



Seneca Lake Terrace

January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Mel B. Trianna H. 10am Morning Social & Snack-B 10:30am Exercise-M 11am Church-M 1:15pm Walk 2pm Movie Time-M 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	2 10am Morning Social & Snack-B 10:30am Exercise-M 11am Uno Attack-B 1:15pm Walk 2pm Scrabble-D 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	3 10am Morning Social & Snack-B 10:30am Exercise-M 11am Nail Spa-B 1:15pm Walk 2pm Bingo-D 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	4 Lissette H. 10am Morning Social & Snack-B 10:30am Exercise-M 11am Yahtzee-D 1:15pm Plant Walk 2pm Pastor Mark-B 3pm Afternoon Social & Snack-B 6:30pm Keuka Mennonite Sing	5 10am Morning Social & Snack-B 10:30am Exercise-M 11am Book Club-M 1:15pm Bank/Walmart 2pm New Game -D 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	6 10am Morning Social & Snack-B 10:30am Exercise-M 11am Trivia & Conversation-M 1:15pm Walk or stretch-M 2pm Ice Cream Social-B 2:30pm Music with Tom-M 6pm News & Discussion-M	7 10am Morning Social & Snack-B 10:30am Exercise-M 11am Trivia & conversation M 1:30pm Walk 2pm Game of choice-B 3pm Afternoon Social-B 7pm Lawrence Welk Show
8 10am Morning Social & Snack-B 10:30am Exercise-M 11am Worship-M 1pm Walk or stretch-M 2pm Word Game-B 3pm Afternoon Social & Snack	9 10am Morning Social & Snack-B 10:30am Exercise-M 11am Scrabble Game-D 1:15pm Walk or stretch-M 2pm Bowling-D 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	10 10am Morning Social & Snack-B 10:30am Exercise-M 11am Men's Club 1:15pm Walk 2pm Seneca Lake Trio-M 3pm Afternoon Social & Snack-B 6pm News & Discussion	11 Carol B. 10am Morning Social & Snack-B 10:30am Exercise-M 11am Bingo-D 1:15pm Walk or stretch-M 2:00pm cards-B 3pm Afternoon Social & Snack-B 6pm News & discussion-L	12 Paul D. 10am Morning Social & Snack-B 10:30am Exercise-M 11am Red Hatter's-B 1:15pm Music & Stretch 2pm Uno Attack 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	13 10am Morning Social & Snack-B 10:30am Exercise-M 11am Painting-D 1:15pm Walk or stretch-M 2pm Ice Cream Social-B 2:30pm Music with Tom 6pm News & Discussion-M	14 10am Morning Social & Snack-B 10:30am Exercise-M 11am Snowball fight 1:30pm Walk 2pm Word Game-B 3pm Afternoon Social-B 7pm Lawrence Welk Show
15 10am Morning Social & Snack-B 10:30am Exercise-M 11am Worship-M 1pm Walk or stretch-M 2pm Word Game-B 3pm Afternoon Social & Snack	16 Martin Luther King 10am Morning Social & Snack-B 10:30am Exercise-M 11am Trivia-M 1:15pm Walk or stretch-M 2pm New Game -D 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	17 10am Morning Social & Snack-B 10:30am Exercise-M 11am Scrabble- D 1:15pm Stretching-M 2pm Yarn Craft-D 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	18 10am Morning Social & Snack-B 10:30am Exercise-M 11am Yahtzee- D 1:15pm Walk or stretch-M 2pm -Word Game -B 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	19 10am Morning Social & Snack-B 10:30am Exercise-M 11am New Game -D 1:15pm Library downtown 2pm Uno-B 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	20 10am Morning Social & Snack-B 10:30am Exercise-M 11am Cards-D 1:15pm Walk or stretch-M 2pm Ice Cream Social-B 2:30pm Music with Tom 6pm News & Discussion-	21 10am Morning Social & Snack-B 10:30am Exercise-M 11am Brain Teaser-M 1:30pm Movie Time 3pm Afternoon Social-B 7pm Lawrence Welk Show-M's
22 10am Morning Social & Snack-B 10:30am Exercise-M 11am Worship-M 1pm Walk or stretch-M 2pm Word Game-B 3pm Afternoon Social & Snack	23 10am Morning Social & Snack-B 10:30am Exercise-M 11am Word Game-B 1:15pm Walk or stretch-M 2pm Scrabble Game-D 3pm Afternoon Social & Snack-B 7pm Finger Lake Chorus -M	24 Belly Laugh Day 10am Morning Social & Snack-B 10:30am Exercise-M 11am Drawing -B 1:15pm Walk 2pm UKE NUTS- entertainment 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	25 10am Morning Social & Snack-B 10:30am Exercise-M 11am Scrabble- D 1:15pm Walk or stretch-M 2pm New Year's Tea Party-B 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	26 10am Morning Social & Snack-B 10:30am Exercise-M 11am Yarn Craft-D 1:15pm Bank/Walmart 2pm Nail Spa-B 3pm Afternoon Social & Snack-B 6pm News & Discussion-M	27 10am Resident Council w/coffee 11am Exercise-M 1:15pm Walk or stretch-M 2:30pm Music with Tom 2pm Ice Cream Sunday -B 6pm News & Discussion-M	28 10am Morning Social & Snack-B 10:30am Exercise-B 11am Bingo-D 1:00pm Music & Stretching 2pm Brain Teaser-B 3pm Afternoon Social-B 7pm Lawrence Welk Show

<p>29 10am Morning Social & Snack-B 10:30am Exercise-M 11am Worship-M 1pm Movie -M 3pm Afternoon Social & Snack</p>	<p>30 10am Morning Social & Snack-B 10:30am Exercise-M 11am Trivia-B 1:15pm Walk or stretch-M 2pm Corn Hole- D 3pm Afternoon Social-B 6pm News & Discussion-M</p>	<p>31 10am Morning Social & Snack-B 10:30am Exercise-M 11am Game of choice-D 1:15pm Walk or stretch-M 2pm Scrabble Game-D 3pm Afternoon Social & Snack-B 6pm News Discussion-M</p>	<p>3670 County Rd 6 Geneva NY 14456 315-789-4162</p>	<p>Key B- Bistro M-Main Living Room A- A wing B- B wing D-D wing</p>	<p>Activities are engaged with Jen, Life Enhancement Director or the Wellness Team.</p>	<p>Activities are subject to change. A whiteboard is outside main dining room and updated daily.</p>
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