

SPIRIT ACTIVITY CALENDAR

January 2023



LEGACY RESERVE
AT OLD TOWN

762-524-7550
8601 QUEEN BEE DRIVE
COLUMBUS, GA 31909

MONDAY

2

9:00 – Let's get ready for the day!
10:00 - Sit and Stretch
1:00- Fun with Ms. Peaches
3:00- Courtyard Stroll
5:00- Old Time Radio Hour

9

9:00 – Let's get ready for the day!
10:00- Seated Yoga
1:00- Fun with Ms. Peaches
3:00- Pop-corn Social
5:00 – Game Show Hour

16

9:00 – Let's get ready for the day!
10:00- Sit and Stretch
1:00- Fun with Ms. Peaches
3:00- Courtyard Stroll
5:00 Game Show Hour

23

9:00 – Let's get ready for the day!
10:00- Seated Yoga
1:00- Fun with Ms. Peaches
3:00- Popcorn Social
5:00- Game Show Hour

30

9:00 – Let's get ready for the day!
10:00- Sit and Stretch
1:00 – Fun with Ms. Peaches
3:00- Courtyard Stroll
6:30- Game show hour

TUESDAY

3

9:00 – Let's get ready for the day!
10:00- Nail Salon
1:00 – Balloon Badminton
3:00- Jenga
5:00- Classic TV hour

10

9:00 – Let's get ready for the day!
10:00 – Seated Cardio
1:00 - Puzzles
3:00- Scenic Drive
5:00- Nightly News

17

9:00 – Let's get ready for the day!
10:00- Nail Salon
1:00 – Balloon Badminton
3:00- Jenga
5:00- Nightly News

24

9:00 – Let's get ready for the day!
10:00 Seated Cardio
1:00 - Puzzles
3:00- Scenic Drive
5:00- Nightly News

31

9:00 – Let's get ready for the day!
10:00- Nail Salon
1:00 – Balloon Badminton
3:00- Jenga
5:00- Nightly News

WEDNESDAY

4

9:00 – Let's get ready for the day!
10:00- Seated Cardio
1:00- Quilting
3:00- Garden Time
5:00 -Classic TV Hour

11

9:00 – Let's get ready for the day!
10:00- Laundry Day
1:00 - Uno
3:00- Sorting
5:00- Classic TV hour

18

9:00 – Let's get ready for the day!
10:00- Seated Cardio
1:00- Quilting
3:00- Garden Time
5:00- Classic TV hour

25

10:00- Morning Devotion
10:00 – Laundry Day
1:00 - Uno
3:00- Sorting
5:00- Classic TV hour

THURSDAY

5

9:00 – Let's get ready for the day!
10:00 - Sit and Stretch
1:00- Cards
3:00- Cornhole
5:00- Classic TV Hour

12

9:00 – Let's get ready for the day!
10:00 – Chair Yoga
1:00 – Coupon Cutting
3:00- Dominos
5:00- Old Time Radio Hour

19

9:00 – Let's get ready for the day!
10:00- Sit and Stretch
1:00- Cards
3:00- Cornhole
5:00- Old Time Radio Hour

26

9:00 – Let's get ready for the day!
10:00- Chair Yoga
1:00- Coupon Cutting
3:00- Dominos
5:00- Old Time Radio Hour

FRIDAY

6

9:00 – Let's get ready for the day!
11:00 – Visit w/ Claire and Sassy! (Pet Therapy)
3:00- Sweet Treats w/ Olivia
5:00- Classic TV hour

13

9:00 – Let's get ready for the day!
10:00- Nail Salon
3:00- Sweet Treats w/ Olivia
5:00- Classic TV hour

20

9:00 – Let's get ready for the day!
11:00 – Visit w/ Claire and Sassy! (Pet Therapy)
3:00- Sweet Treats w/ Olivia
5:00- Classic TV Hour

27

9:00 – Let's get ready for the day!
10:00- Nail Salon
Memory Care Family Movie Night!

SATURDAY

7

9:00 – Let's get ready for the day!
10:30- Morning Music
1:00- Daily Chronicles
3:00- Afternoon Fitness
6:30- Movie Night

14

9:00 – Let's get ready for the day!
10:30- Morning Music
3:00- Afternoon Fitness
6:30- Movie Night

21

9:00 – Let's get ready for the day!
10:30- Morning Music
3:00- Afternoon Fitness
6:30- Movie Night

28

9:00 – Let's get ready for the day!
10:00- Morning Music
3:00- Afternoon Fitness
6:30- Movie Night

Location Key:

Piano Lounge- (PL)
Theater- (T)
Courtyard- (C)
Outing- (O)

SUNDAY

8

9:00 – Let's get ready for the day!
10:30- Virtual Church
2:00- Adult Coloring
4:00- Courtyard Stroll
6:30- Musical Wind-down

15

9:00 – Let's get ready for the day!
10:30- Virtual Church
2:00- Adult Coloring
4:00- Courtyard Stroll
6:30- Musical Wind-down

22

9:00 – Let's get ready for the day!
10:30- Virtual Church
2:00- Adult Coloring
4:00- Courtyard Stroll
6:30- Musical Wind-down

29

9:00 – Let's get ready for the day!
10:30- Virtual Church
2:00- Adult Coloring
4:00- Courtyard Stroll
6:30- Musical Wind-down

All activities are subject to change. 😊