on YouTube) 2:00 Community Worship (MR)	<b>30</b> Daily Chronicle Delivery 10:45 Exercise (MR) 1:30 Snack Cart (5 <sup>th</sup> Floor) 2:30 Virtual tour of Italy (MR) 3:00 Walking Club with Allison (B)	<b>31</b> <b>Daily Chronicle Delivery</b> 10:45 Exercise (MR) 11:30 Wii Sports (MR) 2:00 Art Therapy w Madeline (4 <sup>th</sup> Floor Dining) 3:00 Flower Arranging (OD)	<b>Location Key:</b> (T) – Terrace (2 <sup>nd</sup> floor) (B) – Bar/Bistro (2 <sup>nd</sup> floor) (MR) – Multipurpose Room (2 <sup>nd</sup> floor) (DR) – Dining Room (OD) – Overflow Dining (1 <sup>st</sup> floor)	<b>January 2023</b> Trident Regional Ombudsman 5895 Core Road Suite 419 North Charleston, SC 29406  *activities may be subject to change due to resident needs/preferences and/or COVID restrictions		Puzzles, Cards, and Board Games are always available in the Multipurpose Room

